

Ready to Quit Tobacco? We Can Help.

Medicines to Help You Quit

Quitting tobacco can cause withdrawal. That is why tobacco addiction is considered a chronic disease. That is also the main reason why prescription medicines are so beneficial in helping you quit. Using medicines to help you quit tobacco can keep withdrawal symptoms at a minimum. These are some of the medicines we cover:

- Zyban (Bupropion)
- Bupropion SR
- Chantix®
- Nicorette (OTC Nicotine Gum)
- Commit (OTC nicotine Lozenge)
- OTC and prescription strength Nicoderm (Nicotine Patch)

How You Can Get Your Medication

Ask your doctor if any of the medications we cover is right for you. Your doctor or pharmacist can tell you about how to take your medication. The dose your doctor prescribes depends on how much nicotine you consume.

Nicotine gum

Chew up to one stick of gum every hour. Once it becomes bitter, hold it in the cheek so the released nicotine can be absorbed through your cheek.

Nicotine inhaler

It mimics a cigarette with fewer harmful chemicals.

Nicotine nasal spray

Spray to the sides of the nostrils not the middle to get the most out of the spray.

Nicotine patches

Replace patch daily or you could develop a rash. If you are having trouble sleeping, remove the patch a few hours before bedtime.

Nicotine lozenges

Dissolve the lozenge in your mouth like hard candy until it becomes bitter. Then hold it in the cheek so the nicotine can be absorbed through the cheek.

Each of these medicines has some advantages and drawbacks to consider. Make sure you talk with your doctor before choosing the right therapy for you. Some of them, such as Zyban® and Chantix®, are started one to two weeks before the official quit date. Be sure to ask your doctor about getting the pneumococcal vaccine (pneumonia vaccine), and don't forget to receive your annual flu vaccine as well.

Benefits of NOT Using Tobacco

Below are some immediate changes you may notice right away after quitting tobacco:

- Within 20 minutes – drop in heart rate and blood pressure
- Within 12 hours – more oxygen to the brain and the heart
- Within 3 weeks – improved breathing and better functioning lungs
- Within 3 months – less coughing and lower risk of catching an infection
- Within 1 year – risk of heart attack or stroke is half that of a smoker
- Within 5 years – risk of mouth, throat and bladder cancer is half that of a smoker

Over time, you may be less likely to have a heart attack, stroke or certain kinds of cancer.

Other Resources

- Special Needs Unit (SNU): 1-855-346-9828
- PA Free Quitline: 1-800-QUIT-NOW (784-8669)
- We cover tobacco cessation counseling, call Member Services at 1-866-638-1232 (PA Relay 711)
- Smoking/Vaping Cessation Support: Call 2-1-1 24 hours a day, 7 days a week to reach a 2-1-1 Resource Navigator directly



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ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-800-385-4104 (PA Relay: 711).

ATENCIÓN: Si usted habla español, los servicios de ayuda de idioma, sin ningún costo, están disponibles para usted. Llamar al 1-800-385-4104 (PA Relay: 711).

ВНИМАНИЕ: Если Вы говорите на русском языке, Вам предлагаются бесплатные переводческие услуги. Позвоните по номеру 1-800-385-4104 (PA Relay: 711).