Focus on the ABCS
SMOKING CESSATION

The Take Home Message:
We all know that getting patients to quit smoking is important. Finding the time and resources to help patients quit is, well to put it mildly, challenging. Use these best practices to help you move from simply asking, advising and assessing to assisting and arranging!

Use the Quitline: 1-866-409-1858
Many of us know the Quitline will help our patients over 18 years old quit smoking if they call the number above. But did you know that you can use the fax referral line to have the quitline call your patient? 1-866-688-7577 (For a copy of the form, visit www.millionheartsde.com.

Patients calling the Delaware Quitline can get a variety of services including:

⇒ Motivational support by phone from a Quitline specialist; or—if you prefer—face-to-face counseling by a trained local counselor.
⇒ Follow-up support.
⇒ Quit-smoking guidebook, You Can Quit Smoking. We'll Teach You How.
⇒ Information about quitting, even if you're not yet ready to try.
⇒ For eligible low-income callers, vouchers to purchase stop-smoking aids such as nicotine patches or gum.

Bill for Tobacco Cessation Counseling
Counseling patients to quit smoking can be time consuming, but did you know you can now get reimbursed for your time?

CPT codes:
⇒ 99406 (smoking and tobacco cessation counseling visit; intermediate, greater than 3 minutes up to 10 minutes) OR
⇒ 99407 (smoking cessation counseling visit; intensive, greater than 10 minutes)

You will need to properly document your visit including the total time spent in the visit, what was discussed,( cessation techniques, resources and follow-up)

In addition make sure your patient is properly diagnosed:
⇒ 305.1 Tobacco use disorder/ dependence
⇒ V64.42 Counseling on substance abuse and abuse
⇒ E869.4 Secondhand smoke


*The Million Hearts™ word and logo marks, and the Be One in a Million Hearts™ slogan and logo marks and associated trade dress are owned by the U.S. Department of Health and Human Services (HHS). Use of these marks does not imply endorsement by HHS. Use of the Marks also does not necessarily imply that the materials have been reviewed or approved by HHS.
Don’t Re-Invent the Wheel: Use the 5 A’s

There is no need for you to try and re-invent the wheel each time a patient needs to quit smoking. Using a brief intervention is an effective, evidenced based method. Simplified to the 5 A’s you can conduct an intervention in under 10 minutes!

**Ask**
Do you currently use tobacco? Have you ever used tobacco?

**Advise**
Advise the patient to quit using tobacco products

**Assess**
Are you willing to quit now? Any barriers to you quitting?

**Assist**
Provide treatment, medication, counseling and motivation

**Arrange**
Arrange follow-up and supportive care

---

Some Great Resources For You:

- Centers for Disease Control Tobacco Cessation website: [http://www.cdc.gov/Tobacco/quit_smoking/cessation/index.htm](http://www.cdc.gov/Tobacco/quit_smoking/cessation/index.htm)
- USPSTF Recommendation: [http://www.uspreventivestaskforce.org/uspstf09/tobacco/tobaccors2.htm](http://www.uspreventivestaskforce.org/uspstf09/tobacco/tobaccors2.htm)
- Pocket Guide from Breathe California: [http://www.sccgov.org/sites/sccphd/en-us/HealthProviders/TobaccoPrevention/Documents/Form%205C_5A’s%20and%205R’s%20of%20cessation.pdf](http://www.sccgov.org/sites/sccphd/en-us/HealthProviders/TobaccoPrevention/Documents/Form%205C_5A’s%20and%205R’s%20of%20cessation.pdf)

---

www.millionheartsde.com  |  @MillionHeartsDE

*The Million Hearts™ word and logo marks, and the Be One in a Million Hearts™ slogan and logo marks and associated trade dress are owned by the U.S. Department of Health and Human Services (HHS). Use of these marks does not imply endorsement by HHS. Use of the Marks also does not necessarily imply that the materials have been reviewed or approved by HHS.*