

# A Guide to Quit Smoking Methods

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

**COST TO QUIT:<sup>1</sup>**  
 \$ = 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? <sup>1</sup>	DOES INSURANCE COVER IT?	WHERE CAN I GET IT?
<b>Counseling and Support</b>				
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
<b>Medications (Common Brand Names)</b>				
Bupropion SR Pills (Wellbutrin® or Zyban®) <sup>2</sup>	★★☆☆	Free to \$\$\$ <sup>3</sup>	✓	Your doctor; 1-800-QUIT-NOW <sup>3</sup>
Nicotine Gum (Nicorette®) <sup>2</sup>	★★☆☆	Free to \$\$\$ <sup>3</sup>	✓	Over-the-counter; 1-800-QUIT-NOW <sup>3</sup>
Nicotine Inhaler (Nicotrol® Inhaler)	★★☆☆	\$\$\$	✓	Your doctor
Nicotine Lozenge (Commit®) <sup>2</sup>	★★☆☆	Free to \$\$\$ <sup>3</sup>	✓	Over-the-counter; 1-800-QUIT-NOW <sup>3</sup>
Nicotine Nasal Spray (Nicotrol®)	★★☆☆	\$\$ to \$\$\$	✓	Your doctor
Nicotine Patch (Nicoderm CQ®) <sup>2</sup>	★★☆☆	Free to \$\$ <sup>3</sup>	✓	Over-the-counter; 1-800-QUIT-NOW <sup>3</sup>
Varenicline Pills (Chantix®)	★★★☆☆	\$\$ to \$\$\$	✓	Your doctor
Combined Nicotine Replacement Therapies	★★★☆☆	\$ to \$\$\$	✓	Over-the-counter; 1-800-QUIT-NOW <sup>3</sup> ; Your doctor
<b>Combination Methods</b>				
In-Person Counseling and Support + Medication	★★★★	\$ to \$\$\$	✓	Your doctor, clinic, hospital or health department
Telephone Counseling and Support + Medication	★★★★	Free to \$\$\$ <sup>3</sup>	✓	1-800-QUIT-NOW <sup>3</sup>
<b>Other Methods</b>				
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

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

<sup>2</sup> Generic versions, store brands and other brands are available.

<sup>3</sup> 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.

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

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