



PHYSICIANS' GUIDE TO QUITLINE NC:

Warm up your patients to Cold Turkey tobacco cessation

What is Quitline NC?

Quitline NC is a North Carolina service designed to help all tobacco users quit. One special feature is a **Fax Referral Program** designed to help tobacco users who want to quit in the next 30 days. The Health and Wellness Trust Fund is sponsoring a special effort to reach teen and young adult tobacco users with this service.

Your professional assessment and encouragement can get them started— *when they are ready.*

Quitline NC is:

- Supported by the Health and Wellness Trust Fund and the Division of Public Health, NC-DHHS
- Staffed by professionally-trained smoking cessation Quit Coaches who specialize in both adult and youth tobacco cessation
- **FREE** to patients
- Designed so **you do not need to invest a lot of time in the process.**

All we are asking is that you and your medical staff become acquainted with Quitline NC and fill out a **Fax Referral Form** once you know that any given patient is willing to quit in 30 days. Our Quit Coaches will take it from there.

The improved Quitline NC offers:

- An expanded referral service that makes it easier to enroll qualified patients.
- Proactive Quit Coaches who can initiate calls to patients who are ready to quit.
- A fax referral service that speeds up the process.
- A full package of patient education and incentive tools—Brochures, Poster, etc.

How to implement Quitline NC

Using the new Quitline is easy. Just follow these steps:

1. Review the brief overview of the 5 A's of Quitline. This takes about 4 minutes. Visit www.QuitlineNC.com to complete.
2. Download and fill out the Fax Referral Form on this Web site.
3. Customize the form to your practice if desired, and fax the form to: 1-800-483-3114.

Quitline NC fax referral uses the 5A's of cessation support:

Ask (Is your patient/client a tobacco user?)

Advise (Give brief advice to quit)

Assess (Is the tobacco user willing to make a quit attempt within 30 days?)

Assist (Refer them to Quitline NC, for free evidence-based cessation services and Quit Coaches)

Arrange (Follow-up: Quitline NC coaches can call participant back, and you can address quit attempt at next visit)

We'll take it from there– It's that simple!

Quitting cold turkey can be difficult, but with your professional involvement using Quitline NC and the 5 A's of cessation, we can all look forward to encouraging the first **tobacco-free generation**. *Then we can all breathe easier!*

*To receive further training on the 5 A's – and receive CME credit – you can participate in the **certification program** offered by TobaccoCME.com. This is not required to participate in the Quitline NC Fax Referral program.*

