

# 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**

## What does the program cover?

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

- **Nicotine gum (Thrive™ in two strengths) or nicotine patches (Habitrol® in three strengths):** These nicotine replacement products are available at no cost.
- **Prescription smoking cessation drugs—bupropion (Zyban®) or varenicline (Champix®):** Covered by BC 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 gum or patches are available to any **B.C. resident\*** who

- smokes or uses another tobacco product (e.g., takes snuff, chews tobacco), and
- has 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.

\* The program is not usually available to people who are fully covered under a federal government drug plan that offers equal or better coverage of smoking cessation products.

## What are nicotine replacement products?

Nicotine replacement products (gum or patches) 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 (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.

### How do I get the product?

<b>Nicotine gum or patch</b>	Call <b>HealthLinkBC</b> at <b>8-1-1</b> to register. Ask to have the product mailed to you or pick it up at your pharmacy (using the reference number HealthLinkBC will give you).
<b>Bupropion (Zyban®) or varenicline (Champix®)</b>	When you next 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.

### Other tools and resources

<b>Get more information about the Smoking Cessation Program...</b>	 Call HealthLinkBC 8-1-1 or visit <a href="http://www.health.gov.bc.ca/pharmacare/stop-smoking">www.health.gov.bc.ca/pharmacare/stop-smoking</a>
<b>Find out how to succeed in quitting...</b>	 Speak to your doctor or pharmacist. Call HealthLinkBC and QuitNow Services at 8-1-1. Visit <a href="http://www.quitnow.ca">www.quitnow.ca</a> for 24-hour free counselling to help you quit smoking.
<b>Register for Fair PharmaCare or learn more about PharmaCare...</b>	 Visit <a href="http://www.health.gov.bc.ca/pharmacare">www.health.gov.bc.ca/pharmacare</a> or Call Health Insurance BC: <ul style="list-style-type: none"><li>• From Vancouver, call 604 683-7151</li><li>• From the rest of B.C., call 1 800 663-7100</li></ul>

**BC PharmaCare** is the provincial drug insurance program. It helps British Columbians with the cost of eligible prescription drugs and certain medical supplies.