

ABOUT THE COLORADO QUITLINE

WHAT IS THE COLORADO QUITLINE?

The Colorado QuitLine is a FREE, telephone-based coaching program available to help Colorado residents quit using tobacco. Each QuitLine caller begins their quit journey by answering a series of confidential intake questions that help our quit coaches deliver tailored support options. Our trained quit coaches work with clients to develop personalized quit plans that include FDA-approved cessation medications and supportive coaching sessions to build practical skills for managing cravings and stress.

WHY USE THE COLORADO QUITLINE ?

Research shows that smokers who use Colorado QuitLine services are more likely to successfully quit than smokers who try to quit on their own. Since 2002, the Colorado QuitLine has been offering evidence-based solutions to help tobacco users quit tobacco for good.

WHO DOES IT SERVE ?

- All Colorado residents, regardless of income or health insurance status.
- Must be at least 15 years old.
- People addicted to any form of tobacco, including cigarettes, cigars, smokeless tobacco products and e-cigarettes.
- Tobacco users in any stage of readiness to quit, including people who are contemplating quitting, who have relapsed, or who have set a quit date.

WHAT DOES IT OFFER ?

- Call center open 7 days/week; 5am-11pm MST, offering coaching services in all languages.
- 5 proactive coaching sessions.
- Coquitline.org for 24/7 web-based support.
- Up to 8 weeks of FREE nicotine replacement therapy products (patches, gum, and lozenges) for up to 2 quit attempts per year if the patient is 18 years of age and over and medically eligible. Provider consent for nicotine replacement therapy is required for smokers who are pregnant or breastfeeding, or for individuals with uncontrolled high blood pressure or heart disease.
- Up to 12 weeks of Chantix (varenicline) once per year for patients with valid provider prescription.
- Companion print materials, text message and email programs.

WHAT CAN PROVIDERS DO ?

A brief tobacco intervention (**ASK, ADVISE, REFER**) by a health care provider significantly increases the likelihood that a patient will try to quit smoking. Active referrals from providers (using fax, web or e-referral) are more effective than asking a patient to call.



1.800.QUIT.NOW
www.coquitline.org

Patients who use tobacco are more likely to quit long term when using the free Colorado QuitLine service, compared to quitting on their own.

HOW TO REFER PATIENTS TO THE QUITLINE

ASK every patient at each encounter about tobacco use and document status.

ADVISE every tobacco user to quit with a clear, strong, non-judgmental, personalized health message about the benefits of quitting.

REFER patients who are ready to quit tobacco within the next 30 days to the Colorado QuitLine. Active referrals from providers (using fax, web or e-referral) are more effective than asking a patient to call.

REFER-TO-QUIT PROGRAM

- Step 1 Patient agrees to referral and provides verbal consent.
- Step 2 Provider completes form indicating approval* for nicotine replacement therapy for smokers who are pregnant or have uncontrolled high blood pressure or heart disease.
- Step 3 Provider completes referral form using either QuitLine Fax Referral Form, Provider Web Referral portal, or e-referral through electronic health record (EHR). Copies of the form are available at www.CoHealthResources.org.
- Step 4 Provider sends the completed referral to National Jewish Health either via fax (1- 800-261-6259) or electronically.
- Step 5 QuitLine staff member calls the smoker to enroll them in the program and schedule personalized coaching sessions.
- Step 6 QuitLine sends information about the smoker's enrollment status and program progress to the health care provider.

*Provider consent is not required for Nicotine Replacement Therapy obtained through the QuitLine, except in cases outlined above. In these cases, provider consent may be given by any clinician with prescriptive authority in Colorado.