



ASK. ADVISE. CONNECT.

Add years to your patients' lives.
Help them quit tobacco for good
with Missouri Tobacco Quit Services.

ASK

- “When was the last time you smoked or used any type of tobacco?”

ADVISE

- “It’s important you quit as soon as possible. I can help you.”
- “Quitting is the best decision you can make for your health and the health of your family.”

CONNECT

- Connect patients to the help they need. Use our fax referral form or refer online through our website at YouCanQuit.org.
- For immediate counseling, encourage patients to call 1-800-QUIT-NOW (784-8669)

Follow up on patients' next visits, congratulate their successes and talk through relapses. **Your encouragement can make all the difference.**

1-800-QUIT-NOW (784-8669)
YouCanQuit.org

MISSOURI TOBACCO
QUITSERVICES