

General Information on Treatment Options

- ❖ **Free and Clear:** Free and Clear is a *free* quit smoking program available to GHC members. Both group counseling and one-on-one telephone-based counseling are available. All treatment includes counseling, written materials on how to quit, and if appropriate, prescriptions for nicotine replacement/Zyban. The phone number to find out more information or join is: **206-287-2846** (1-800-292-2336 for people outside Seattle).

History:

FREE & CLEAR was developed by psychologists and medical personnel at Group Health Cooperative and the University of North Carolina School of Public Health. The program was initially tested over three years, and by 2000 people who had smoked for an average of 26 years. The FREE & CLEAR program was shown to double participants' quitting success, when compared to quitting on their own.

Types:

1. Group program = participants meet for a total of 8 sessions (two 90-minute and six 60-minute classes) over a two month period. Classes are held at a variety of times and locations throughout the Seattle, Bellevue, Renton, Des Moines, Everett, Olympia, and Silverdale areas. This program offers a high level of education and support.
2. Individual program = participants receive 5 telephone calls over the course of a year. These calls occur approximately every other month. This program is convenient and individually paced.

All program participants receive:

- An intake call from a tobacco cessation specialist to gather information about smoking history, help decide if an adjunct quitting therapy (i.e., nicotine patches, nicotine gum, or Zyban) is warranted, and assistance with setting up a personal quit plan.
- Access to a toll-free Quitline for additional support.

Program costs:

- GHC enrollee: The FREE & CLEAR program is a fully covered benefit for Group Health enrollees. Adjunct therapies may involve a pharmacy co-pay.
- Non-GHC enrollee: Call for a price. FREE & CLEAR accepts Visa, Mastercard, and personal checks.