



First Nations Health Authority
Health through wellness

Quitting Commercial Tobacco: Covered Products to Help Support Your Transition

There are different options to help you on your journey to quit commercial tobacco use – nicotine replacement therapy (NRT) products and/or smoking cessation prescription drugs. You can get NRT products like nicotine patches, gum, lozenges, or inhaler cartridges directly from a pharmacist without a prescription. The prescription drugs for smoking cessation, bupropion (Zyban®) and varenicline (Champix®) require a prescription from a doctor, nurse practitioner or pharmacist. Talk to your pharmacist, doctor or nurse practitioner to determine the best choice of treatment for you.

Coverage for drugs and products to help quit the use of commercial tobacco is provided primarily through the BC Smoking Cessation Program. To access the program, you will need to sign a declaration each time you need a supply of the NRT product or prescription drug. Coverage for most treatment options is for a 12-week supply per calendar year (i.e. January to December), and a 28-day supply at a time. The table below shows the different NRT products and prescription drugs covered under the BC Smoking Cessation Program:

BC SMOKING CESSATION PROGRAM	
PRESCRIPTION DRUGS	NICOTINE REPLACEMENT THERAPY (NRT) PRODUCTS
<p>You may use one 12-week course of treatment in a year of one of these prescription drugs*:</p> <ul style="list-style-type: none"> • Bupropion (Zyban®) – 150 mg OR • Varenicline (Champix®) – 0.5 mg or 1 mg 	<p>You may use one 12-week course a year of one of the following NRT products:</p> <ul style="list-style-type: none"> • Nicotine Patches 84 Nicoderm® patch – 7 mg or 14 mg or 21 mg OR • Gum 945 pieces of Nicorette® gum (Ultra Fresh Mint only) – 2 mg or 4 mg OR • Lozenges 792 Nicorette® Lozenges – 2 mg or 4 mg
OR	
Coverage is intended for 84 days in a row, and for a single treatment option.	

*The Zyban® brand of bupropion is covered for smoking cessation. Varenicline generics are fully covered whereas the Champix® brand is covered as a partial benefit, up to the cost of the generic versions.

There is supplementary coverage for NRT products available from First Nations Health Benefits through Pacific Blue Cross (PBC). Talk to your pharmacist, doctor or nurse practitioner about whether you would benefit from the addition of a second NRT product or to extend the length of treatment. Coverage limits apply for one calendar year (i.e., January to December). The table below shows the different NRT products covered for First Nations Health Authority (FNHA) clients through PBC:

SMOKING CESSATION PRODUCTS FOR FNHA CLIENTS
NICOTINE PATCHES You may use nicotine patches up to a maximum of a 24-week supply.
AND
GUM, LOZENGES, AND/OR INHALER You may use gum, lozenges, and/or inhaler cartridges up to a maximum of a 24-week supply. Other flavours of nicotine gum are covered, e.g., Fresh Fruit.

RESOURCES

More information on the BC Smoking Cessation Program:

www2.gov.bc.ca/bc-smoking-cessation-program

Support programs and resources to help you plan your quit strategy:

www.quitnow.ca

More information from the First Nations Health Authority to help you quit smoking:

www.fnha.ca/respectingtobacco

www.fnha.ca/Documents/FNHA-Quitting-Commercial-Tobacco-FAQs.pdf

For more information or questions, contact:
First Nations Health Benefits.
Phone: 1-855-550-5454 or email: HealthBenefits@fnha.ca