

# 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

- **Specific nicotine gum, lozenges or patches.** Eligible nicotine replacement products are available at no cost.
- **Prescription smoking cessation drugs—bupropion (Zyban®) or varenicline (Champix®):**  
Coverage 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., take snuff, chew 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 or patches</b></p>	<p>Visit your local pharmacy. You do not need a prescription but you will need to sign a form declaring that you plan to quit using tobacco products.</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>Increase your chances of success by planning your strategy with the QuitNow.ca program...</b></p>	<p>Visit <a href="http://www.quitnow.ca">www.quitnow.ca</a> for one-on-one support and valuable free resources to help you quit smoking. Ask your pharmacist for more information.</p>
<p><b>Register for Fair PharmaCare to receive income-based coverage or learn about coverage from other PharmaCare Plans...</b></p>	<p>Visit <a href="http://www.gov.bc.ca/pharmacare">www.gov.bc.ca/pharmacare</a> or Call Health Insurance BC:  <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> </p>

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