



## **Free tobacco-cessation programs**

### **Campus Wellness**

In partnership with Palmetto Health, Campus Wellness Programs offers free smoking cessation classes for USC students, faculty and staff. For participants who need them, the program includes medications, including Zyban and the nicotine patch. The program is led by an expert behavioral psychologist who has helped many people escape their nicotine addiction. The program is confidential and meets only six days over a three-week period.

### **Free & Clear**

Free & Clear, an innovative tobacco-cessation program, is now available at no charge to State Health Plan subscribers and dependents. It is offered through APS Healthcare.

One of the most successful programs of its kind, it helps participants stop using cigarettes, cigars, pipes and smokeless tobacco. A Free & Clear tobacco treatment specialist works with each participant to create a personalized “quit plan.” As part of the plan, participants receive a Quit Kit and telephone consultations with a tobacco treatment specialist. The program also provides nicotine-replacement products (patches, gum or lozenges) and unlimited access to a toll-free support line.

### **Quit for Keeps**

1-877-44U-QUIT, the South Carolina Department of Health and Environmental Control’s toll-free “quitline” is free for any S.C. resident who’d like to speak to a cessation counselor.

## **Additional resources**

Smokefree Columbia, [www.smokefreecolumbia.org](http://www.smokefreecolumbia.org) Smokefree SC, [www.smokefreesc.org](http://www.smokefreesc.org) South Carolina African-American Tobacco Control Network, [www.scaatcn.org](http://www.scaatcn.org) SC Cancer Alliance, [www.sccanceralliance.org](http://www.sccanceralliance.org) American College Health Association, [www.acha.org](http://www.acha.org) American Cancer Society, [www.cancer.org](http://www.cancer.org) American Lung Association, [www.lungusa.org](http://www.lungusa.org) American Heart Association, [www.americanheart.org](http://www.americanheart.org) Tobacco-Free Kids, [www.tobaccofreekids.org](http://www.tobaccofreekids.org)



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[www.sc.edu/healthycarolina](http://www.sc.edu/healthycarolina)

803.777.1650

[healthyc@mailbox.sc.edu](mailto:healthyc@mailbox.sc.edu)