



OUR PATIENTS WANT TO GO THE DISTANCE.

1-855-QUIT-VET CAN HELP THEM STAY ON TRACK AND QUIT TOBACCO FOR GOOD.

1-855-QUIT-VET is a free,* proactive telephone quitline that provides ongoing, individualized support for your patients. Veterans can call 1-855-QUIT-VET to speak one-on-one with a tobacco cessation counselor for support, strategies, and advice to help them stay quit.

Plus, Quit VET counselors:

- Are available Monday through Friday, 9:00 a.m. to 9:00 p.m. Eastern Time
- Speak English and Spanish
- Help patients develop a quit plan
- Offer behavioral strategies to help cope with cravings and slips
- Provide at least four follow-up counseling calls, scheduled at the patient's convenience
- Are knowledgeable about the VA health care system and trained in military culture
- Know how to conduct warm transfers to the Veterans Crisis Line as needed

Individuals who use tobacco quitlines are 1.6 times more likely to quit compared to getting no support.¹ They are even more likely to be successful when they use a quitline and take smoking cessation medication.¹ VA providers who refer patients to the Quit VET quitline should also prescribe them medication to increase their chances of quitting.

Here's how you can encourage your patients to use the quitline.

- Did you know that getting help to quit boosts your chances of staying quit?
- You can get free help from a quit counselor Monday through Friday, 9:00 a.m. to 9:00 p.m. Eastern Time, when you call 1-855-QUIT-VET.
- A counselor will help you build a quit plan and check in with follow-up calls to help you stay on track.
- You'll learn ways to deal with cravings and slips.
- Your first call may last up to 30 minutes. Follow-up calls may be shorter, depending on your needs.
- Here's a card with more information and a reminder to call when you're ready.
(Hand out the rack card and Rx sheet.)
- I'd also like to prescribe you medication to help you quit. Patients who use medications together with counseling are 1.7 times more likely to quit compared to those that use counseling alone.¹

*Standard telephone rates apply.

¹Fiore et al., *Treating tobacco use and dependence: 2008 update. Clinical practice guideline, 2008.*

