READY TO QUIT?

Evaluation Questionnaire

FOR PATIENTS:

Put this somewhere in plain sight where you can look at it every day. If you've decided to quit smoking, it will help you stay focused on your commitment. If you haven't decided yet, seeing how quitting could make a difference in your life may give you some food for thought.

FOR HEALTHCARE PROFESSIONALS:

Answers to the following questions can help to assess a patient's readiness to quit. This tool can be copied for a patient's chart or scanned into his or her electronic medical record.

WHAT KIND OF SMOKER ARE YOU? (Check one)	WHAT ARE YOUR THOUGHTS ABOUT SMOKING? WHAT DO YOU LIKE AND DISLIKE?
Social smoker (# of cigarettes per outing?) Daily smoker (# of cigarettes per day?) Heavy smoker (1+ pack per day)	Like about smoking Dislike about smoking
HOW MOTIVATED ARE YOU TO CONSIDER QUITTING SMOKING? (Check one)	WHAT ARE YOUR TOP 3 REASONS TO CHANGE?
Not at all motivated Somewhat motivated Seriously considering	
HOW WILL YOUR LIFE BE DIFFERENT IF YOU QUIT?	HAVE YOU TRIED TO QUIT PREVIOUSLY? IF SO, HOW DID YOU TRY? WHAT HAPPENED?
ON A SCALE OF 1 TO 10, HOW IMPORTANT IS IT THAT YOU QUIT SMOKING NOW? (Circle one. 1 = Not at all important, 10 = Extremely important)	ON A SCALE OF 1 TO 10, HOW SURE ARE YOU THAT YOU COULD QUIT SMOKING NOW? (Circle one. 1 = Not at all confident, 10 = Extremely confident)
1 2 3 4 5 6 7 8 9 10 Not at all important Extremely important	1 2 3 4 5 6 7 8 9 10 Not at all confident Extremely confident

INFORMATION TO HELP DETERMINE WHICH NICOTINE REPLACEMENT THERAPY (NRT) IS BEST FOR YOU

A few simple questions will help determine which NicoDerm. CQ. or Nicorette® product you should use.

WHAT IS MORE IMPORTANT TO YOU?

A DISCREET, ONCE-DAILY NRT PRODUCT THAT DELIVERS STEADY NICOTINE LEVELS ALL DAY



■ NICODERM_®CQ_® PATCH

DO YOU SMOKE MORE THAN 10 CIGARETTES PER DAY?

- YES. Start with Step 1 (21-mg)
- NO. Start with Step 2 (14-mg)

AN NRT PRODUCT I CAN TAKE WHEN A CRAVING HITS



NICORETTE®
MINI LOZENGE



□ NICORETTE®



NICORETTE®

DO YOU SMOKE YOUR FIRST CIGARETTE WITHIN 30 MINUTES OF WAKING UP?

- YES. Use the 4-mg Lozenge, mini Lozenge, or Gum
- NO. Use the 2-mg Lozenge, mini Lozenge, or Gum

An important strategy for quitting is to follow your doctor's recommendations and the dosing information on the packaging.

 $Use \ products \ as \ directed. \ Behavioral \ support \ increases \ chances \ of \ success. \ Refer \ to \ download able \ dosing \ information \ for \ complete \ product \ dosing.$

NICODERM_®CQ_® AND NICORETTE[®] PRODUCTS CAN INCREASE YOUR CHANCES OF QUITTING SMOKING

NicoDerm_®CQ_® and Nicorette[®] products give your body a therapeutic dose of nicotine that can help increase your chances of quitting. As your body adjusts, you lower the amount of nicotine until you don't need it anymore. When you quit smoking, your body will still want nicotine. The program is designed to help you quit slowly by providing nicotine in a controlled manner. Don't feel like you need to be a hero and "power through" cravings—the longer you wait, the harder it will be not to light up. It's better in the long run if you use NicoDerm_®CQ_® and Nicorette[®] consistently to help relieve your cravings. Over time, you'll find many of your cravings will go away. Just be patient.