

Tobacco Cessation Guide

for health care providers

We are committed to helping our members become tobacco free.

Health care providers can prescribe nicotine replacement medications for our members. Aetna Better Health covers the following smoking cessation prescriptions:

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

You can find our full formulary here: aetnabetterhealth.com/pa/providers/pharmacy

Aetna Better Health also covers tobacco cessation counseling to assist members in quitting. Please refer members to us by calling our Special Needs Unit (SNU) at 1-855-346-9828 to find classes and/or counseling in their community.

More Tobacco Cessation Resources

Pennsylvania Free Quitline

The Pennsylvania Department of Health also wants to help members quit. That's why they created the Pennsylvania Free Quitline. Members can call the Pennsylvania Free Quitline today if they're considering quitting smoking:

- 1-877-724-1090 (In person quit counseling)
- 1 800 QUIT NOW (Phone based quit counseling)

SmokefreeTXT

smokefree.gov/smokefreetxt

A free (SMS) text message based tobacco cessation program. Individuals can sign up for this service by registering on the smokefree.gov website. The program last 6-8 weeks, during which you will receive 3-5 messages per day with tips, advice, and encouragement to help you overcome challenge and stay motivated. Available in Spanish. Specialized programs are available for Veterans, Moms, and Teens.

The American Lung Association

www.lung.org

Quitter's Circle App

American Lung Association and Pfizer have partnered to launch Quitter's Circle, a mobile app and online community designed to help smokers face common obstacles associated with quitting through education, social and financial support. Within a few clicks, users can personalize a quick plan, receive support from friends and family by starting their own quit team, and get encouragement to talk with a healthcare provider about quitting, including real-time, mobile access to doctors. This app is free to download at www.QuittersCircle.com.

Asian Smokers' Quitline

This resource is a free nationwide Asian-language service that offers self-help materials, referrals to local programs, and one-on-one telephone counseling.

Chinese: 1-800-838-8917

Korean: 1-800-556-5564

Vietnamese: 1-800-778-8440

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