



Within 20 minutes of your last cigarette, your heart rate and blood pressure will go down. After just one day, your risk of heart disease is lower. And in the weeks and months ahead, your circulation will improve and your lungs will get clearer and stronger.<sup>1</sup>

# Want to quit smoking?

You can do this. And you *don't* have to do it alone.

**Get more support than ever — at no cost to you!**

You've made a great decision for your health, and now's the time when you need some support. Did you know that as a result of the Affordable Care Act, your health plan covers certain FDA-approved prescription drugs and over-the-counter (OTC) products to help you quit smoking? And you can get these drugs at no extra cost to you!

Here's all you need to do:

1. **Ask your doctor** if one or more of the covered prescription drugs and/or OTC products will work for you. If so, you'll need to get a prescription for each one. (Yes, even the OTC products will need a prescription to be covered at no cost to you.)
2. **Go to your local participating retail pharmacy** to fill your prescription(s). You can check [anthem.com](http://anthem.com) for a list of pharmacies near you.
3. **Show the pharmacist proof** that you're at least 18 years old. If you're under 18, you may need to speak with your doctor to get your OTC product. By law, they can only be sold to people over 18.

## It's quitting time

You can get these FDA-approved prescription drugs and OTC products for free!<sup>2</sup>

Prescription drugs	
<ul style="list-style-type: none"> <li>• Chantix</li> <li>• Bupropion SR (generic Zyban)</li> </ul>	
OTC Nicotine Replacement Therapy (NRT) products	
Type	Generic products covered at 100%
<b>Nicotine chewing gum</b> Available in 2mg and 4mg doses	Most nicotine chewing gum products are covered. <b>Please note: Nicorette is not covered.</b>
<b>Nicotine lozenge</b> Available in 2mg and 4mg doses	CVS nicotine lozenge EQ nicotine lozenge EQL nicotine lozenge GNP nicotine lozenge HM nicotine lozenge Pub Stop Smoking Aid lozenge RA nicotine lozenge SM nicotine lozenge SW nicotine lozenge
<b>Nicotine transdermal patch</b> (also called a nicotine skin patch or nicotine transdermal system) Available in single daily doses of 7mg, 14mg, or 21mg	CVS nicotine transdermal patch EQ nicotine transdermal patch HM nicotine transdermal patch KRO nicotine transdermal patch PV nicotine transdermal patch RA nicotine transdermal patch SM nicotine transdermal patch <b>Please note: Nicoderm is not covered.</b>

Get even more support at [anthem.com](http://anthem.com)

Log in and go to our Health and Wellness section for resources, tips and inspiration to help you quit.

If you have questions about the drugs and products available through your health plan, call the number on your member ID card.



<sup>1</sup> WebMDhealth.com website. *What Happens When You Quit* (accessed December 2016): webmdhealth.com.  
<sup>2</sup> Some drugs are subject to a quantity limit review before they're covered.

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