



HELPLINE

CALL 1-833-283-WELL (9355).

The Be Well Helpline can link your patients to local resources to improve their health and well-being. The Wellness Counselors can help your patients quit tobacco, manage diabetes, and control high blood pressure.

FREE confidential assistance is available Monday through Friday from 8 a.m. to 4 p.m.

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A WELLNESS COUNSELOR WILL SUPPORT YOUR PATIENTS WHILE THEY:

- ✓ **PREPARE** to quit
 - ✓ **CHANGE** their routines
 - ✓ **CHOOSE** their quit date
 - ✓ **COPE** with withdrawal
 - ✓ **FIGHT** slips and relapses
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THEY'LL ALSO GET:

- “My Path to Quitting” guide.
- Nicotine replacement therapy for eligible callers: nicotine gum, lozenges, or patches while supplies last. Prescription vouchers are available for those who qualify.
- Pregnant women receive 10 phone sessions: six calls during pregnancy and four calls after the baby is born.



I'M A HEALTHCARE PROVIDER. How can I help my patients quit tobacco?

By asking, advising, and referring your patients at every visit, you can save lives.



ASK YOUR PATIENT:

"Have you used tobacco in the past 30 days?"

> **IF NO:**

"Congratulations, being tobacco free is key to a healthy, active lifestyle."

> **IF YES:**

ADVISE PATIENTS TO QUIT TOBACCO AND NICOTINE PRODUCTS.

"Quitting tobacco is one of the best things you can do for your health. I strongly encourage you to quit."

REFER PATIENTS TO A RESOURCE FOR ADDITIONAL SUPPORT.

> **READY TO QUIT:**

PROVIDE A DIRECT REFERRAL TO THE BE WELL ARKANSAS HELPLINE.

"Congratulations on your decision to quit tobacco. The Be Well Arkansas Helpline is a resource I recommend. They will provide you with support to create a quit plan and overcome urges."

> **NOT READY TO QUIT:**

PROVIDE SELF-HELP MATERIALS AND LET PATIENTS KNOW YOU ARE AVAILABLE FOR FUTURE SUPPORT.

"When you are ready to quit, I am here to support you, and I have resources that can assist you."

ASK AND ADVISE AT FOLLOW-UP VISITS

