

Tobacco Cessation Resources

- **Free & Clear**
1-866-QUIT-4-LIFE (1-866-784-8454)
www.freeclear.com
Smoking cessation quit line for SC State Employees and their dependents enrolled in the State Health Plan and BlueChoice HMO.
- **Quit Smoking Today**
1-866-417-7848
Smoking cessation program for SC State Employees enrolled in the CIGNA HMO.
- **QuitSmart Program, Piedmont Medical Center, Rock Hill, SC**
1-877-22-TENET (1-877-228-3638)
- **South Carolina Tobacco Quit Line**
1-800-QUIT-NOW (1-800-784-8669)
- **American Heart Association**
1-800-AHA-USA1
www.americanheart.org; search: *quitting smoking*.
- **“Freedom From Smoking”**
American Lung Association
1-800-LUNG-USA
www.lungusa.org; click on the “Quit smoking” tab
- **“Fresh Start”**
American Cancer Association
1/800-ACS-2345
www.cancer.org; search: *smoking cessation*.
- **Centers for Disease Control and Prevention**
1-800-CDC-INFO (1-800-232-4636)
www.cdc.gov/tobacco
- **SC Dept. Health & Environmental Control**
www.scdhec.net
- **“Great Start”**
1-866-66-START
www.americanlegacy.org

- **National Cancer Institute**
1-877-44U-QUIT (1-877-448-7848)
www.smokefree.gov
- **“You Can Quit Smoking Now!”**
US Department of Health and Human Services
www.surgeongeneral.gov/tobacco
- **National Spit Tobacco Education Program**
www.nstep.org
- **Campaign for Tobacco Free Kids**
www.tobaccofreekids.org