



Exciting News To Help You Quit Tobacco

We understand kicking the habit is hard. The U.S. Public Health Service recommends a combination of medication and counseling as the most effective way to quit. And BlueChoice HealthPlan has you covered!

Tobacco cessation support is free through our My Health PlannerSM app. My Health Planner guides you through a program that will help you:

- Develop a quit plan.
- Find and avoid your triggers.
- Pick a quit date.
- Manage cravings, stress and weight.

My Health Planner also gives you direct access to your very own care manager who can help you stay on track.

Getting started is as easy as 1-2-3:

1. Grab your member ID card.
2. Download the app at www.MyHealthPlanner.com, or use the QR code to the right to access the website.
3. Enter access code ACTNOWTC.



Covered medications can be a huge help on your quit journey. As a BlueChoice® member, you can get certain medicines at no cost.*

Over-the-counter medications include these:

- Nicotine replacement gum
- Nicotine replacement lozenge
- Nicotine replacement patch

Prescription medications include this one:

- Bupropion sustained-release (generic Zyban®) tablet

BlueChoice covers the following medications after members have tried one over-the-counter product and Bupropion sustained-release (generic Zyban) separately:

- Varenicline
- Nicotrol® inhaler
- Nicotrol nasal spray

To qualify, you must:

- Be age 18 years or older.
- Get a prescription for these products from your doctor, even if the products are sold over the counter.
- Fill the prescription at a network pharmacy.

We cover up to 180 days of treatment at no cost each year. Maximum daily dose quantity limits apply.

*Prior authorization may apply for some medications. Refer to your benefits booklet for details.

If you have questions about your pharmacy benefits or prior authorization procedures, call BlueChoice Member Services at 800-868-2528.

Focus on life. Focus on health. *Stay focused.*



BlueChoice HealthPlan is an independent licensee of the Blue Cross Blue Shield Association.