



Talk to your patients about tobacco.

**ASK** about their tobacco use  
**ADVISE** them to quit  
**REFER** them to Quit Now Kentucky

The *U.S. Public Health Service Clinical Practice Guidelines* and the *Guide to Community Preventive Services* both recommend proactive telephone counseling through quitlines as an effective method to help people stop using tobacco. Quit Now Kentucky is a free statewide tobacco cessation service featuring proactive telephone coaching, web-based services, and text messaging.

Quit Now Kentucky offers:

- Support and advice from an experienced quit coach
- A personalized quit program with self-help materials
- Information on tobacco dependence for health care professionals
- The latest information about medications
- Online resources (websites, interactive sites)
- eCoach mobile app
- Text messaging and other smart phone applications
- Social support available online
- Pregnancy/postpartum protocols

Quit Now Kentucky services are available FREE to everyone in Kentucky age 15 and over who wants to break their addiction to tobacco. Services are available in English and Spanish at the point of contact. Counseling in other languages is available free through a third party translation service. Deaf and hard-of-hearing services are also available.

Quitline hours of operation are flexible to meet nearly everyone's needs. Counselors are available Monday through Sunday 8:00 am to 1:00 am EST (7:00 am to 12 midnight CST) – 119 hours a week.

**Ask** every patient about tobacco use

**Advise** patients to quit with tailored, personalized messages

**Refer** them to Quit Now Kentucky

- To have the quitline contact your patient, go to [www.QuitNowKentucky.org/eReferral](http://www.QuitNowKentucky.org/eReferral). (Beginning 4-1-2013)
- For telephone counseling, patients can call **1-800-QUIT NOW**.
- For online cessation services or more information about quitting, patients can visit [www.QuitNowKentucky.org](http://www.QuitNowKentucky.org).

Paper fax referral forms or other outreach materials are available from the Tobacco Prevention and Cessation Program at 502-564-9358.

Outreach materials and information about tobacco cessation may be downloaded from the tobacco program's web site at <http://chfs.ky.gov/ktpc>.