

Pharmacy Options to Help You Quit Smoking

Did you know that most Blue Cross Blue Shield of Massachusetts members with pharmacy benefits have coverage for medications to help them quit smoking? Studies show using behavioral counseling or FDA-approved medications doubles a smoker's chances of quitting for good. And combining counseling with medication nearly triples a smoker's chances of quitting.¹ We cover a wide variety of prescription and over-the-counter (OTC) medications to help members put down the pack for good.

Your Coverage Options

Most Blue Cross Blue Shield of Massachusetts pharmacy plans cover two options:

Treatment Options	Available Medications
OTC medications—These nicotine replacement products provide smaller doses of nicotine over time to reduce withdrawal symptoms. For coverage of OTCs, make sure you receive a prescription from your health care provider and fill the prescription at your pharmacy.	Examples include: <ul style="list-style-type: none">• Skin patches such as NicoDerm CQ and other generic products• Lozenges such as Nicorette• Chewing gum such as Nicorette and other generic products
Prescription medications	Examples include: <ul style="list-style-type: none">• Nicotrol inhaler and nasal spray• Bupropion (Zyban) and Chantix tablets

For More Information About Your Pharmacy Coverage

- Call Member Service at the number on the front of your ID card.
- Log in to your Member Central account at www.bluecrossma.com/membercentral and select Pharmacy Coverage under the “Using My Plan” tab.

If your pharmacy benefits are administered by a company other than Blue Cross Blue Shield of Massachusetts, please check your coverage with that company directly.

Once you have reviewed your options, call your health care provider to discuss the product(s) that might be right for you.

1. Annual smoking-attributed mortality, years of potential life lost, and economic costs—United States, 1995–1999. MMWR Morb Wkly Rep 2002; 51: 300–3.



Questions and Answers

What are the costs for these medications? Do I have out-of-pocket costs?

You and your health care provider can choose from a range of medications at different cost levels. Your out-of-pocket cost is the amount you pay for each prescription. For information on your specific benefit coverage, please call Member Service at the number on the front of your ID card.

Where can I learn more about a particular OTC nicotine replacement therapy or prescription therapy?

You should always speak with your health care provider or pharmacist if you have specific questions about any prescription medication. Additionally, the Drug Reference Center, available in the Health Library at www.ahealthyme.com, offers up-to-date information on more than 4,000 prescriptions and OTC medications, including their interactions and side effects.

Can I use my mail service pharmacy benefit?

Blue Cross Blue Shield of Massachusetts partners with Express Scripts,[®] Inc. to offer our members the convenience of a mail service pharmacy. To see if your plan includes the mail service pharmacy benefit, check your benefit literature, or call Member Service at the number on the front of your ID card.

If your plan includes the mail service pharmacy benefit, you can order up to a 90-day supply for most long-term prescription medications (including OTC with a prescription), a decision that may save you money.² This is because your out-of-pocket costs for most medications available through the mail service pharmacy is less than what you would pay at traditional retail pharmacies. However, if you choose to order a 90-day supply through the mail service pharmacy, you may exhaust your smoking-cessation pharmacy benefit coverage for the calendar year and prevent your health care provider from modifying your medication regimen.

Pharmacy benefits depend on individual benefit design. If you have questions about your pharmacy benefits, please check with your employer or call the Member Service number on the front of your ID card. If you have questions about the status of a prescription ordered through the mail service pharmacy, please call Express Scripts' customer service at **1-800-892-5119**.

2. Chantix, Nicotrol inhaler and nasal spray, generic prescription drugs, and OTC generic smoking-cessation aids are covered at no cost for non-grandfathered health plans.

