



To schedule an appointment with the Sault Tribe Nicotine Dependence Program please contact your local Sault Tribe Health Center at the number listed below:

Gladstone (906) 341-1836

Hessel (906) 484-2727

Newberry (906) 293-8181

Manistique (906) 341-8469

Marquette (906) 225-1616

Munising (906) 387-4614

Sault Ste. Marie (906) 632-5210

St. Ignace (906) 643-8689

www.health.saulttribe.com

Sault Ste. Marie Tribe of Chippewa Indians
Community Health Services
2864 Ashmun Street
Sault Ste. Marie, MI 49783

SAULT TRIBE NICOTINE DEPENDENCE PROGRAM

Are you
ready
to quit?





WHAT IS THE NICOTINE DEPENDENCE PROGRAM?

A personalized program designed to help you quit smoking or chewing commercial tobacco products.

Meet one-on-one with a Tobacco Treatment Consultant who has been specifically trained in the area of nicotine addiction.

The program will provide you with the tools and support you need to successfully quit using commercial tobacco products.



WHAT DOES THE PROGRAM INCLUDE?

Receive individual appointments with trained staff, where you work together to develop a quit plan.

Access to tobacco cessation medications, which can help you quit for good.

Planning and problem solving to help you overcome obstacles and cope with triggers.

Follow-up support to ensure continued success in the program.

There is no perfect time to quit. Why not now?

After just 12 hours of quitting, your carbon monoxide levels drop to normal..

1 year after quitting, you've cut your risk for heart disease in half

WHO IS ELIGIBLE?

- Sault Tribe Members
- Members of other Federally Recognized Tribes
- Sault Tribe Employees and their dependents with or without health insurance
- Other patients with insurance coverage who utilize Sault Tribe Health Services

THINGS TO REMEMBER

- All patients must be established with a Sault Tribe medical provider and must have been seen in the past six months
- In some cases, health insurance will be billed and co-pays and deductibles may apply
- Patients can be referred by medical provider or self-referral

