



**MOST SMOKERS WANT TO QUIT.**

**YOUR ADVICE  
MATTERS.**

**Just 3 minutes of counseling increases  
quit smoking success by 60%.**

**3 Easy Steps:**

**ASK**

ask all patients at every visit if they have ever used tobacco.



**ADVISE**

advise patients to quit smoking and offer your support.



**CONNECT**

connect patients to evidence-based treatment options and FDA-approved cessation medications.



**COURAGE TO QUIT®**

In-person stop smoking program

[couragetoquit.org](http://couragetoquit.org)

**TOBACCO CESSATION QUITLINE**

Telephone counseling service

**1-800-QUIT-NOW  
(1-800-784-8669)**



**RESPIRATORY  
HEALTH  
ASSOCIATION®**