

# What is QuitNow?



QuitNow is a free program for British Columbians looking to quit or reduce their use of tobacco and/or vaping products. Our evidence-based strategies and individualized program features have helped thousands of British Columbians quit tobacco and nicotine. QuitNow is committed to supporting clients through all stages of their quit journey and helping them through any challenges they may encounter.

The QuitNow program includes web-based services and educational material, behavioural support via phone and live chat, and access to a supportive community of peers.



## Web-based Services

Clients are guided through the process of creating a personalized Quit Plan, an online plan of action to help them prepare for and achieve a successful quit. This process includes identifying their motivations for quitting, choosing the right quit methods, and identifying possible smoking triggers.

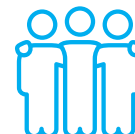
The Quit Plan also connects clients with information on accessing quit methods, the harms of tobacco and nicotine and the benefits of quitting, and techniques for handling cravings and challenging situations.



## Behavioural Coaching

QuitNow's behavioural coaching services are available seven days a week. Clients are paired with a trained Quit Coach who assesses their willingness to quit and supports them through the full quit journey. Coaching takes place over a series of calls, in line with the client's needs or preference.

Clients can also speak with a Quit Coach to ask a question or seek guidance through a one-off phone call or through live chat on the QuitNow website.



## Supportive Community

Peer support can be invaluable for someone looking to quit tobacco and nicotine. The QuitNow Community Forum is a place to share quit tips and coping strategies, celebrate quit successes, and get support from others at various stages of their quit journeys.

Peer support is also offered through monthly group coaching sessions, which take place via teleconference and are led by one of our Quit Coaches. Each session is focused on a common question, skill, or quit tip that can help participants prepare for their quit.

# Referring Your Patient to QuitNow

## How do I refer my patient to QuitNow?

Health care providers play a critical role in helping people quit tobacco use. Referring your patients to QuitNow can double their chances of a successful quit attempt.

Referrals can be done two ways:



### Fax referral form

Print and fill out our downloadable referral form and fax it to us at 1-888-857-6555.

You can order referral forms and other material from us, if you would like them printed and delivered to you for free.



### Online referral form

Our referral form can also be filled out online. It is non-searchable and only accessible to pre-programmed referral agents.

To get set up as a referral agent, please email us at [quitnow@bclung.ca](mailto:quitnow@bclung.ca) with your name, organizational affiliation, and preferred email and phone number.

After your referral form is received, QuitNow will contact your patient to get them started on their cessation journey with the supports they have selected.

To access these referral services or to download materials, please visit [www.quitnow.ca/helping-others-quit/healthcare-providers/referral-program](http://www.quitnow.ca/helping-others-quit/healthcare-providers/referral-program).