

R 091308Z AUG 11  
FM COMDT COGARD WASHINGTON DC//CG-112//  
TO AIG 4905  
BT

UNCLAS //N06010//

SUBJ: SMOKING CESSATION COUNSELING - GUIDANCE TO COAST GUARD CLINICS A.  
COMDT COGARD WASHINGTON DC//CG11// R 0815472 AUG 11 1. IAW REF (A),  
SMOKING CESSATION COUNSELING, DESCRIBED A TRICARE BENEFIT THAT MAY BE USED  
BY COAST GUARD (CG) MEMBERS AS A POTENTIAL ADJUNCT (BY REFERRAL) TO  
SMOKING CESSATION PROGRAMS IN CG CLINICS.

THIS MESSAGE PROVIDES ADDITIONAL GUIDANCE TO CG CLINICS AND CG HEALTHCARE  
PROVIDERS REGARDING THIS BENEFIT.

2. ACCORDING TO THE UNITED STATES PREVENTIVE SERVICES TASK FORCE  
(USPSTF), CLINICIANS SHOULD ASK ALL ADULTS ABOUT TOBACCO USE AND PROVIDE  
TOBACCO CESSATION INTERVENTIONS FOR THOSE WHO USE TOBACCO  
PRODUCTS. CG HEALTHCARE PROVIDERS SHOULD LEARN BRIEF INTERVENTION  
TECHNIQUES, E.G, THE 5-A BEHAVIORAL COUNSELING FRAMEWORK:

A. ASK ABOUT TOBACCO USE

B. ADVISE TO QUIT THROUGH CLEAR PERSONALIZED MESSAGES C. ASSESS  
WILLINGNESS TO QUIT D. ASSIST TO QUIT E. ARRANGE FOLLOW-UP AND SUPPORT

3. CG HEALTHCARE PROVIDERS ARE ENCOURAGED TO PROVIDE INDIVIDUAL OR GROUP  
SMOKING CESSATION COUNSELING FOR CG MEMBERS ASSIGNED TO CG CLINICS USING  
THE PATIENT CENTERED MEDICAL HOME MODEL.

4. CG HEALTHCARE PROVIDERS SHOULD ALSO COLLABORATE WITH THEIR COGNIZANT  
HEALTH PROMOTION MANAGER REGARDING LOCAL SMOKING CESSATION INITIATIVES,  
WHENEVER FEASIBLE.

5. CG HEALTHCARE PROVIDERS WHO WOULD LIKE TO REFER MEMBERS OUT TO THE  
TRICARE NETWORK FOR SMOKING CESSATION COUNSELING SHOULD REVIEW THE TRICARE  
SMOKING CESSATION COUNSELING BENEFIT AS OUTLINED IN THE FOLLOWING DOCUMENT  
AT:

[HTTP://WWW.USCG.MIL/WORKLIFE/TOBACCO\(UNDERScore\)CESSATION.ASP](http://www.uscg.mil/worklife/tobacco(underscore)cessation.asp) (SELECT THE  
TRICARE SMOKING CESSATION COUNSELING PROCEDURES LINK).

6. POC FOR THE TOBACCO CESSATION PROGRAM IS TIM MERRELL 202-475-5146 OR  
TIMOTHY.M.MERRELL(AT)USCG.MIL.

7. MAURA.K.DOLLYMORE, CHIEF, OFFICE OF HEALTH SERVICES, SENDS.

8. INTERNET RELEASE AUTHORIZED.

BT

NNNN