

A Guide to Quit Smoking Methods

★★★★ = BEST
 ★★★☆ = BETTER
 ★★☆☆ = GOOD
 ★☆☆☆ = OK
 ☆☆☆☆ = NO EVIDENCE THAT THIS
 TREATMENT IS EFFECTIVE

COST TO QUIT:¹
 \$ = under \$150
 \$\$ = \$151 - \$299
 \$\$\$ = \$300 and above

WHAT CAN HELP ME TO QUIT?	HOW WELL DOES IT WORK?	HOW MUCH DOES IT COST TO QUIT? ¹	DOES INSURANCE COVER IT?	WHERE CAN I GET IT?
Counseling and Support				
Counseling and Support—In Person (Individual or Group)	★★☆☆	\$ to \$\$\$	✓	Your doctor, clinic, hospital or health department
Counseling and Support—Telephone	★★☆☆	Free	No cost	Your state or local health department or quitline, such as 1-800-QUIT-NOW
Medications (Common Brand Names)				
Bupropion SR Pills (Wellbutrin® or Zyban®) ²	★★☆☆	Free to \$\$\$ ³	✓	Your doctor; 1-800-QUIT-NOW ³
Nicotine Gum (Nicorette®) ²	★★☆☆	Free to \$\$\$ ³	✓	Over-the-counter; 1-800-QUIT-NOW ³
Nicotine Inhaler (Nicotrol® Inhaler)	★★☆☆	\$\$\$	✓	Your doctor
Nicotine Lozenge (Commit®) ²	★★☆☆	Free to \$\$\$ ³	✓	Over-the-counter; 1-800-QUIT-NOW ³
Nicotine Nasal Spray (Nicotrol®)	★★☆☆	\$\$ to \$\$\$	✓	Your doctor
Nicotine Patch (Nicoderm CQ®) ²	★★☆☆	Free to \$\$ ³	✓	Over-the-counter; 1-800-QUIT-NOW ³
Varenicline Pills (Chantix®)	★★★☆☆	\$\$ to \$\$\$	✓	Your doctor
Combined Nicotine Replacement Therapies	★★★☆☆	\$ to \$\$\$	✓	Over-the-counter; 1-800-QUIT-NOW ³ ; Your doctor
Combination Methods				
In-Person Counseling and Support + Medication	★★★★	\$ to \$\$\$	✓	Your doctor, clinic, hospital or health department
Telephone Counseling and Support + Medication	★★★★	Free to \$\$\$ ³	✓	1-800-QUIT-NOW ³
Other Methods				
Acupuncture	☆☆☆☆	\$\$\$	Not covered	Licensed Acupuncturist
Hypnosis	☆☆☆☆	\$\$\$	Not covered	National Board Certified Hypnotherapist
Laser Therapy	☆☆☆☆	\$\$\$	Not covered	Laser therapist
Internet Quitting Programs	★☆☆☆	Free	No cost	Online; www.smokefree.gov
Self-help Quitting Guides and Other Materials	★☆☆☆	Free to \$	✓	Your doctor, other health care provider or health department

¹ Cost may be free or significantly reduced if your insurance, health plan, quitline or clinic provides coverage.

² Generic versions, store brands and other brands are available.

³ Many quitlines provide free or low-cost medication to eligible adults. Check with your quitline.

TALK WITH YOUR DOCTOR OR PHARMACIST BEFORE BEGINNING ANY MEDICATIONS.

For more information, please visit
<http://whatworkstoquit.tobacco-cessation.org>

✓ = YES, often covered. Check with your insurance company or health plan.