

# It's okay to be a quitter – it's time to stop smoking

Your plan covers prescription and over-the-counter products to help you quit smoking or other tobacco use.

## Some types of products that can help you quit include:

- Nicotine replacement products. These provide nicotine but are substitutes for smoking. Some options are nicotine skin patches, gum, lozenges, or nasal sprays.
- Prescription medications like Chantix, bupropion sustained-release (SR) (generic Zyban), Nicotrol Inhaler or Nicotrol Nasal Spray (NS).

Medication isn't for everyone. Meet with your doctor and ask if it is right for you. You will need a prescription for a stop-smoking product to take advantage of this benefit, even if it is available over-the-counter. Take your prescription and over-the-counter product to the pharmacist along with your pharmacy ID card and they will process your claim. You must be age 18 or older to fill these products.

**Quitting smoking or other tobacco use is one of the best things you can do for your health. Don't wait another day to stop.**

### Set yourself up for success

The tips below can increase your chance of quitting, even if you've tried before.

- **Don't do it alone.** Get support from others to increase your chance of success.
- **Make a plan.** Set a date to quit and be prepared with something else to occupy you when cravings strike.
- **Get rid of everything that reminds you of smoking or tobacco use.** Throw out cigarettes, matches, lighters, and ash trays.
- **Stop smoking or using tobacco completely on your quit date.**

Over-the-counter medications	Dosage Form
COMMIT	Nicotine lozenges
NICODERM	Nicotine patches
NICORETTE	Nicotine gum
NICOTROL Inhaler	Nicotine inhaler
NICOTROL NS	Nicotine nasal spray

Prescriptions	Dosage Form
CHANTIX/varenicline*	Tablet
ZYBAN	Tablet
bupropion SR*	Tablet

\*Healthcare Reform at \$0 copay

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