

Check with your employer to see if coverage is provided first.
If not, one of the following benefit programs may cover the costs for products to help you quit smoking.

Benefit Program	Benefits and Limitations	Contact
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Registered First Nations and Inuit Benefits	About 3 months supply during one year for nicotine gum, the nicotine patch and Zyban.	First Nations and Inuit Health Branch 60 Queen Street, 14th floor Postal Locator 3914A Ottawa, Ontario K1A 0K9 Toll free: 1-888-332-9222
Registered Metis, indigenous to NWT	About 3 months supply during one year for nicotine gum, the nicotine patch and Zyban.	Alberta Blue Cross 1-800-661-6995
Extended Health Benefits for Specified Diseases	About 3 months supply during one year for nicotine gum, the nicotine patch and Zyban. <i>Approval required.</i>	Alberta Blue Cross 1-800-661-6995
Seniors Benefits (60 +)	About 3 months supply during one year for nicotine gum, the nicotine patch and Zyban. <i>Approval required.</i>	Alberta Blue Cross 1-800-661-6995
Indigent Health Benefits (Income Support Program)	About 3 months supply of Zyban. <i>Approval required.</i>	Health Services Administration unit in Inuvik 1-800-661-0830

This chart is current as of March, 2005. Changes may occur.
Check with the program contact listed for up to date information.

Quitting Smoking?

Products and Benefit Programs that can help



Further information on NRTs can be found on Health Canada's website at:

www.gosmokefree.ca

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This brochure provides information on benefit programs available to some permanent residents for smoking cessation aids. It is not intended to offer medical advice. It provides a general idea of what products are available to help you stop smoking.

Talk to a health care professional about what is best for you. The benefits noted here are described generally. If you believe you are eligible for coverage under one of the benefit programs listed, contact them at the numbers provided for more information.

Nicotine Replacement Therapies (NRTs)

Nicotine replacement products provide nicotine without smoking. They help take the edge off your craving so your desire to smoke is reduced. They do not have the harmful toxins that are in cigarettes and smokeless tobacco.

These products come in several forms. The most commonly used are the nicotine patch and gum.

Prescription Medication

Bupropion (brand name: Zyban) is a pill that does not contain nicotine. It helps some people stop smoking, by reducing the urge to smoke. It must be prescribed by a doctor.

How do these products work?

Nicotine Patch



The patch looks like a bandage that is placed on your skin. It provides controlled amounts of nicotine into your body. So, while you're using the patch you're not missing the nicotine your body craves. The patch comes in different strengths. When you first quit smoking, you use a stronger dose, then move to a lighter dose. After a while, you will be able to stop using the patch without craving nicotine. It is very important not to smoke while using the patch. Most people use the patch for about 3 months.

Nicotine Gum



Nicotine gum helps you stop smoking by letting you slowly decrease the amount of nicotine in your system until you can stop using it completely. You decrease the dosage by using a lighter dose gum and using it less often. The gum is different from the patch because you control when and how much nicotine you want. Most people use nicotine gum for about 3 months to quit smoking. Some people continue to use nicotine gum once in a while to help them stay smoke-free. For example, if you are someplace where you are tempted to smoke, having some nicotine gum handy could help you resist the urge to smoke.

Prescription Medication



Bupropion is the medical name for a pill that can help you with nicotine withdrawal. It does not contain nicotine. The brand name used to describe it is Zyban. It is prescription medicine available for smokers 18 and older. It is not known exactly how it helps you quit smoking, but it is thought to act on the part of your brain that is addicted to the ingredients in cigarettes. Most people use the pill for 2-3 months. It is important to start using the pill about one week before actually quitting smoking. You can use the pill in combination with the patch or gum.

Where can I get the nicotine patch, or gum?

The patch and gum are available in drug stores and some grocery stores. You do not need a prescription to buy them. However, if you want your health plan to help pay for it, you will need a prescription from your doctor. You may also need prior approval from your health care plan.

Where can I get Zyban?

You must be 18 years of age or older, and must have a prescription from your doctor to use Zyban. Your health plan may help you pay for it.

What do NRTs and Zyban cost?

The cost of using these products depends on how many cigarettes you normally smoke each day. Even a combined use of both NRTs and Zyban is about half the cost of one pack of cigarettes a day.

Will my health care plan help me pay for NRTs or Zyban?

Check first with the benefit program offered by your employer to see if they offer smoking cessation aids as a benefit. If you do not receive these benefits from your employer, check the benefits chart on the back of this brochure to see if you are eligible. They may supplement your employer program, if you need more than what it offers.