

Brief Messaging for Primary Care Patients

Please report your tobacco use status:

1. I do not use tobacco
2. I am a
 - a. Smoker (Cigarettes, Pipe, Cigar)
 - b. Smokeless (dip) tobacco user
 - c. Chewing tobacco user
 - d. Combination of above
3. I am a former tobacco user
 - a. Quit Date
 - b. Number of months / years quit

If you are a tobacco user, what is your interest in quitting?

1. I am not interested in quitting at this time
2. I am uncertain about quitting at this time
3. I desire help in quitting my tobacco use
4. I would like more information on help that may be available

1. Patient self-reports no tobacco use, but is in age range 10 to 25:

As a young person, you are to be **congratulated on your decision not to use tobacco**. This decision not to smoke, dip, or chew tobacco will add many years to your life, money to your pockets, and allow you greater social freedom. Because tobacco has been directly linked to the deaths of 1,400 Americans per day, you are wisely avoiding a very severe problem. If you have any questions about your health or further information on the hazards of tobacco use, contact your Medical or Dental clinic.

2. Patient self-reports tobacco use and wants to quit:

Congratulations on your decision to seek help in quitting your tobacco use. This facility has outstanding resources standing by to assist you in quitting your smoking, dipping, or chewing of tobacco. By stopping your tobacco use you will attain a more healthy lifestyle, have more social freedom, have more disposable income (pocket money), and improve the quality of life for yourself and your loved ones. Please be sure to also verbally inform your Primary Care Team that you wish to quit. Depending on your situation and program availability, you may be assigned to a Tobacco Cessation Class, be provided One-On-One Cessation, or be provided educational materials if you wish to quit on your own. Should you need further information, please contact your Medical or Dental Clinic.

3. Patient self-reports tobacco use and is uncertain about quitting:

Congratulations on at least thinking about quitting your tobacco use. By stating that you are uncertain about quitting tobacco, you are possibly seeing yourself in a lifestyle of non-tobacco use. By quitting your smoking, dipping, or chewing, you will be saving money, adding years to your life, start living a healthier lifestyle, and have more social freedom. Because tobacco has been directly linked to the deaths of 1,400 Americans per day, it would be very wise for you to quit as soon as possible. Please consider quitting in the near future and when you do, we are standing by to help. You should also consider the new medications involved with quitting because they really help make quitting tobacco much easier. If you have any questions about your health, medications, or need further information on the hazards of tobacco use, contact your Medical or Dental clinic.

4. Patient self-reports tobacco use and does not desire to quit at this time:

You have stated that you do not desire to quit your tobacco use at this time. Whatever your reasons, when you do decide to quit, we are standing by to help you quit smoking, dipping, or chewing tobacco. **Some good reasons to quit your tobacco use:**

- Your second hand smoke can cause severe harm to your family and friends
- You will have more spending money
- You will not die as 1,400 other Americans do each day due to tobacco use
- Your hair, clothes, uniforms, and car will smell better
- You'll feel better and have higher scores on the Physical Fitness Tests
- You'll save money on Health, Life, and Car insurance
- The new medications for quitting make it so much easier to quit

When you do decide to quit, or if you have any questions about your health, medications, or need further information on the hazards of tobacco use, contact your Medical or Dental clinic.

5. Self-reports former tobacco use:

Congratulations on your decision to quit your tobacco use. The minute you quit smoking, dipping, or chewing your tobacco, your body began the healing process to regain a better, healthier you. Each day you have been quit has added minutes to you life and money to your pockets. If in the future you have any questions about tobacco, please contact your Medical or Dental clinic.