

# Tobacco Treatment Resources\* for O`ahu

## Castle Medical Center

263-5050

- Classes by appointment; weekly support group scheduled basis (ongoing)
- NRT recommended

## Hawai`i Tobacco Quitline

1-800-QUIT-NOW  
(1-800-784-8669)

- Monday to Friday 3:00 am to 9:00 pm  
Saturday & Sunday 3:00 am to 6:00 pm
- Nicotine patch and gum free for uninsured

## HMSA: Ready, Set, Quit!

952-4400

- Monday to Friday 8:00 am to 4:00 pm
- NRT provided depending on HMSA drug plan

## Kalihi-Palama Health Center

848-1438

- Weekdays on a scheduled basis by appointment
- NRT, Zyban and Chantix recommended only

## Kaiser: Free and Clear

432-2274

- Monday to Friday 8:00 am to 5:00 pm
- NRT covered co-pay for members with Kaiser drug plan benefits
  - Chantix and Zyban available only to clients of Kaiser's Free and Clear program

## Ke Ola Mamo

848-8000 ext. 223

- O`ahu Native Hawaiian Health Care System  
Monday to Friday by appointment
- NRT available on a case-by-case basis

## Kokua Kalihi Valley

791-9400

- Monday to Friday 8:00am to 5:00 pm
- Free NRT and Chantix
  - Kalihi Valley residents only

## The Queen's Medical Center

547-4823/537-7117

- Evening classes on a scheduled basis
- NRT, Zyban and Chantix recommended only

## Wai`anae Coast Comprehensive Health Center

696-1599

- Thursdays 5:00 pm to 6:00 pm on a scheduled basis;  
individual and home visits by appointment
- NRT, Zyban and Chantix recommended only

## Waimanalo Health Center

259-7948

- Group smoking cessation, Wednesday 10:30-11:30  
Individual sessions by appointment
- NRT, Zyban, Chantix recommended

*Smoking is NOT a Hawaiian tradition.  
Kanaka maoli did not consume harmful chemicals,  
such as tobacco and alcohol.*

- R. Kekuni Blaisdell, MD

## Quick Reference: Medicines that help you quit smoking

Type of Medicine	Brand Names	Do I need a doctor's prescription?	Cost (may vary by island)	Where can I get it?	Other benefits
<b>Pill</b>	<b>Zyban</b> also called: Wellbutrin, and bupropion SR	Yes	\$55 to \$86 for one month's supply of 60 pills	Your doctor	Lessens cravings and weight gain.
	<b>Chantix</b> also called: varenicline	Yes	\$100 to \$170 per month, treatment usually lasts 3 months	Your doctor	Eases symptoms of quitting.
<b>Gum</b>	<b>Nicorette,</b> <b>Nicorette DS,</b> <b>Nicorette Mint</b>	No	\$29 for 48 pieces \$50 for 108 pieces \$68 for 190 pieces	Drugstores, Pharmacies, Tobacco Quit Line	Easy to use.
<b>Patch</b>	<b>Habitrol,</b> <b>Nicoderm CQ,</b> <b>Nicotrol,</b> <b>ProStep</b>	No	\$17 to \$35 for one week's supply	Drugstores, Pharmacies, Tobacco Quit Line	Easy to use.
<b>Inhaler</b>	<b>Nictorol IN</b>	Yes	\$50 for inhaler mouth piece and 48 cartridges	Your doctor	Works quicker than the gum.
<b>Spray</b>	<b>Nicotrol NS</b>	Yes	\$36 for one week's supply	Your doctor	Eases symptoms of quitting.
<b>Lozenge</b>	<b>Commit</b>	No	\$40 for 72 pieces	Drugstores, Pharmacies	Easy to use.

*These medicines can double the chance of quitting when used with counseling and support with lifestyle changes.*



Ke Ola Mamo • Phone: (808) 848-8000