

Newfoundland and Labrador Smoking Cessation Program (under NLPDP)

Health care provider information

Support to help patients quit smoking

The Newfoundland and Labrador Smoking Cessation Program assists with the cost of medications (Champix® and Zyban®) and nicotine replacement therapy products (nicotine patch, gum, lozenge, inhaler and quick mist) that are proven to help with quitting smoking.

Who can take part in the program?

Adults, 18 years of age and older, who are registered under the Newfoundland and Labrador Prescription Drug Program's (NLPDP) Access, Foundation (Income Support), or 65+ plans.

What does the program cover?

The Smoking Cessation Program covers:

- varenicline (Champix®)
- bupropion (Zyban®), and
- nicotine replacement therapy (NRT):
 - nicotine patch
 - nicotine gum
 - nicotine lozenge
 - nicotine inhaler
 - quick mist

How much coverage is available for patients each year?

An individual can receive up to 12 weeks (84 days) of one prescription drug (Champix® or Zyban®) or nicotine replacement product (patch, gum, lozenge, inhaler or quick mist) within a 365 day period.

An additional 12 weeks of treatment may be approved under the special authorization process.

Combination therapy of up to 2 products may also be approved under the special authorization process.

When can the patient access the program again?

Patients can access the program one year from the date they started the program.



How does the patient obtain the NRT product or medication?

The patient will need to talk to their doctor, nurse practitioner or pharmacist to discuss whether the NRT or prescription medication is right for them. If so, the health professional will write a prescription. When filling the prescription at the pharmacy, the patient must present their NLPDP drug card to indicate eligibility for coverage under the program.

How much does the patient have to pay?

Most of the cost is covered. The patient will pay an amount each time they get a prescription filled, up to a maximum of \$18 per treatment cycle (12 weeks).

How much of the products can a patient receive at a time?

Champix

Dispensed once a month, for three months. Patient pays \$6 per dispense at pharmacy.

Zyban

Dispensed once a month, for three months. Patient pays \$6 per dispense at pharmacy.

Nicotine Replacement Therapies (Patch, gum, inhaler and lozenge)

Dispensed every 14 days for three months. Patient pays \$3 per dispense at pharmacy.

What if a patient needs a higher dosage?

In cases where more than 21mg of the nicotine patch per day is needed upon initiation of NRT, health care providers can apply under the special authorization process detailing the required dose, duration and clinical rationale. Please contact the Department of Health and Community Services at 1.888.222.0533 if you have questions about special authorization. The form can be found at www.gov.nl.ca/hcs/files/prescription-standard-specauth-form.pdf

Can a patient switch from an NRT to a prescription drug or switch from a prescription drug to an NRT once treatment is started?

If the patient has an adverse reaction or is unable to tolerate the NRT or prescription medication within the first 2-4 weeks, the program may cover the cost of another type of NRT or prescription medication in the same year. Their health care provider will need to complete a special authorization form and submit it to NLPDP.

How can patients improve their chances of quitting smoking?

Research shows that using stop smoking products with counseling support can improve an individual's chances of successfully quitting smoking.

How can I refer a patient to the NL Smokers' Helpline?

The helpline provides free, confidential, one-on-one support to help individuals quit smoking. You can refer your patients to the helpline services through online or fax referral in three, easy steps:

1. Ask your patients if they use tobacco products or have recently quit.
2. Advise them about the benefits of quitting.
3. Ask if they would like to be referred to the Smokers' Helpline for support. If your patient accepts, complete and submit the online form smokershelpnet or fax the referral form to 709.726.2550. A trained counselor will contact the patient. Services are available by phone 1.800.363.5864, text 709.700.7002 and online smokershelpnet.

For a copy of the referral package, please contact the NL Smokers' Helpline at 1.800.363.5864 (LUNG) or smokershelpnet.

For further information, please contact:
Pharmaceutical Services Division
Health and Community Services
1.888.222.0533 or 709.729.6507

