

## Medical Providers

### Tobacco cessation services for people living with HIV: How you can help your CAREAssist patients quit now

#### Free cessation services are available for CAREAssist clients

The CAREAssist Program wants to help PLWH quit tobacco for good and is offering the following cessation services at no charge to CAREAssist clients:

- Free Oregon Tobacco Quit Line services, including five or more counseling calls with a Quit Coach and nicotine replacement therapy (NRT):
  - » Patients can call the Quit Line at 1-800-QUIT-NOW or you can refer them directly by fax, email or electronic health record.
- Free NRT (patches, gum or lozenges) from a Safeway pharmacy or mailed directly to your patient from Wellpartner.



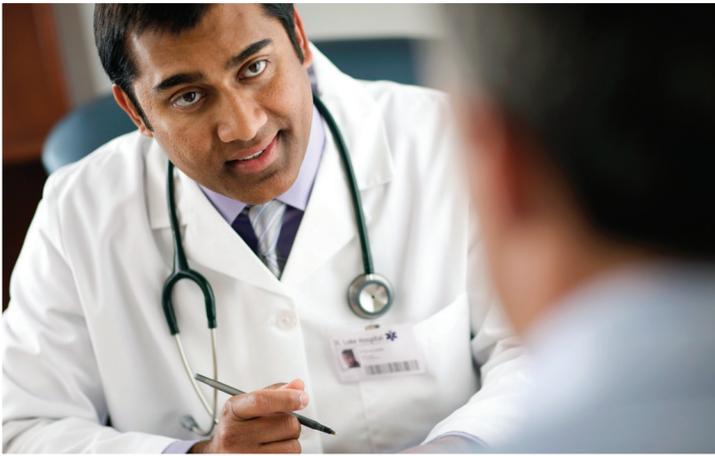
- Free pharmacotherapies like bupropion and Chantix - they can fill your Rx at their usual pharmacy or through mail-order services through Wellpartner.



#### Supports for non-CAREAssist clients

Even if a person is not enrolled in CAREAssist, there are many resources to help them quit.

- All Oregonians can access the Oregon Quit Line, via phone or online ([www.quitnow.net/oregon/](http://www.quitnow.net/oregon/))
- Health insurance plans often cover tobacco cessation services
- Many online and community based resources are available.



## PLWH listen to their medical providers

PLWH say that medical providers are among their most trusted sources of health information. Medical providers play a key role in helping patients quit tobacco by encouraging them to quit and referring them to services.

- Use the AAR Model to “Ask, Advise, and Refer” clients to free resources.
- Current users should be asked about smoking at every visit.
- Brief (<3 min) tobacco dependence interventions are effective, and every tobacco user should be offered treatment.
- Encourage your patients to get support during their quit attempt. Data show that pharmacological and behavioral supports are most effective when used together.

**Oregon Health**  
Authority

PUBLIC HEALTH DIVISION  
HIV Community Services

<http://public.health.oregon.gov>

This document can be provided upon request in an alternate format for individuals with disabilities or in a language other than English for people with limited English skills. To request this publication in another format or language, contact the HIV Community Services at 971-673-0144, or email [www.healthoregon.org/hiv](http://www.healthoregon.org/hiv).

## Many PLWH use tobacco, but most want to quit

About four in 10 people living with HIV (PLWH) in Oregon use tobacco — a rate that is twice as high as Oregon adults overall. Americans haven’t used tobacco at those rates since the 1940s.

- Most PLWH who use tobacco say they want to quit and at least half indicate high motivation to quit soon.
- With today’s effective HIV treatments, PLWH can live long lives. It’s time to stop living in the past and help patients with HIV quit tobacco now.

## Need help? Have questions?

For programmatic questions or to get your agency set up to provide direct Quit Line referrals, contact [christy.j.hudson@state.or.us](mailto:christy.j.hudson@state.or.us) (971-673-0159).

For client related referrals, contact the tobacco cessation specialist 971-673-0144.

