



# Quitting smoking is one of the best things you can do for your health.

## Support to help you quit smoking

The Newfoundland and Labrador Smoking Cessation Program assists with the cost of medications (Champix® and Zyban®) and nicotine replacement therapy products (nicotine patch, gum, lozenge, inhaler and Quick Mist) that are proven to help with quitting smoking.

## Who can take part in the program?

Adults, 18 years of age and older, who are registered under the Newfoundland and Labrador Prescription Drug Program's (NLPDP) Access, Foundation (Income Support) or 65+ plans.

## What does the program cover?

The Smoking Cessation Program covers:

- varenicline (Champix®)
- bupropion (Zyban®), and
- nicotine replacement therapy products (NRT):
  - nicotine patch
  - nicotine gum
  - nicotine lozenge
  - nicotine inhaler
  - Quick Mist



### How much coverage can I get each year?

You can receive up to 12 weeks (84 days) of one prescription drug (Champix® or Zyban®) or one nicotine replacement product (e.g., patch, gum, lozenge, inhaler or quick mist) within one year (365 day period). An additional 12 weeks is available through the special authorization process.

### When can I access the program again?

You can use the program again one year from the date you started the program.

### How do I get the NRT or medication?

You will need to talk to your doctor, nurse practitioner or pharmacist to discuss whether an NRT or prescription medication is right for you.

When filling your prescription at the pharmacy, you must present your **NLPDP card** to indicate your eligibility for coverage under the program.

### How much do I have to pay?

Most of the cost is covered. You will have to pay an amount each time you get your prescription filled, up to a maximum of \$18 per year.

Champix	Filled once a month for 3 months. Patient pays \$6 at pharmacy per month.
Zyban	Filled once a month for 3 months. Patient pays \$6 at pharmacy per month.
NRT	Filled every 14 days for 3 months. Patient pays \$3 every 14 days per product.

### Can I switch from an NRT to a prescription drug or switch from a prescription drug to an NRT once treatment is started?

If you have a reaction and are unable to continue with the product within the first 2-4 weeks, the program may cover the cost of another type of NRT or prescription medication in the same year. Your health care provider will need to complete a special authorization form and submit it to NLPDP.

### How can I improve my chances of quitting smoking?

Research shows that you will be more likely to succeed with support and the use of stop smoking products. It is important to choose a way to quit that is safe, proven to help, and that suits your needs.

#### Get support through the NL Smokers' Helpline.

The Newfoundland and Labrador Lung Association's Smokers' Helpline provides free, confidential, one-on-one support and resources to help you quit smoking.

You can connect with a trained and experienced counselor through telephone, text, email and online.

If you are looking for information or interested in quitting, call: **1.800.363.5864 (LUNG)**, text **709.700.7002** or visit **smokershelp.net**.

#### Talk to your health care provider.

Discuss quitting smoking with your doctor, pharmacist, public health nurse or other health care provider.

To obtain additional information, call **1.800.363.5864. It's never too late to quit!**

