

WASHINGTON STATE QUITLINE



Health Care Provider Reference Guide

The Washington State Quitline has helped tens of thousands of Washingtonians quit smoking and other commercial tobacco use since 2000. Over 20 years later, the Quitline is still providing personalized phone counseling, and now integrates text and web-based support. They also offer specialized services, from vaping cessation for teens to tailored support for adults with serious mental illness. **As a provider, you play a critical role in treating nicotine addiction and tobacco dependence. The Quitline can help you help your clients live a longer, healthier life.**



Ask every client if they use tobacco at every visit. Document this in their chart/EHR.

Advise clients who use tobacco to quit. Personalize the advice. For clients ready to make a quit attempt, offer counseling* and medication or...

Refer them to the Quitline. Follow up with them at your next visit.

Remember: It can take several tries to quit for good, so it's important to not quit on quitting.

**CPT codes 99406 and/or 99407 may be billable.*

You can count on the Quitline.

Referring your clients is fast and easy.

Go to quitline.com, click the 'Refer A Patient' button, search for or add your clinic or facility, and complete the referral form. HIPAA-covered entities can also receive referral outcome reports via fax. Take a **free training** at doh.wa.gov/quitlinetraining.

Quit Coaches are qualified and trained to help your clients.

Quit Coaches have Bachelor's degrees and receive intensive **training accredited by the Association for the Treatment of Tobacco Use and Dependence Advisory Council**. Each Quit Coach® receives 300+ hours of training in cessation counseling, and ongoing training in motivational interviewing, cultural competence, and skills for working with specific populations.

The services are free.

Anyone can call the Quitline to ask questions and receive support. Cessation services vary by age, health insurance status, and other factors, but uninsured and underinsured adults (18+) are typically eligible for **at least five counseling calls and two weeks of nicotine replacement therapy** (e.g., nicotine patches).

Call 1-800-QUIT-NOW to request a **free shipment of promotional materials**.

Quitline services work.

Quitlines are proven to double a person's chances of quitting, and when paired with medication, can triple success rates. An evaluation of 2018-19 Quitline services estimated that **nearly 35 percent of participants quit tobacco** within seven months of registering for services.