

# Want to stop smoking or using other types of tobacco?

*The BC Smoking Cessation Program helps with the cost of products that can make it easier to stop smoking*

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## What does the program cover?

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

- **Nicotine gum, lozenges, inhalers, or patches.** These nicotine replacement products are available at no cost.
- **Prescription smoking cessation drugs—bupropion (Zyban®) or varenicline (generics):** Covered by B.C. PharmaCare in the same way as other prescriptions. The actual cost depends on the rules of your PharmaCare plan, which may pay for all, part, or none of the cost.

## Who can take part?

Nicotine replacement therapy products are available to **B.C. residents** who

- smoke or use another tobacco product (e.g., takes snuff, chews tobacco), and
- have active Medical Services Plan coverage.

PharmaCare covers the prescription drugs for any **B.C. resident** who

- smokes or uses another tobacco product (e.g., takes snuff, chews tobacco),
- has active Medical Services Plan coverage, and
- is covered by an eligible PharmaCare plan.

## What are nicotine replacement products?

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.

## What are smoking cessation prescription drugs?

Bupropion (Zyban®) and varenicline (generics and brand name Champix®) do not contain nicotine. They work on the brain to help make quitting easier and to reduce cravings. When you are already seeing your doctor for another reason, ask about these drugs. Your doctor can help you decide if a prescription for one of these drugs is right for you.

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## How do I get the product?

<p><b>Nicotine gum, lozenges, inhalers or patches</b></p>	<p>Visit your local pharmacy. You do not need a prescription but you will need to sign a declaration form.</p>
<p><b>Bupropion (Zyban®) or varenicline (generics and brand name Champix®)*</b></p>	<p>When you see your doctor, ask about your options. If you and your doctor agree on one of these drugs, take your doctor's prescription to your pharmacy.</p>

## Other tools and resources

<p><b>Get more information about the Smoking Cessation Program, including the specific products covered...</b></p>	<p>Visit <a href="http://www.gov.bc.ca/bcsmokingcessation">www.gov.bc.ca/bcsmokingcessation</a></p>
<p><b>Find out how to succeed in quitting...</b></p>	<p>Speak to your doctor or pharmacist. Visit <a href="http://www.quitnow.ca">www.quitnow.ca</a> for 24-hour free counselling to help you quit smoking.</p>
<p><b>Register for Fair PharmaCare or learn more about PharmaCare...</b></p>	<p>Visit <a href="http://www.gov.bc.ca/pharmacare">www.gov.bc.ca/pharmacare</a> or Call Health Insurance BC:</p> <ul style="list-style-type: none"> <li>• From Lower Mainland, call 604 683-7151</li> <li>• From the rest of B.C., call 1 800 663-7100</li> </ul>

**\*Note:** Champix® (varenicline brand name) is now only a partial benefit under PharmaCare. Ask your doctor about the low cost alternatives.