



Radiology Imaging Associates

7801 Old Branch Avenue, Suite 300

Clinton, Maryland 20735

(301) 856-6718, (301) 856-6722, Facsimile

RESOURCES TO HELP YOU QUIT SMOKING

Quitting may be the single most important step that smokers can take to enhance the quality and length of their lives. Many groups offer information about nicotine addiction and quitting smoking. This list is provided as a resource for your use. Your local health department is a very good resource for no cost information and support services. Your insurance company may also be a valuable resource. RIA urges you to find a group that can help you quit the habit and improve your health.

<http://www.charlescountyhealth.org/health-services/smoking-cessation/>

<http://www.calverthealth.org/personalhealth/healthyliving/SmokingCessation.htm>

<http://www.vhcf.org/for-those-who-help/resources-for-providers/nurse-practitioner-resources/smoking-cessation/>

<https://www.vdh.virginia.gov/ofhs/prevention/tucp/documents/pdf/Quitline%20Resource%20Guide%203.pdf>

<http://www.health.com/health/smoking>

<http://www.lung.org/stop-smoking/>

<http://smokefree.gov/>

<http://www.cdc.gov/tobacco/campaign/tips/quit-smoking/index.html>

http://www.medicareinteractive.org/page2.php?topic=counselor&page=script&script_id=1066

<https://www.aetna.com/individuals-families/healthier-living-tips/how-to-quit-smoking.html>

<http://www.cigna.com/healthwellness/hw/medical-topics/quit-smoking-programs-aa153314>

National Tobacco Quitline: 1-800-QUIT NOW (1-800-784-8669)

This list is also available through the RIA website at <http://www.riassociates.com/services/ct-computed-tomography-imaging-maryland-virginia.php#lung-cancer-screening>

Rev. 7/14/15