

# Smoking Cessation



*"It's easy to quit smoking. I've done it hundreds of times."* –Mark Twain

If you have tried to quit smoking, you know how hard it can be. It is difficult because nicotine is a very addictive drug. Once you make the decision to quit smoking, MercyCare would like to help. MercyCare offers the following resources to help you successfully quit smoking:

The following medicines are covered under most MercyCare drug plans when prescribed by a physician:

- Bupropion SR (generic Zyban), taken by mouth
- Newly approved Chantix (Varenicline), taken by mouth, can't be taken with other nicotine products.
- Nicotine patches, inhalers, nasal sprays, gum and lozenges

Smoking cessation classes and acupuncture may be reimbursable under MercyCare's Stay Healthy Program.

Contact Customer Services at (800) 895-2421 to verify your benefits

Other resources to consider:

American Lung Association Freedom From Smoking® Class

- (800) 586-4872 or [www.lungusa.org](http://www.lungusa.org)
- Class cost varies

Online Freedom From Smoking class: <http://www.lungusa.org/site/pp.asp?c=dvLUK900E&b=22542>

- Web-based support and education
- Web-based class is free

## Steps to successful quitting:

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| <b>Step 1</b> | Set a quit date  |
| <b>Step 2</b> | Schedule an office visit with your doctor, discuss your quit plan goal and talk about which medicine will work best for you.   |
| <b>Step 3</b> | Contact the toll-free Tobacco Quit Line. Trained counselors will teach you how to quit and provide support over the phone:<br>Wisconsin: (800) QUIT-NOW (877) 266-3863 (Spanish)<br>(800) 784-8669 (877) 777-6534 (TTY)<br>Quit Line hours: Daily 7 am-11 pm<br>Illinois: (866) 784-8937 |
| <b>Step 4</b> | Consider healthy lifestyle changes: <ul style="list-style-type: none"><li>•Begin a simple exercise program</li><li>•Learn relaxation exercises</li><li>•Increase your water intake</li><li>•Seek reinforcement and support</li></ul>   |