Wahiawā Health

Serving Wahiawā, Waialua, Mililani, Schofield & our neighbors

Quit Tobacco Program

Wahiawā Health Offers Program to Help Patients Stop Using Tobacco

At Wahiawā Health, our providers care about the health of every patient. We know that quitting tobacco is a challenging process. Our team of certified Tobacco Treatment Specialists (TTS) are here to support patients on their journey to be tobacco-free.

The Quit Tobacco program includes any type of tobacco product such as vapes, e-cigs, chew tobacco or cigarettes. The program is open to all adult Wahiawā Health patients.

During every provider visit, patients are screened for tobacco use. If appropriate, a TTS referral is ordered by the provider. Patients work collaboratively with the TTS and provider to determine the most appropriate and personalized quit plan.

In-person or telehealth visits with the patient are set up with the TTS to provide encouragement and support along the way.

Personalized Services for Each Patient

Free Quit Kits are provided to patients which provide helpful quit aids such as an insulated tumbler, nicotine replacement gum and lozenges, cinnamon gum and toothpicks, distraction and stress relief items, oral hygiene kits and more.

Patients receive a combination of motivational interviewing, cognitive behavioral therapy, and pharmacotherapy tailored to each individual.

Counseling services, free medication delivery and refill reminders are provided by our community pharmacists. The TTS schedules follow up appointments throughout the patient's quit journey.



In the spirit of Aloha and compassion, we provide access to affordable, quality health care and wellness services to promote a healthy community.



Your Health and Your Family Matter

Cigarettes and e-cigs contain the addictive substance nicotine, as well as many harmful cancer-causing chemicals. Smoking also puts you at greater risk for heart disease, stroke, emphysema, lung cancer, and other diseases.

Children living with secondhand smoke are sick more often and are at higher risk for asthma, ear infections and respiratory infections. Spouses and other adults breathing secondhand smoke are also at risk for lung cancer and heart diseases.

There are many great reasons to quit tobacco:

- Improve your health and the health of your ʻohana
- Lower risk of disease
- Enhance your quality of life
- Set a good example for your keiki
- Save money
- Improve sense of smell and taste
- Quitting smoking is beneficial to your health at any age!

Whatever your reason is to quit tobacco, Wahiawā Health is here to support you.

Call us today
to begin your tobacco free journey
(808) 622-1618 or
email: info@wahiawahealth.org

Conveniently located at:
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Wahiawā, HI 96786

wahiawahealth.org