



Tobacco Cessation Program

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

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We all can use a little help sometimes. If you need help to quit smoking, Blue Cross and Blue Shield of Texas (BCBSTX) is here for you. We offer a tobacco cessation program at no cost to help you reach your goals.

Do you want to look and feel healthier? Do you want to stop being a source of secondhand smoke? Do you want to have fresh smelling clothes? Start the process to quit smoking today.

Let your doctor know that you would like to quit. Then talk with your doctor about the best medication for you to take to quit using tobacco. The cost for the following products are covered by your plan*:

- Nicotine replacement products (gum, patches and lozenges)
- Chantix (Varenicline 0.5 mg & 1 mg tablets)
- Bupropion SR (150 mg tablets)

*E-cigarettes and vaporizers are not covered tobacco cessation products

This program does not replace your provider's care. Always talk to your provider about any health questions or concerns. All providers referenced in this document are not employed by and are independent from BCBSTX. This communication does not constitute medical advice or care and is in no way intended to substitute for clinical judgment in individual cases. Always talk to your provider about any health questions or concerns. The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Benefits, formulary, pharmacy network, provider network, and/or copayments/coinsurance are subject to change.

To ask for supportive aids and services, or materials in other formats and languages for free, please call, 1-877-860-2837 TTY/TDD: 711.

Blue Cross and Blue Shield of Texas complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-860-2837 (TTY/TDD: 711).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-710-6984 (TTY: 711).

A full list of covered tobacco cessation products can be found in the BCBSTX Drug List at bcbstx.com/medicaid.

You may also ask to take part in the tobacco cessation program. You can do so by calling **1-877-262-2674** (TTY: **711**). You can also talk with your care coordinator. When you join the program, a tobacco cessation program Recovery Support Assistant (RSA) will contact you. The RSA will provide support, advice and education to you throughout the program. Tobacco cessation treatment may include prescription medications and over-the-counter products counseling.

That's it! We try to make this process as easy as possible. Take this flier to your doctor and talk to him or her about ways to stop using tobacco TODAY!