



Quitting smoking is one of the best things you can do for your health.

Support to help you 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 and inhaler) 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 (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 products (NRT):
 - o nicotine patch
 - o nicotine gum
 - o nicotine lozenge
 - o nicotine inhaler



How much coverage can I get each year?

You can receive up to 12 weeks in a row (84 days) of one prescription drug (Champix® or Zyban®) or one nicotine replacement product (e.g., patch, gum, lozenge, inhaler) within one year (365 day period).

When can I access the program again?

You can use the program again one year from the date you started the program.

How do I get the NRT or medication?

You will need to talk to your doctor, nurse practitioner or pharmacist to discuss whether an NRT or prescription medication is right for you.

When filling your prescription at the pharmacy, you must present your NLPDP card to indicate your eligibility for coverage under the program.

How much do I have to pay?

Most of the cost is covered. You will have to pay an amount each time you get your prescription filled, up to a maximum of \$75 per year.

Champix

Filled once a month, for three months. Four-weeks starter pack: Patient pays \$15 at pharmacy. Four-week continuation pack (up to two): Patient pays \$30 at pharmacy for each pack.

Zyban

Filled once a month, for three months. First fill: Patient pays \$15 at pharmacy. Second and third refill: Patient pays \$30 at pharmacy for each dispense.

Nicotine Replacement Therapies (patch, gum, inhaler, lozenge)

Filled every 14 days for three months. Each two-week fill (up to six): Patient pays \$12.50 at pharmacy for each fill.

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

If you have a reaction and are unable to continue with the product, the program may cover the cost of another type of NRT or prescription medication in the same year. Your health care provider will need to complete a special authorization form and submit it to NLPDP.

How can I improve my chances of quitting smoking?

Research shows that you will be more likely to succeed with support and the use of stop smoking products. It is important to choose a way to quit that is safe, proven to help, and that suits your needs.

Get support through the NL Smokers' Helpline.

The Newfoundland and Labrador Lung Association's Smokers' Helpline provides free, confidential, one-on-one support and resources to help you quit smoking.

You can connect with a trained and experienced counselor through telephone, text, email and online.

If you are looking for information or interested in quitting, call: **1.800.363.5864 (LUNG)**, text **709.700.7002** or visit smokershelp.net.

Talk to your health care provider.

Discuss quitting smoking with your doctor, pharmacist, public health nurse or other health care provider.

To obtain additional information, call **1.800.363.5864. It's never too late to quit!**

