



Ready to quit smoking? Join our free program.

Quitting can be hard! Coaches at First Stop Health are here to help you make a plan that works to quit smoking or tobacco while providing support each step of the way.



Create an action plan.

You'll work together to create a personalized plan, including how you'll manage stress and support your body. Your coach can provide specific tools to avoid cravings and triggers.



Work together to see results.

Your coach will check in with you on an ongoing basis to keep you motivated and to make any plan adjustments. Success is in sight!



Get support from our doctors.

Your coach may refer you to a doctor at First Stop Health for medical care, which may include prescriptions, when appropriate*, to address withdrawal symptoms and reduce cravings.



Scan for care.

Schedule your visit to talk with a health coach from wherever you are. All visits are confidential.