



Exciting News To Help You Quit Tobacco

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

Tobacco cessation counseling calls are covered completely **FREE** of charge as part of your benefits. Call **855-838-5897** to connect with a coach.

Tobacco cessation medications can be a huge help on your journey to quit smoking or using tobacco products. As a BlueChoice HealthPlan member, these medicines are covered completely free of charge*.

Over-the-counter medications

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

Prescriptions

- Bupropion sustained-release (generic Zyban) tablet

The following medications are covered after members have tried one over-the-counter product and Bupropion sustained-release (generic Zyban) separately.

- Chantix tablet
- 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 (OTC)
- Fill the prescription at a network pharmacy.

Up to 180 days of treatment are covered at no cost each year. Maximum daily dose quantity limits apply.

If you have questions regarding your pharmacy benefits or prior authorization procedures, call BlueChoice® Member and Guest services at 800-868-2528.

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

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

