



## Adult Preventive Care

### Resources for Patients

#### Agency for Healthcare Research and Quality

(Order pamphlets – free order limit 200)

- [Men: Stay Healthy at Any Age](#) (Provides information to help men stay healthy at any age.)
- [Men: Stay Healthy at Any Age](#) (In Spanish)
- [Men: Stay Healthy at 50+](#) (Provides information to help women stay healthy at age 50 and above.)
- [Men: Stay Healthy at 50+](#) (In Spanish)
- [Women: Stay Healthy at Any Age - 2014 Update](#) (Provides information to help women stay healthy at any age.)
- [Women: Stay Healthy at Any Age - 2014 Update](#) (In Spanish)
- [Women: Stay Healthy at 50+](#) (Provides information to help women stay healthy at age 50 and above.)
- [Women: Stay Healthy at 50+](#) (In Spanish)

#### Healthfinder.gov

- Tips to be physically active and make healthy food choices.

#### Healthy Living Center – Stop Smoking Program

<https://www.urmc.rochester.edu/community-health/programs-services/healthy-living-center.aspx>

Provides evidence based intensive intervention with counseling and medication support in person to individuals, over 4 to 8 visits, living in Monroe County and the surrounding areas (585) 530-2050 FAX (585) 530-2398.

#### National Cancer Institute

- [Order pamphlet: Clearing the Air: Quit Smoking Today](#) (free-order limit 50) - Describes tools that can help smokers stop smoking and the problems to expect when they quit.
- [Order free pamphlet: Clear Horizons](#) – Self-help manual for smokers age 50 and older.

#### Smokefree.gov

Provides online resources to help patients quit smoking. Smartphone apps are user friendly and easy to download.

- [Download free QuitGuide Smartphone Apps](#) (designed to help patients prepare to quit smoking and support efforts)
- [Download free QuitStart Smartphone Apps](#) (created with teens in mind, but can be used by adults)
- [SmokefreeTXT](#) (free interactive text messaging to help adults and young adults quit smoking)  
<https://smokefree.gov/tools-tips/smokefreetxt-signup>