



# CDPHP® Resources to Support Your Family in their Journey to Quit

Quitting smoking or vaping is not easy, but with the right support, your child and/or your family can kick the habit. CDPHP offers a range of resources\* to help you or your family go smoke-free — choose what works for you, your child, or a loved one!



## With Their Doctor

Yours or a loved ones primary care physician (PCP) can provide focused counseling, as well as a written prescription for nicotine replacement therapy, such as patches or gum.\*\* If you or a family member doesn't already have a PCP, use [findadoc.cdphp.com](https://findadoc.cdphp.com) to locate one near you.



## With An App

You or a family member can quit on their own schedule and at their own pace with Pivot. You'll receive access to a dedicated quit coach and online community, customized tips and activities, nicotine replacement medications, and a mobile breath sensor for real-time biofeedback — all **at no extra cost**. You can also use this app to learn how to best support a child with quitting. Visit [pivot.co/cdphp](https://pivot.co/cdphp) to learn more.



## On The Phone

CDPHP partners with Roswell Park Cancer Institute to offer CDPHP Smoke-Free™, a **no-cost**, individualized, phone-based counseling program. Visits include focused, supportive counseling, and nicotine replacement therapy. Call 1-866-697-8487 to enroll.

Are you concerned about your child who vapes? You can text “DropTheVape” to 88709 to start a free text messaging program specifically designed to help New York youth quit vaping.



## With A Group

Are you or a family member looking for someone who understands and shares the same struggles with quitting smoking or vaping? The Butt Stops Here program offers group support and a complimentary two-week supply of nicotine patches or gum. The program is **free** for CDPHP members.

Visit [www.cdphp.com/quitsmoking](https://www.cdphp.com/quitsmoking) to learn more about these resources, eligibility, and how you and your family can start living a smoke-free life today.

\* Members should contact member services with eligibility questions.

\*\* Pharmacy products are covered for members with prescription drug coverage through CDPHP.