



**Darnall Health Promotion Program
"Caring for the Community"**

Darnall Health Promotion Program
254-288-8488

Department of Preventive Medicine
USA MEDDAC, Fort Hood, Texas



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*FH MDA HO 524
1 March 2003*

Is It Time To Be Tobacco Free?

Tobacco Cessation Program



Darnall Health Promotion Program
Fort Hood, Texas

We Can Help!



Darnall
Army Community Hospital
Fort Hood, Texas
www.hood-meddac.army.mil

Are you thinking about quitting?

Whether you smoke or dip, we can help you take the steps you need to become tobacco free!

The Health Promotion Section of Community Health Nursing offers flexible tobacco cessation options for all TRICARE beneficiaries.

Call the Darnall Health Promotion Program at 288-8488 to enroll in our next orientation class, or to inquire about alternative program options.

We offer a 3-step program toward freedom from tobacco use.

- **Step 1: Getting Ready to Quit Class**

This is a one-hour orientation class, providing a toolbox of innovative information for tobacco users who are thinking about quitting.

- **Step 2: Intake Appointment**

This is a comprehensive, one-on-one appointment with a health care provider who is credentialed in tobacco cessation. The appropriate pharmaceutical intervention and program plan are determined at this appointment.

- **Step 3: Team Support Classes/1:1 Follow-up Appointments**

Participants attend an informative one-hour support group class for four weeks. Patients see their tobacco cessation provider for medication refills and support on a weekly/biweekly basis until program completion.

