

Automated instructions that appear in visit summaries or patient instruction sheets for patients with a future target tobacco-quit date (as documented in a flowsheet or other form in the EHR):

Instructions from CLINICIAN NAME, CREDENTIAL

**Quitting Tobacco**

Quitting tobacco is the most important step you can take to help your cancer treatment. We're glad you have set a goal to quit tobacco and improve your health!

**Quit Tobacco Resources**

In addition to medications, use the STAR plan:

**S**tick with your quit date!

**T**ell friends, family, and coworkers your quit date. Request their understanding and support.

**A**nticipate and prepare for challenges such as cravings, withdrawal symptoms, and being around others who using tobacco or drinking alcohol.

**R**emove all tobacco products and related items (e.g., lighters). Make your home and vehicles smoke-free.

Free resources for additional support:

- National tobacco quitline: 1-800-QUIT-NOW (1-800-784-8669)
- Smokefree.gov for web resources and support
- SmokefreeTXT for free text message support

We are glad you have set a goal to reduce the amount of tobacco you use. Please call us at 888-555-7777 if you would like more support. We will follow-up with you in 6 weeks to see how things are going.

Automated instructions that appear for patients without a future target tobacco-quit date who set a tobacco reduction goal (as documented in a flowsheet or other form in the EHR):

Instructions from CLINICIAN NAME, CREDENTIAL

**Tobacco Reduction**

Cutting down on your tobacco may reduce the health effects of using tobacco, save you time and money, and increase your chance of quitting successfully if you choose to stop using tobacco.

**Tobacco Reduction Strategies**

In addition to nicotine medications, use these ideas to help you smoke LESS:

**L**imit where you use tobacco to as few places as possible

**E**xercise instead of smoking, chewing, or vaping tobacco. Do something fun and distracting (such as calling a friend or going for a walk)

**S**pecify certain times on the clock to use tobacco and do not use at other times.

**S**tall; wait longer and longer between each cigarette, chew, or vape. This will help you use less over time.

See Smokefree.gov for web resources and support

We are glad you have set a goal to reduce the amount of tobacco you use. Please call us at 888-555-7777 if you would like more support. We will follow-up with you in 6 weeks to see how things are going.

Automated instructions that appear for patients who currently use tobacco without a future target tobacco-quit date or reduction goal (as documented in the EHR):

Instructions from CLINICIAN NAME, CREDENTIAL

**Tobacco and Health**

Cutting down on your tobacco use can improve your health and help your cancer treatment. We can offer you medication and support to make this change. You can do it, and we are here to help!

Please call us at 888-555-7777 to talk about your options. We can help you set up a plan to get you started, and follow-up with you as you make a change.

You can also get support and information from Smokefree.gov and the National Tobacco Quit at 1-800-QUIT-NOW (1-800-784-8669).