



ASK, ADVISE, REFER

A SIMPLE WAY TO HELP PATIENTS QUIT TOBACCO

Help your patients quit tobacco/nicotine in three easy steps.



Ask

Ask the patient about their tobacco/nicotine usage



Advise

Inform the patient of the health benefits of quitting and encourage them to quit as soon as possible



Refer

Refer them to your in-house treatment OR tell them to call 1-833-283-WELL for free help quitting

- Remember that Be Well Arkansas serves all Arkansans ages 13 and up for free. Patients can call 1-833-283-WELL or visit bewellarkansas.org to enroll today.
- For training opportunities to help your facility provide tobacco cessation on-site, email adh.tpcp@arkansas.gov.
- For free materials to provide to patients for cessation, visit bewellarkansas.org. Click the "healthcare provider" tab and then click "free resources" to order for free materials today.