Tobacco Cessation Program
for Blue Cross Community Centennial™ members

We all can use a little help sometimes. If you need help with quitting tobacco, Blue Cross and Blue Shield of New Mexico (BCBSNM) is here for you. We offer a tobacco cessation program at no cost to help you reach your health goals.

Do you want to look and feel healthier? Do you want to stop being a source of second-hand smoke? Do you want to have fresh smelling clothes? Follow these 3 easy steps to enroll in our tobacco cessation program and begin the process to quit using tobacco today:

**Step 1:** Let your health care provider know that you would like to quit.

**Step 2:** Talk to your provider about the best medication for you to take to quit using tobacco. The cost for the following products is covered by your Blue Cross Community Centennial health plan:*  
• Nicotine replacement products (gum, patches, inhalers, lozenges, and nasal sprays)  
• Chantix  
• Bupropion

* E-cigarettes and vaporizers are not covered tobacco cessation products. Tobacco cessation products are limited to two 90-day courses per year.

**Step 3:** You will receive a call from a nurse with our tobacco cessation program. He or she will provide support, advice, and education to you throughout the program. That’s it! We try to make this process as easy for you as possible. Take this flier to your provider and talk to him or her about ways to stop using tobacco TODAY!!

After you decide on a medication, your health care provider’s office will fax a prescription and drug prior authorization request to BCBSNM for approval of your medication. Once the medication is approved, we will notify you and your provider with a letter.

Your pharmacy will usually call and let you know when your medication is ready to pick up. (In some cases there may be a copay.)

For more information or if you have questions about this program, call 1-877-232-5518, TTY: 711.

To ask for auxiliary aids and services or materials in other formats and languages at no cost, please call 1-866-689-1523 (TTY/TDD: 711).