



QuitNow is a free smoking cessation program for all BC residents. Helping a smoker quit is the single most powerful preventative intervention in clinical practice. Refer your patients to QuitNow and double their chances of a successful quit attempt.

It only takes a **brief intervention** to make a difference with your patient.

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| Ask | Have you used tobacco in the last month? |
| Assist | Have you thought about quitting tobacco use? |
| Advise | If yes , provide information on QuitNow and refer them to QuitNow using our new easy and convenient online referral http://www.quitnow.ca/referral-form |

Trained quit coaches at QuitNow will Assess, Assist and Arrange quit smoking support for 6 months.

Thank you for your assistance in promoting QuitNow Services and helping your patients quit tobacco use. For more information and/or support please visit www.QuitNow.ca or contact QuitNow at quitnow@bc.lung.ca or 1-877-455-2233.