

USING THE 5A'S

ASK about current tobacco use.

“Do you use any tobacco or electronic nicotine delivery products, even once in a while?”

ADVISE to quit/make a quit attempt.

“Quitting is one of the most important things you can do to improve your overall health.”

ASSESS willingness to make a quit attempt.

“Do you have a desire to quit smoking/vaping/other tobacco use in the next 30 days?”

ASSIST the quit attempt.

- Brief counseling
- Medication, if appropriate
- Refer to additional resources

“I am happy you want to quit. Would you like to hear about the options to help you quit smoking/vaping/other tobacco use?”

ARRANGE a follow-up appointment (in person, virtual or by telephone).

“I would like to meet with you again in two weeks to discuss your progress.”