

Provincial Smoking Cessation Program for Individuals with Low Income Information for Health Care Providers

NOTICE

CHANGE IN COVERAGE – HABITROL PATCH

Effective January 15, 2018, the Provincial Smoking Cessation Program for Individuals with Low Income will include coverage of the **Habitrol Patch**. This product was originally provided under special authorization only.

The Smoking Cessation Program aims to improve access to quit smoking medications and nicotine replacement products by contributing to the cost of these products for individuals who are eligible under the Newfoundland and Labrador Prescription Drug Program (NLPDP).

The Provincial Government's Chronic Disease Action Plan, released in 2017, committed to expanding the Smoking Cessation Program to provide access to Nicotine Replacement Therapies. In the future, additional forms of Nicotine Replacement Products may be considered for inclusion in the program.

Program Evaluation

Evaluation of the Smoking Cessation Program shows that the program has encouraged people to attempt to quit smoking and to be successful. A follow-up telephone survey was completed with 566 program participants and shows the following:

- 25.7% reporting that they were smoke-free at follow-up. Of these, 23.3% had been smoke-free for 30 days or longer.
- Most program participants who reported they were still smoking had taken some action towards quitting:
 - 64% had reduced the amount they smoked
 - 69% made at least one quit attempt lasting 7 days or longer
 - 54% had made a quit attempt lasting 30 days or longer

**Provincial Smoking Cessation Program for Individuals with Low Income
PROGRAM OVERVIEW**

What does the program cover?

As of January 15, 2018, the Smoking Cessation Program covers:

- Champix
- Zyban
- Habitrol Patch (7mg, 14mg and 21mg)

How long is the treatment period?

Eligible individuals can receive up to 12 weeks (84 days in a row) of one continuous treatment within a 365 day period (with a co-pay arrangement).

In cases where more than 21mg of Habitrol per day is needed upon initiation of NRT therapy, healthcare providers can apply under the **Special Authorization** process detailing the required dose, duration and clinical rationale. Please contact the Department of Health and Community Services at 1-888-222-0533 if you have questions about special authorization.

Who can take part in the program?

Individuals 18 years of age and older who smoke, and who meet eligibility requirements under the Newfoundland and Labrador Prescription Drug Program’s (NLPDP):

- Foundation (Income Support)
- Access
- 65+ plans

How can individuals access the medications (Champix and Zyban) and Habitrol Patch?

Individuals must obtain a prescription from a physician, nurse practitioner or pharmacist. When filling their prescription at the pharmacy, individuals must present their NLPDP card to indicate their eligibility for the program.

How much do individuals pay?

Patients pay a small amount each time they get their prescription filled, up to a maximum of \$75.00 per year. Please note this copay cost is different from NLPDP.

<p><u>Champix:</u> Dispensed once a month, for 3 months</p> <p>4-week Starter Pack: patient pays \$15 at pharmacy</p> <p>4-week Continuation Pack (up to 2): patient pays \$30 for each pack</p>	<p><u>Zyban:</u> Dispensed once a month, for 3 months</p> <p>1st Dispense: patient pays \$15 at pharmacy</p> <p>2nd and 3rd dispense: patient pays \$30 at</p>	<p><u>Habitrol patches:</u> Dispensed every 14 days for 3 months.</p> <p><u>Each 2-week dispense (up to 6):</u> patient pays \$12.50 at pharmacy for each dispense</p>
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Promoting the Smoking Cessation Program for Low Income Individuals

Health Care Providers can support this program by asking their patients about their smoking status, and if their patients smoke to advise them to quit and discuss quit smoking options with their patient which may include providing a prescription for access to products available through the Smoking Cessation Program, a referral to the Smoker’s Helpline or a combination of both.

NL Smokers’ Helpline Referral Program

Research indicates that an individual can increase their chances of quitting successfully by using a combination of medications/NRTs and counseling.

The NL Lung Association Smokers’ Helpline (SHL) provides individuals with free confidential support to help with quitting smoking. Individuals can connect with trained counselors via phone, email, text and online.

Through the Helpline’s Referral Program (Ask, Advise, Refer), health professionals refer patients to counseling services via fax or online referral. The referral process is quick and has three easy steps:

1. Ask your patients if they use tobacco products or have recently quit.
2. Advise them about the benefits of quitting.
3. Refer them to the Smokers’ Helpline. Ask if they would like to be referred to the NL Smokers' Helpline for support with quitting or staying tobacco free by completing and submitting the Fax Referral Form (fax to 709-726-2550) or Online Form (through www.smokershelp.net). A trained counselor will then call the patient to provide free specialized support and counseling.

For a copy of the Referral package, which includes the referral form, please contact the NL Smokers’ Helpline at 1-800-363-5864 (LUNG) or www.smokershelp.net.

How can individuals obtain information about the program?

For information, please contact the Smoker’s Helpline at 1-800-363-5864 or visit: http://www.health.gov.nl.ca/health/wellnesshealthyliving/cessation_prog.html.