

# McKinley Health Center

## Student Smoking Cessation Programs

McKinley Health Center offers three programs to assist **students** who would like to stop smoking.

### "Quit For the Money"

In this program, you will meet with a clinician for an initial smoking cessation evaluation. After the initial evaluation, three additional sessions must be completed within eight weeks of the initial evaluation.

During each subsequent appointment, individualized treatment programs will be developed between you and your clinician to assist you during the smoking cessation process.

"Quit for the Money" requires a \$150 payment to start the program. The payment covers the cost of an eight-week supply of any of the following smoking cessation products that may be recommended to you by your clinician:

- Oral medication (Zyban)
  - Nicotine patch replacement
  - Nicotine gum replacement
  - Four appointments
- "Quitting for Life" handbook

After you complete the **mandatory** four sessions, your \$150 payment is refunded. No refunds will be given •for partial completion of "Quit for the Money."

### "Pay As You Go"

In this program, you will meet with a clinician for an initial smoking cessation evaluation. Generalized smoking cessation counseling will be provided.

The clinician and you will mutually determine smoking cessation medications and tools to best fit your needs.

You will be encouraged to make followup appointments to meet your individualized needs during the smoking cessation process and to monitor your progress.

The appointments and handbook, "Quitting for Life," are free. Standard pharmacy pricing is charged for medications and any over-the-counter smoking cessation aids that may be prescribed.

Typical prices are:

Zyban (generic) \$5 per month

Nicotine gum, 1 box \$25

Nicotine patches \$15 per week

### "Simply Counseling"

In this program, you will meet with a certified smoking cessation educator. The educator will offer both generalized and tailored smoking cessation counseling to you if you prefer not to use any medications during your efforts to stop smoking.

All appointments and the handbook, "Quitting for Life," are free.

You may change to either of the above programs at any time during your counseling with the educator.

Some patients might refer to this as "supported cold turkey".

*For further assistance, contact a provider at McKinley Health Center at  
217-333-2700*



**Smoke-Free Campus**