Tobacco Cessation Appointment

To know beforehand:
- Tobacco cessation is designed for students who are interested in quitting or cutting back on tobacco use
- Students have an initial evaluation appointment and at least one follow-up appointment. There is no limit to the number of follow-up sessions a student can schedule
- Currently, appointments are available at 20 minute intervals and are held only via Zoom

How to schedule a tobacco cessation appointment (from a student’s perspective):

1. Visit the Patient Portal at secure.health.columbia.edu and log in. This link can also be accessed on the Tobacco Cessation page or the Make an Appointment page under Tobacco Cessation.

2. Hit “Schedule an Appointment” (x2). Answer pre-scheduling questions.

3. Click “Medical Services” on Appointment Scheduling Screen

4. Click “Tobacco Cessation”
5. Click “Initial Evaluation (Zoom).” NOTE: Only virtual options are currently available for tobacco cessation. If you select IN-PERSON, you will not find any appointments.

6. Answer appointment questions (i.e. reason for appointment and callback number).

7. Search for a date and time that works, hit "Continue," and confirm the appointment.

8. If you need assistance with scheduling, rescheduling, or additional information about Tobacco Cessation, you can email Daniel Chiarilli at dbc15@cumc.columbia.edu.