



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 text support: **802quits.org**