

Communicating with Your Doctor

Developing a detailed and personalized tobacco cessation quit plan with the help of your doctor will increase your chance of quitting tobacco.

What to tell your doctor:

1. Tobacco use and health history <ul style="list-style-type: none">– how long you have used tobacco– how much tobacco you use each day– all medications you take (prescription, vitamins, over-the-counter medications, and herbs)– any drug allergies you have	3. Previous tobacco cessation medication use <ul style="list-style-type: none">– what you have tried and for how long– how long ago you tried it– the benefits you felt– any side effects you may have had– if the side effects were tolerable or if they went away with time
2. How tobacco affects you <ul style="list-style-type: none">– how it affects your lifestyle– if it interferes with your daily activities– what you dislike about tobacco	4. Healthy lifestyle changes <ul style="list-style-type: none">– how you have reduced your tobacco use or changed your habits– ways you are substituting healthy choices for tobacco use

What to ask your doctor:

1. Treatment <ul style="list-style-type: none">– What options for quitting are available?– How successful have these treatments been for others?– What lifestyle changes may help me with quitting? (for example, exercise or stress management techniques)	3. Medications and side effects <ul style="list-style-type: none">– What are the side effects of this treatment or medication?– Are the side effects tolerable?– Will they go away with time?– What side effects are there with other common medications or treatments?
2. Medication possibilities <ul style="list-style-type: none">– Is medication an option to help me quit?– Would this medication interfere with any health conditions I have?	4. Follow up <ul style="list-style-type: none">– Do I need a follow-up visit?– What signs or symptoms should I report?– Are there local programs, classes or support groups for tobacco cessation?

Additional Tips:

- If necessary, have someone take you to the doctor to help you ask questions and take notes.
- If you do not understand something, ask for clarification.
- Write your quit plan down and keep it with you as a reminder of your goals.

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