To update your tobacco history

1. Log on to the Patient Portal or Patient Information Center.

2. Click **My Health** on the left side of the page.

3. Click **Tobacco History**. The Tobacco History page appears.

4. Click **Edit**.

5. **Tobacco Smoking Status** — Select an option from the menu, for example, Former smoker.

6. **Smoking - How much?** — Select an option from the menu, for example, **2 PPW** (packs per week).

7. **Tobacco - years of use** — If you are or were a smoker, enter the number of years you've smoked.

8. Click **Submit**. A confirmation message appears.

9. After you read the message, click **OK** .