## SoonerQuit 5 A’s Tobacco Cessation Counseling

**Providers are encouraged to refer patients to the Oklahoma Tobacco Helpline 1-800-QUIT-NOW**

<table>
<thead>
<tr>
<th>VISIT DATE</th>
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<tbody>
<tr>
<td>START TIME</td>
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### Ask
- Does not use
- Recently quit
- Light smoker (less than 25 cigarettes per day)
- Heavy smoker (25+ cigarettes per day)
- Other tobacco products

### Advise
- Urge to quit or continue quit
  - Benefits of quitting
  - Harms of continuing
  - Recognize difficulty of quitting

### Assess
- Thinking about quitting
- Not considering
  - Reason for not quitting:
  - Recently Quit: Assess status

### Assist
- Problem-solving
- Identify support
  - Provide materials
  - Refer to 1-800-QUIT-NOW
  - Pharmacotherapy

### Arrange
- Set follow up appointment:

### Comments

### End Time

### Provider Signature

### Credentials

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**Patient’s Name:**

**Billing Codes:** 99406 (3-10min.) 99407 (10+min.) D1320 (Dental)

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**Address:**
4345 N. Lincoln Blvd.  
Oklahoma City, OK 73105

**Website(s):**
- okhca.org  
- mysoonericare.org

**Phone:**
Admin: 405-522-7300  
Helpline: 800-987-7767

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