

BC PharmaCare

Get help quitting tobacco

The BC Smoking Cessation Program helps people of any age living in B.C. with the cost of products that can make it easier to stop smoking.

How it works

The program covers 12 weeks (84 days in a row) of treatment once each calendar year for either:

- Nicotine replacement therapy (NRT)—nicotine gum, lozenges or patches
- Prescription smoking cessation drugs—bupropion (Zyban®) or varenicline generics

Coverage is available to B.C. residents who:

- Use a tobacco product—smoke cigarettes, chew tobacco, take snuff
- Have active Medical Services Plan (MSP) coverage

How to get smoking cessation products

Nicotine gum, lozenges or patches

The program covers the full cost of select nicotine patches, gum and lozenges. Ask a pharmacist to sign you up. You do not need a prescription, but you will need to sign a form declaring that you plan to quit using tobacco.

Nicotine replacement products are non-prescription medications that contain nicotine. They can make quitting easier by letting you slowly reduce the amount of nicotine in your body.

Bupropion (Zyban®) or varenicline generics

The program covers the full cost of prescription smoking cessation drugs under some plans: Plan C (Income Assistance), Plan G (Psychiatric Medications), Plan W (First Nations Health Benefits), and Plan B (Long-term Care). If you are covered only by Fair PharmaCare, coverage depends on whether you have met your deductible or family maximum. Talk to a doctor, nurse practitioner, or pharmacist about getting a prescription.

Bupropion and varenicline do not contain nicotine. They work in the brain to help make quitting easier and to reduce cravings. Your prescriber can help you decide if a prescription for one of these drugs is right for you.

For more information

Phone us Monday to Friday 8 am to 8 pm and Saturday 8 am to 4 pm

- From the Lower Mainland: 604-683-7151
- From the rest of B.C., toll-free: 1-800-663-7100

Online resources

- More information about the Smoking Cessation Program: www.gov.bc.ca/bcsmokingcessation
- Register for Fair PharmaCare: gov.bc.ca/ahdc



Visit www.quitnow.ca for one-on-one support and valuable free resources to help you quit smoking. Ask your pharmacist for more information.