

# Tobacco Cessation Program

## Participant Guide For State of Montana Plan Members

Congratulations on your decision to quit! We look forward to working with you to meet your tobacco cessation goals. Studies have shown the highest rate of success is achieved through a combination of counseling and use of a tobacco cessation medication (as necessary).

If you have any questions at any time during the course of the program, please call your provider or coach. We are happy to help.

### **Tobacco Cessation Program Steps**

1. Make an appointment with a Montana Health Center provider. Your provider will:
  - Refer you to a health coach
  - Talk with you about possible prescription medications.
2. Visit with your health coach at least once per month.
3. Complete the online tobacco cessation module through CareHere Connect.
  - Visit [www.carehere.com](http://www.carehere.com), log in, and click on “CareHere Connect” to complete online activities between coaching visits.
  - The online component typically takes 8 weeks to complete.
4. Continue with the health coach as long as necessary. Talk with your provider and coach about what is right for you.

### **Chantix**

If you are prescribed Chantix as part of this program, your provider will write you a one month prescription. Then your health coach will work with Health Care and Benefits Division (HCBD) so you can get the medication at the discounted price (see below).

You must visit your health coach AND provider at least once per month for the first three months to renew your prescription, be sure to follow through on your appointments.

### **Prescription Tobacco Cessation Medication Costs through URx\***

- Chantix will be \$15 per month if the previous requirements are met.
- Bupropion is \$15 per month.
- Nicotine Replacement Therapy is not recommended, but exceptions can be made at the patient and provider’s discretion. If an exception is made, NRT is \$15 per month and has the same renewal requirements as Chantix.

\*Participants are not required to use medication, but they are required to complete the online program and visit the health coach as described above.

