

Approximately 70% of adult smokers want to quit.

Help your patients
quit tobacco.



Three minutes of your time
could add years to their lives.

Quitline Iowa
(1-800-QUIT NOW / 1-800-784-8669)

Ask

every patient about tobacco use.

“Do you currently use tobacco, including electronic smoking devices?”

Advise

patients to quit.

Give clear, strong and personalized advice. Encourage patients to keep trying to quit, even if past attempts have failed. It often takes multiple attempts to quit for good.

Refer

and connect patients to resources.

Quitline Iowa (1-800-QUIT NOW / 1-800-784-8669) is a free tobacco cessation hotline that allows providers to fax a referral and start the program process for patients ready to quit. A free online training is available at www.iatobaccointervention.org.

Brief in-person trainings are available for the Quitline Iowa Fax Referral process for providers. To learn more or to request tobacco cessation resources, contact: