

If you're trying to quit smoking,
Why go it alone?

Now you've got more support than ever — and it comes at no extra cost!

Under health care reform, you can get certain FDA-approved prescription drugs and many over-the-counter (OTC) products to help you quit smoking and it won't cost you anything extra!

It's all part of the preventive care benefit that comes with health care reform. Here's how it works: To get certain prescriptions and nicotine replacement products covered in full (no cost to you), here's all you have to do:

- 1. Ask your doctor** if one or more of the covered prescription drugs and/or OTC products (listed on the next page) would be good for you. If so, you'll need to get a prescription for each one. (Yes, even certain OTC products to help you quit smoking will need a prescription in order to be covered at no cost to you.)
- 2. Go to a pharmacy** that's in your health plan's network to fill your prescription. You can check anthem.com to find a network pharmacy.
- 3. Show the pharmacist proof that you're at least 18** years of age. If you're under 18, you may need to speak with your doctor or other health care professional to get your OTC product, because by law, they can only be sold to people who are over 18.

Once you quit, better health begins — in minutes!

You'll literally get healthier 20 minutes after you quit smoking because your heart rate and blood pressure will go down. In the months to follow, your circulation will improve and your chances of getting heart disease, stroke and cancer will drop significantly, too.¹

Ready to call it quits?

See the next page for a list of FDA-approved prescription drugs and OTC products that you can get at no cost. If you have any questions, call the phone number listed on your member ID card.



¹ The American Cancer Society website, *When Smokers Quit - What are the Benefits Over Time* cancer.org, October 4, 2012.

Prescription drugs and over-the-counter (OTC) products that are fully covered as part of the health care reform law:*

Prescription drugs

- Chantix
- Buproban
- Bupropion SR (generic Zyban)

OTC Nicotine Replacement Therapy (NRT) products

Type of NRT	Brand-name and generic products that are covered at 100%
<p>Nicotine gum Available in 2mg and 4mg doses</p>	<p>CVS nicotine chewing gum EQ nicotine chewing gum GNP nicotine chewing gum HM nicotine chewing gum LDR nicotine chewing gum Nicorelief nicotine chewing gum PC nicotine chewing gum Pub Stop Smoking aid 2mg and 4mg gum PV nicotine chewing gum Quit 2 nicotine chewing gum Quit 4 nicotine chewing gum RA nicotine chewing gum SM nicotine chewing gum SW nicotine chewing gum Thrive nicotine chewing gum Please note: Nicorette is not covered.</p>
<p>Nicotine lozenge Available in 2mg and 4mg doses</p>	<p>CVS nicotine lozenge EQL nicotine lozenge GNP nicotine lozenge HM nicotine lozenge Nicorelief nicotine lozenge Pub Stop Smoking aid 2mg and 4mg lozenge RA nicotine lozenge SM nicotine lozenge SW nicotine lozenge Please note: Commit is not covered.</p>
<p>Nicotine transdermal patch (also called a nicotine skin patch) Available in single daily doses of 7mg, 14mg, or 21mg</p>	<p>CVS nicotine transdermal patch EQ nicotine transdermal patch EQL nicotine transdermal patch HM nicotine transdermal patch PV nicotine transdermal patch RA nicotine transdermal patch SM nicotine transdermal patch Please note: Habitrol and Nicoderm are not covered.</p>

*Some drugs are subject to a quantity limit review before they are covered.

Get even more support at anthem.com!

Log on and click on our Health and Wellness section for resources, videos and even an online community for information and inspiration to help you quit!