

# USING THE 5A's

**ASK** about current tobacco use.

**ADVISE** to quit / make a quit attempt.

**ASSESS** willingness to make a quit attempt.

**ASSIST** the quit attempt.

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

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

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

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

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

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