

No other smoking cessation program offers the options, flexibility, and success of the American Lung Association's Freedom From Smoking® program!



	Clinic, Web, Phone-based and Self-Help Programs	Clinic- and Phone-based Programs			Web-based Programs			Other
	American Lung Association Freedom From Smoking® Program	Quit for Life® Program (from the American Cancer Society® and Free & Clear)	SmokEnders	Cooper Clayton Method	smokefree.gov (also 1800quitnow.cancer.gov)	BecomeAnEx.org	Quitnet.com	Nicotine Anonymous
Group Clinic Option	✓	✓	✓	✓				✓
Online Program Option	✓	✓			✓	✓	✓	✓
Telephone Counseling Option	✓	✓	✓		✓			✓
Self-Help Option	✓	✓	✓	✓	✓			✓
Customization Option: Ability to tailor a program to your organization's needs	✓	✓					✓	
Customization Option: Ability to brand materials to your organization	✓						✓	
Over 30-years Experience	✓		✓	✓				✓
Evidence Based	✓	✓	✓	✓	✓	✓		✓
Includes the Latest Addiction Research	✓	✓		✓	✓	✓	✓	
Information on Cessation Medications	✓	✓		✓	✓	✓	✓	
Relaxation Exercises	✓				✓			
Spanish Option	✓			✓	✓	✓	✓	✓

Note: There has been no independent confirmation of the options. The information was obtained from the website of each organization.

Published by:



Bring Freedom From Smoking's flexible program options to your organization. Contact your Krames sales representative or e-mail: workplacewellness@lungusa.org today.