

# ASK, ADVISE, REFER

## Tobacco/Nicotine Cessation Intervention

### ASK

#### Ask about tobacco and nicotine products

##### Smoking



Cigarettes



Cigars/Cigarillos



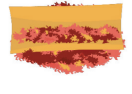
Hookah



Pipe



Bidis



Roll-Your-Own

##### Smokeless/Oral



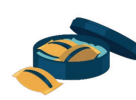
Dissolvable Tobacco



Nicotine Pouch



Smokeless Tobacco



Snus

##### E-Cigarettes/Vapes



E-Cigarettes, Vaping Devices



Heated Tobacco Products

"Have you ever used tobacco or nicotine products?"

- If **YES**: "When was your last use?" If < 1 month, select "Current." If >1 month, select "Former."
- If **NO**: "Do you live or work with someone who smokes or vapes?" If yes, select "Passive" exposure.

### ADVISE & ASSIST

#### Advise to stop and Assist with medications

"Quitting is one of the best things you can do for your health and others. There are 7 FDA-approved medications to help you quit, including nicotine medications or pills, that are covered by most insurance, including Medi-Cal."

### REFER

#### Refer to support that doubles the chances of quitting

"Kick It California is our free state quitline. Their coaches can help you with a free quit plan and information. They also may have special offers. Can I have them call you?"

- If **YES** to referral order: "Kick It California will call you in a couple days."
- If **NO**: "Kick It California also has text, chat, and an app. The website also lists local resources."

For more information, visit [kickitca.org](https://kickitca.org).

To submit a referral to Kick It California, [click here](#).

Patients may text "QUIT" to 66819 to receive quit messages from KIC.

Graphic adapted from the American Academy of Pediatrics and Centers for Disease Control and Prevention.

**KICK / IT**  
California

**CA**  
**QUITS**