California Smokers’ Helpline
The California Smokers’ Helpline offers a variety of services/assistance to help individuals quit tobacco such as phone counseling, online assistance and text messaging, self-help materials, and referrals to local programs. Counseling services are available in several languages including English, Spanish, Cantonese, Mandarin, Korean and Vietnamese.

If your patients are eager to stop using tobacco, they can call 1-800-662-8887. Providers can also refer patients to this useful resource by visiting https://www.nobutts.org and selecting the Provider Referral tab at the top of the page.

Provider training
The Smoking Cessation Leadership Center is a national program that collaborates with health professionals and institutions to increase their competency in helping smokers quit. They provide various types of resources including curriculums, presentations, online training, publications, toolkits and webinars for continuing education.

If you are interested in tobacco cessation updates, please visit https://smokingcessationleadership.ucsf.edu.

Regional offices:
For additional information and resources on tobacco cessation, please contact your regional office:

- Northern region: 1-916-589-3030
- Central region: 1-559-353-3500
- Southern region: 1-866-465-2272

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Tracking tobacco users
To create a system to identify and document tobacco users, we recommend implementing one of the following processes:

- Include tobacco use as a vital sign.
- Mark charts with a stamp/sticker when a patient indicates tobacco use.
- Document tobacco use on the Staying Healthy Assessment or other individual health education behavioral assessment.
- Document tobacco use on the Child Health and Disability Prevention Program Confidential Screening/Billing Report (PM160).
- Enter the applicable ICD-10 code for tobacco use in their medical records.

Addressing tobacco use with your patients
As a provider, you are advised to address tobacco use with your patients.

At every visit, you can implement these simple steps:

- **Ask** every patient: “Do you use tobacco?”
- **Advise** tobacco users to quit.
- **Assess** the user’s readiness to quit.
- **Assist** with locating resources and creating a plan to quit.
- **Arrange** for progress checks to help the patient quit for good.

Refer to the California Smokers' Helpline at 1-800-662-8887 or other local tobacco cessation resources.

### Quick reference
**ICD-10 tobacco use codes**

<table>
<thead>
<tr>
<th>Codes</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>F17.200</td>
<td>Nicotine dependence — unspecified, uncomplicated</td>
</tr>
<tr>
<td>F17.201</td>
<td>Nicotine dependence — unspecified, in remission</td>
</tr>
<tr>
<td>F17.210</td>
<td>Nicotine dependence (cigarettes) — uncomplicated</td>
</tr>
<tr>
<td>F17.211</td>
<td>Nicotine dependence (cigarettes) — in remission</td>
</tr>
<tr>
<td>F17.220</td>
<td>Nicotine dependence (chewing tobacco) — uncomplicated</td>
</tr>
<tr>
<td>F17.221</td>
<td>Nicotine dependence (chewing tobacco) — in remission</td>
</tr>
<tr>
<td>F17.290</td>
<td>Nicotine dependence (other tobacco product) — uncomplicated</td>
</tr>
<tr>
<td>F17.291</td>
<td>Nicotine dependence (other tobacco product) — in remission</td>
</tr>
<tr>
<td>Z87.891</td>
<td>Personal history of nicotine dependence</td>
</tr>
<tr>
<td>O99.33</td>
<td>Tobacco use (smoking) during pregnancy, childbirth and puerperium</td>
</tr>
</tbody>
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