

# Ask-Advise-Act Guide

## Tobacco Cessation at the System Level

### ASK

Ask about tobacco history at each patient visit.

### ADVISE

Advise each tobacco-using patient to quit using Very Brief Advice (VBA) messaging.

### ACT

Refer to counseling (e.g., Kick It California or in-house counseling); prescribe medications, as needed; arrange follow-up.

This model of system-level tobacco cessation aligns with consensus clinical guidelines on tobacco cessation. Note that the VBA model is used in the “Advise” function of Ask/Advise/Act.