



First Nations Health Authority
Health through wellness

FREQUENTLY ASKED QUESTIONS

Quitting Commercial Tobacco

Want to quit? We've got you covered!

What medications and products can help me quit?

You have two options:

- Prescription medications – you must visit a doctor or nurse practitioner first.
- Nicotine replacement therapy (NRT) products – you can get these directly from visiting a pharmacist.

Your Doctor, Nurse Practitioner or Pharmacist can help you choose which works best for you.

PRESCRIPTION MEDICATIONS Bupropion (Zyban®) / Varenicline



NICOTINE REPLACEMENT THERAPY (NRT) Patch / Inhaler / Gum / Lozenges



What coverage is available?

The BC Smoking Cessation Program pays for drugs and products to help you quit the use of commercial tobacco. First Nations Health Benefits through Pacific Blue Cross (PBC) pays for additional NRT products. You can get help from both programs at the same time.

BC SMOKING CESSATION PROGRAM

Up to 84 days in a row of:
Bupropion(Zyban®), Varenicline; OR NRT

FIRST NATIONS HEALTH BENEFITS THROUGH PACIFIC BLUE CROSS (PBC)

Up to 24 weeks of NRT

The complete list of products can be found at this link:

<https://www.fnha.ca/Documents/FNHA-Quitting-Tobacco-Product-Info-Sheet.pdf>

Can I get smoking cessation benefits from two programs at the same time?

Yes. You may improve your chances of quitting the use of commercial tobacco successfully by using more than one product at a time and accessing both programs. It is important to talk to your pharmacist, nurse practitioner, or doctor before using different NRTs at the same time or combining prescription drugs with NRTs.

Can I get more medication or NRT when I run out?

BC Smoking Cessation Program pays for medication or NRT up to 12 weeks in a row each year. First Nations Health Benefits through PBC covers NRT for up to a 24-week supply each year.

Can I switch from a prescription drug to NRTs?

If you have side effects from the prescription drug, discuss with your doctor, pharmacist or nurse practitioner. If you cannot tolerate the prescription drug, your doctor may submit a Special Authority request to PharmaCare to get a supply of NRT product from the BC Smoking Cessation program.

What if I complete the BC Smoking Cessation Program and have not quit?

If you completed the 12-week course of treatment under the BC Smoking Cessation Program, and have not quit smoking, you can get up to a 24-week supply of NRT product under First Nations Health Benefits through PBC in the same calendar year.

Why do I have to sign a declaration form?

To access coverage for your benefits from the BC Smoking Cessation Program, you and your pharmacist must sign a declaration form each time you need a supply of smoking cessation products or drugs. This is to confirm you and your pharmacist had talked about all the requirements of the program including documentation. This documents the treatment option you and your health care providers have chosen to help you on your smoking cessation journey.

For more information or questions on your coverage, contact:

First Nations Health Benefits Phone: 1.855.550.5454
or Email: HealthBenefits@fnha.ca

For tips on quitting the use of commercial tobacco, see the FNHA website:

<http://www.fnha.ca/respectingtobacco>

BC Smoking Cessation Program:

<https://www2.gov.bc.ca> (search "BC Smoking Cessation Program")

BC QuitNow for support and counselling:

<https://www.quitnow.ca> or call 1.877.455.2233 (toll-free)