



GatorWell Health Promotion Services

Quit Smoking Program Information Sheet

November 2015

GatorWell Health Promotion Services provides discounted smoking cessation medication and behavioral coaching to help UF students quit smoking. Students who meet the eligibility criteria below can enroll in the Quit Program and receive free nicotine replacement patches, gum and/or lozenges. You are not obligated to use medications as part of this program or receive quit coaching. If you are not a UF student, visit tobaccofree.ufl.edu for other quit tobacco resources.

Call the GatorWell office at 273-4450 for more information.

Medication	Duration	Discount per month	Supply	Student's cost after discount	First Steps
Nicotine patches, gum and lozenges*	4 weeks*	\$100-200	28 days	Free	Make an appointment with a GatorWell quit coach. Call 352-273-4450

* At the discretion of a GatorWell quit coach

Program Eligibility and Requirements

Currently enrolled UF students are eligible to receive free nicotine replacement medication if they agree to the following:

- Meet with a health promotion specialist in the GatorWell Office at least four times for quit coaching. Call 273-4450. Initial appointment: 60 minutes, within two weeks before their quit date (if possible). Follow-up appointments: Three 15-30-minute sessions typically during the first 30 days of quitting. Another follow-up is recommended before medication is discontinued. More frequent coaching is available and will increase one's success rate. Phone coaching is available after an initial, in-person visit.
- Use medication according to instructions (Note: Taking medication is an optional part of this program).
- Agree to be contacted for coaching follow-up visits.
- Agree to be contacted about your tobacco use 1 week, 1 month, and 3 months after your quit date.



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