

Tobacco Cessation Program



Are You ready to quit using
Tobacco Products?

There is help! "Live", face-to-face
classes are available.

Sessions are open to Tricare
Beneficiaries, Active Duty
members & Civilian DoD

Non-Beneficiaries*

*(see reverse for more info. on how
the program will work for your
particular situation).*

**Contact
Health Promotion
for more info!**

Call: 210.916.7646 or 210.916.7543

Presented by



JBSA-FSH ARMY HEALTH PROMOTION



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Please Note:

Tricare Beneficiaries: Those who are currently seen through the VA, must go through their VA Provider, to use the Tobacco Cessation options VA has implemented. If you **ARE** a Tricare Beneficiary, and **NOT** being seen through VA, then you should be eligible for the option below.

DoD Hospital Non - Tricare Beneficiary Personnel - Tobacco cessation pharmaceutical services will be provided through the Occupational Health (OH) Clinic (Ph: 210-916-3707). Live Tobacco Cessation classes can be scheduled through Occupational Health at initial visit.

Live Tobacco Cessation Classes

Set in a traditional classroom environment. Classes meet monthly, one session per week, for four weeks. If you require medication to assist you in becoming tobacco-free, a 1-on-1 provider visit is the second week of class. More information will be provided at session #1

For class locations, days, times, and to join, contact us at:

210.916.7646 or 210.916.7543.

Brought to you by JBSA-FSH Army Health Promotion.

