

# THE BRIEF TOBACCO INTERVENTION: THE 5As

## ASK

"Do you currently smoke or use other forms of tobacco?"

## ADVISE

"Quitting tobacco is one of the best things you can do for your health. I strongly encourage you to quit."

## ASSESS

"Are you interested in quitting tobacco?"

## ASSIST

**IF READY TO QUIT:** Provide brief counseling and medication (if appropriate). Refer patients to other support resources that can complement your care like [tobaccofree.mt.gov](http://tobaccofree.mt.gov) and **1-800-QUIT-NOW (784-8669)**. For more information on providing brief counseling, call the Montana Tobacco Use Prevention Program at (406) 444-7408.

**IF NOT READY TO QUIT:** Strongly encourage patients to consider quitting by using personalized motivational messages. Let them know you are there to help them when they are ready.

## ARRANGE

Follow up regularly with patients who are trying to quit.



# THE BRIEF TOBACCO INTERVENTION: THE 2As & R



## ASK

"Do you currently smoke or use other forms of tobacco?"

## ADVISE

"Quitting tobacco is one of the best things you can do for your health. I strongly encourage you to quit. Are you interested in quitting?"

## REFER

**IF READY TO QUIT:** Provide direct referrals to free resources that will assist the patient in quitting. Prescribe FDA-approved cessation medications as appropriate.

"This is a resource I recommend. It will provide you with support, help you create a plan to quit, and talk to you about how to overcome urges you might have to smoke after you quit."

**IF NOT READY TO QUIT:** Strongly encourage patients to consider quitting by using personalized motivational messages. Let them know you are there to help them when they are ready.

### Recommended resources include:

Free quit help by phone: **1-800-QUIT-NOW (784-8669)**

For free advice, tips, tools, and support: **QuitNowMontana.com**

Source: Centers for Disease Control and Prevention

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MONTANA TOBACCO

**QUIT** LINE  
1-800-QUIT-NOW

