



Tobacco Cessation Program

We all can use a little help sometimes. If you need help with quitting tobacco, Blue Cross and Blue Shield of New Mexico 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? Begin the process to quit using tobacco today.

Let your health care provider know that you would like to quit. 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 and Blue Shield of New Mexico Medicaid plan:*

- Nicotine replacement products (gum, patches, inhalers, lozenges and nasal sprays)
- Chantix
- Bupropion

A full list of covered tobacco cessation products can be found in the Blue Cross and Blue Shield of New Mexico Medicaid Drug List at www.bcbsnm.com/medicaid.

After you decide on a medication, your health care provider's office will submit a prescription to the in-network pharmacy of your choice.

You may also request to participate in the Tobacco Cessation Program. You can do so by calling **1-877-232-5518** (TTY: **711**) or by talking with your Care Coordinator. When you participate in the program, a tobacco cessation program nurse will contact you. The nurse will provide support, advice and education to you throughout the program. Tobacco cessation treatment may include counseling, prescription medications and over-the-counter products.

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.

You may also call our Quit Line at 1-877-262-2674 (TTY: 711).

*E-cigarettes and vaporizers are not covered tobacco cessation products.

Such services are funded in part with the State of New Mexico.

This program does not replace your provider's care. Always talk to your provider about any health questions or concerns.

All providers referenced in this document are not employed by and are independent from BCBSNM.

This communication does not constitute medical advice or care and is in no way intended to substitute for clinical judgment in individual cases. Always talk to your provider about any health questions or concerns.

The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan.

Benefits, formulary, pharmacy network, provider network, and/or copayments/coinsurance are subject to change.