



Want to quit smoking? Your CDPHP® benefits can help.

CDPHP® is committed to the overall health of our members, which means we do more than just offer coverage when you're sick or hurt. We also want to help you form healthy habits — and stop unhealthy ones, like smoking. Quitting isn't easy, but once you make the decision to quit, CDPHP supports you every step of the way.

1. Talk to your Doctor

When to do it: This is often the first step on your path to quitting! Your doctor is familiar with your health history and can recommend programs and products tailored to your unique needs.

What you may get: Based on the guidelines set by the U.S. Preventive Services Task Force, get coverage for up to four visits with your doctor within a one-year time period for a formal smoking cessation program* **at no cost to you.**

2. Visit the Pharmacy**

When to do it: When your doctor recommends it – in writing!

What you may get: Covered over-the-counter (OTC) and prescription products are available **at no cost to you** when you have a written prescription from your doctor. Products like:

- ▶ **Nicotine replacement** – Generic OTC nicotine replacement products, including gum, lozenges, and patches
- ▶ **Prescriptions** – Covered prescriptions include Chantix and bupropion SR (generic for Zyban).

Please speak to your doctor about other options if you do not have success with these medications.

There is a yearly limit of 24 weeks for any of these smoking cessation products. If you need to use them beyond the time allowed, please submit a medical exception request, which will be reviewed for possible continuation of coverage.

3. Take Advantage of Available Resources and Support

When to do it: Before, during, or after you quit!

What you may get: There are a variety of resources to help you quit smoking, from in-person programs to mobile apps and online support. Visit **www.cdphp.com/quitsmoking**.

* Benefits will be provided for up to four visits per year up to a maximum of three consecutive or non-consecutive years.

** Pharmacy products are covered for members with prescription drug coverage through CDPHP.

Smoking Cessation Resources

New York State Smokers' Quit Line
www.nysmokefree.com
1-866-NY-QUITS (1-866-697-8487)

"The Butt Stops Here" Program
www.healthprograms.org/quit-now
(518) 459-2550