

Medi-Cal Checklist: How to Get Quit Aids

If you have Medi-Cal, you may be able to get products to help you quit smoking. Here's how:

Talk with your doctor



- Say you want help to quit smoking.
- Get a prescription for a quit aid like nicotine patches, gum, lozenges, Zyban® or Chantix®.

Enroll with the California Smokers' Helpline



- Call **1-800-NO-BUTTS (1-800-662-8887)** or enroll online at **www.nobutts.org**.
- A trained counselor will help you make a quit plan that's just right for you.
- After your counseling call, the Helpline can give you a certificate.
 - » Medi-Cal does not require a Helpline certificate for you to get quit aids BUT your pharmacy may still ask for it.
 - » You can ask the Helpline to send it to you or your pharmacy.

Take your prescription to the pharmacy



- If your doctor prescribed patches, gum, lozenges, Chantix® or Zyban®, you can most likely get it right away.
- If your doctor prescribed the nicotine inhaler or spray, the pharmacist will need to submit a Treatment Authorization Request (TAR). Approval may take a few weeks.

For more info about what quit aids Medi-Cal covers, please call 1-800-541-5555 or talk with your health care provider.

Keep in mind - a quit aid is just a tool. Give yourself credit for all the hard work YOU do!