

# Help patients quit tobacco and nicotine

## Ask

- Ask every patient at every visit about tobacco use.
- Ask about all forms of tobacco and nicotine, not just smoking (vapes, pods, cigars, cigarillos, snus, hookah, etc.).

## Advise

- Urge all patients who use tobacco and nicotine products to quit.
- Give clear, strong, and personalized advice.

## Connect

- Connect your patients to [waytoquit.org](http://waytoquit.org) and 1.800.QUIT.NOW.

## Why connect

- 70% of adult Utahns who smoke, plan to quit.
- Free and confidential Quitline resources for Utahns include:
  - online and phone coaching
  - text message support
  - educational materials
  - nicotine replacement therapy (NRT), if eligible
- 26% of Quitline participants have a 30-day abstinence rate from tobacco and nicotine products.

## How to connect

- Go to [waytoquit.org](http://waytoquit.org) and click on the "For Healthcare Providers" section.
- Scroll down, click on the "Utah Tobacco Quitline Online Referral Form" OR "Fax Referral Form."
- Complete the form and submit. The Quitline will contact your patient within 24 hours.