

QuitNow is a free support service to any BC resident to help them quit tobacco use.

QuitNow offers an effective way to help patients quit.

*70 % of BC smokers want to quit in the next 12 months and **you** play an integral role in helping your clients quit smoking and lead healthier lives. Follow up abstinence rates **double** with healthcare provider intervention.*

How Can You Help?

You Ask and Advise Your Clients
& Refer Them to QuitNow

You Can Refer Your Patients 2 ways:

1. Online at www.quitnow.ca/referral-form
2. Using our fax referral forms provided



How Can QuitNow Help?

We Assess, Assist and Arrange
Quit Smoking Support.

Order Free Materials at

<https://www.quitnow.ca/helping-others-quit/healthcare-providers/order-materials>

QuitNow Services

- **Online** – Set up your personal Quit Center at www.quitnow.ca
- **By phone** – Friendly, confidential, toll free at 1-877-455-2233 with a personal quit coach.
- **Text messaging** – 654321 if ready to quit in the next 30 days. Free tips, reminders and advice.
- **Social media** – Facebook, Twitter
- **Forum** – Join the discussion, share advice and be part of the community.



QuitNow Men is a program designed specifically for men <http://men.quitnow.ca>
There are lots of tips and tactics for quitting in an interactive way.



Tobacco Free Tuesdays is a 24 Hour Tobacco Free Challenge on the 1st Tuesday of each month where you are entered for a chance to win \$250. <https://www.quitnow.ca/contest>

QuitNow Live Workshops

QuitNow can provide a free one day workshop to train healthcare workers to treat tobacco dependence and refer to QuitNow. Develop confidence, skills and capacity for delivering tobacco cessation interventions. Minimum 10 and maximum 15 participants.

BC Smoking Cessation Program

As of January 1, 2016, more nicotine replacement therapy options are now available to tobacco users. Registration is through community pharmacies and no longer through HealthLink BC *811.

Health Promoter Support for Your Patients, Clients, Office/Clinic, Business and Community

- Provide current resources and materials
- Conduct presentations, Lunch N' Learns, Information Sessions
- Host Information Tables
- Deliver Carbon Monoxide Clinics
- Attend Health Fairs, Trade Shows, Events
- Organize Workshops/Programs, Events in Your Area
- Visits to Region

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