

REXALL READY-2-QUIT
READINESS TO QUIT ASSESSMENT

The  family of pharmacies.



Rexall Ready-2-Quit Assessment Guide



A pharmacy first.

Continuous Care with Rexall

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Stopping smoking may be difficult, but it can be done, and there are many ways to make quitting easier. In fact, over half of Canadians who have smoked quit successfully.

Your Rexall Family Pharmacist is here to help you realize this goal. Please complete the short assessment below to see if you are ready for a smoking cessation support program.

On a scale of 1 to 10, how interested are you in quitting / how motivated are you to quit? (Circle your answers below)									
Based on your personal situation, how practical is it for you to quit NOW?									
(not at all) 1 2 3 4 5 6 7 8 9 10 (completely)									
How important is it for you to quit smoking for good?									
(not at all) 1 2 3 4 5 6 7 8 9 10 (completely)									
Do you feel confident that you can do what it takes to quit smoking for good?									
(not at all) 1 2 3 4 5 6 7 8 9 10 (completely)									
To be scored by your Pharmacist									
1	2	3	4	5	6	7	8	9	10
Precontemplative			Contemplative		Preparation			Action	
Ask yourself...									
1. Are you ready to quit in the next month?								<input type="checkbox"/> YES	<input type="checkbox"/> NO
2. Are you willing to set a quit date?								<input type="checkbox"/> YES	<input type="checkbox"/> NO
3. If you answered YES to any of these questions would you like to enroll in a smoking cessation program through your pharmacist?								<input type="checkbox"/> YES	<input type="checkbox"/> NO
<ul style="list-style-type: none"> • If you are interested, please ask your pharmacist for more information on enrollment in the Rexall Ready-2-Quit program. • If you are not interested at this time, please ask your pharmacist for more information on the Rexall Ready-2-Quit program, should you wish to reconsider at a later date. 									

Pharmacist Instructions (for All Patients):

1. Place the **PIN 90008202** on hold in the patient's file in your dispensing system to launch the Rexall Ready-2-Quit Registration & Initial Consultation process.