

# Let us help you quit smoking for free!



*Aspirus Health Plan can help you kick the habit and get healthy*

Quitting smoking is hard but the health benefits are worth it. Aspirus Health Plan can help you quit for free! If you are 18 or older, you have access to certain nicotine replacements and drugs used to help you overcome your tobacco addiction, so you can enjoy all the benefits of a healthier lifestyle!

## Which drugs are covered?

Up to twice per year, your plan covers 100% of the cost for three months—a 90-day supply—of these smoking cessation aids:

- Over-the-counter nicotine replacement products, such as a patch, gum, or lozenges
- Prescription nicotine replacement products, such as a patch, inhaler, or nasal spray
- Prescription non-nicotine medications, such as Chantix or Nicotrol

## Who is eligible?

These drugs are covered for members who:

- Are 18 years of age or older
- Have a prescription written by a doctor, even for over-the-counter products
- Fill the prescription at an in-network pharmacy

## Did you know?

Stopping smoking is associated with the following health benefits:

- Lowered risk for lung cancer and many other types of cancer.
- Reduced risk for heart disease, stroke, and peripheral vascular disease (narrowing of the blood vessels outside your heart).
- Reduced respiratory symptoms, such as coughing, wheezing, and shortness of breath.
- Reduced risk of developing some lung diseases, such as chronic obstructive pulmonary disease—COPD.

## Ready to quit?

Talk to your doctor today and visit the Wisconsin Tobacco Quit Line at [ctri.wisc.edu](http://ctri.wisc.edu) or call **800-QUIT-NOW** (800.784.8669) for tips to help you quit. Member Services can help to answer questions as well at **866.631.5404**.

**No matter your reason for quitting, we can help you get there!**

