



Exciting News to Help You Quit Smoking

We understand that kicking the habit is hard and you might need medication. There are many medications and products to help you quit smoking.

Previously, these products were considered lifestyle medications that we generally did not cover. BlueChoice HealthPlan, however, wants to do everything we can to support you in “kicking the habit.” We now cover many stop smoking aids under our prescription benefits!* Start taking advantage of these savings today:

Chantix	Preferred (middle) copayment, limit of 12 weeks per rolling year
Generic Zyban (bupropion)	Generic (lowest) copayment
Over-the-counter nicotine patches	Covered with physician prescription, at lowest copayment

The U.S. Public Health Service recently released tobacco guidelines emphasizing that a combination of medication and telephone counseling are the most effective ways to quit smoking. So, if you and your doctor think medication will help, consider taking advantage of phone counseling, too. To receive counseling, call the South Carolina Quitline at 800-QUIT NOW (784-8669) or join our updated Great Expectations® **Quit Smoking** program. Call 800-327-3183, ext. 25294 for more information about our program.

*Some members have a more comprehensive benefit package through the smoking cessation program, Free & Clear Quit for Life®. On behalf of BlueChoice HealthPlan, Free & Clear administers the Quit for Life program. Free & Clear is an independent company that offers smoking cessation programs. Check with your employer or member services department to see if you can get smoking cessation medications through this program.