



OUR PATIENTS ARE IN THIS FOR THE LONG HAUL—AND WE ARE, TOO.

SmokefreeVET TEXT CAN HELP THEM QUIT TOBACCO FOR GOOD.

SmokefreeVET Text is a free,* automated program that sends supportive text messages when your patients need them most. It was developed by clinical psychologists, researchers, and smoking cessation experts to help Veterans quit. Text message interventions are proven to be up to 1.7 times more effective than quitting without a support program.¹

Patients can text **VET** to **47848** to sign up. The program begins up to two weeks before the quit date and continues for six weeks after, sending three to five supportive messages per day. It also provides immediate tips and strategies in response to keywords such as “URGE,” “STRESS,” and “SMOKED.”

Plus, SmokefreeVET Text:

- Is available 24/7
- Encourages patients if they slip and checks in to see how they're doing
- Provides behavioral strategies and tips for using nicotine replacement therapy
- Tailors messages to Veterans who smoke or use smokeless tobacco
- Provides information about VA's other tobacco cessation resources
- Includes messages with contact information for the Veterans Crisis Line

No matter when their next appointment is, your patients will get support to help them meet their goals. Here's how you can encourage them to sign up for SmokefreeVET Text.

- Did you know that getting help to quit boosts your chances of staying quit?
- **Get on-demand support 24/7 with SmokefreeVET Text, a free text messaging program.** (Standard text messaging rates apply.)
- **It's easy to use, and the program helps you stay motivated.**
- **Sign up by texting VET to 47848 or go to smokefree.gov/vet.** Just enter your quit day to get started.
- It lasts 6–8 weeks, depending on your quit day. You'll get three to five messages per day. And, for as long as you'd like, you can get immediate tips and strategies in response to keywords.
- **Let's sign you up together and set a quit date that you're comfortable with. You can always change your quit day later.** (If your patient is willing, go through the sign-up form on smokefree.gov/vet together.)
- **Here's a card with more information. And, if you'd prefer not to sign up today, here's a reminder to sign up when you're ready.** (Hand out the rack card and Rx sheet.)
- I'd also like to prescribe you medication to help you quit. Veterans who use medications together with SmokefreeVET Text are nine times more likely to stay quit after two weeks than those who do not use medication.²

*Standard text messaging rates apply.

¹Whittaker et al., *Cochrane Database of Systematic Reviews*, 2016

²Christofferson et al., *Addictive Behaviors*, 2016

