

# Case Western Reserve University Tobacco Cessation Resources

Provider/Service	Population	Program Information	Cost	More information
Quit line	Faculty, Staff and Students	Individual coaching through quit line services. Includes 12 weeks of free NRT. <b>Offers translational services.</b>	Free	<a href="https://case.edu/wellness/campus-programs/tobacco-cessation/">https://case.edu/wellness/campus-programs/tobacco-cessation/</a>
Avidon Health	Faculty, Staff	Ten on-line tobacco cessation sessions similar to a live class geared towards giving information and skills to those quitting.	Free	<a href="https://case.edu/wellness/resources/avidon-health-prev-selfhelpworks">https://case.edu/wellness/resources/avidon-health-prev-selfhelpworks</a>
Medical Mutual	CWRU Employees covered by Medical Mutual	SuperWell Quitline: Telephone quit coaching support and skill building. Offers free NRT for 4-8 weeks.	Free	<a href="https://case.edu/wellness/off-site-programs/insurance-company-programs/medical-mutual-of-ohio/">https://case.edu/wellness/off-site-programs/insurance-company-programs/medical-mutual-of-ohio/</a>
University Health and Counseling Services	Students	In person, individual counseling and medical treatment appointments for stopping tobacco, including free NRT and prescription medication evaluations.	Free	<a href="http://students.case.edu/departments/wellness/">http://students.case.edu/departments/wellness/</a>