

# Keck Medicine of USC

BEYOND EXCEPTIONAL MEDICINE™






## USC PREMIER CARE Tobacco Cessation

USC Premier Care is making Keck Medicine's proven tobacco cessation program available to all USC employees, free of charge, to help the members of the Trojan Family breathe better and live longer.

Quitting tobacco is still the single best thing you can do to improve your health. Stopping now cuts the chances you will develop a serious tobacco-related disease and can dramatically improve your quality of life.

With Keck Medicine's tobacco cessation program, you will not do it alone. Our team of experts will help you understand your options and find the best medication for you. We provide support when you are struggling and follow up frequently to assess your progress. If you need an extra layer of support, we can connect you with counselors to help you kick the habit once and for all.

Keck Medicine has more than 10 years of experience helping our patients quit using tobacco. This program, which we tailor to the needs of each individual, has been shown to be five times more successful than other tobacco cessation programs. Call today to start your journey to better health.

 Information and appointments: (833) SC NURSE (833-726-8773)  
 [USCPremierCare@med.usc.edu](mailto:USCPremierCare@med.usc.edu)  
 [www.keckmedicine.org/usc-premier-care/](http://www.keckmedicine.org/usc-premier-care/)

### PROGRAM FEATURES:

- **Getting started:** Call or email USC Premier Care to set up an intake assessment. A USC Premier Care nurse will answer your questions and schedule your initial consultation.
- **Initial consultation:** An initial consultation with a USC pharmacist, either in person or via telehealth, will get the process started. Our experts will develop a plan based on your personal needs.
- **Cessation medications:** USC pharmacists will help you understand nicotine replacement medications and help you decide which works best for you.
- **Intensive phase:** During the first three months, pharmacists will adjust medication as needed and USC Premier Care nurses will provide frequent follow-ups.
- **24-hour helpline:** Our team of tobacco cessation experts will be available on the phone or email to help you manage cravings or give other support when needed.
- **Counseling services:** Some participants may need additional support to quit. USC occupational therapists who specialize in tobacco cessation can be enlisted to help participants who need an additional layer of support.
- **Duration:** The program is 12 months, the first three months of which are most intensive.