

# HOW TO ACCESS FREE MEDICATIONS FOR QUITTING TOBACCO AND NICOTINE

The BC Smoking Cessation Program offers 3 months of free or subsidized medication per year. Pharmacists in B.C. can now prescribe Quit Aids directly.

## BUT HOW DO I ACCESS THEM?

Which option are you trying to access?

Nicotine Replacement Therapy (patch, gum, lozenge)

Prescription Medications (Varenicline or Bupropion)

Go to your pharmacy

Get a prescription from your health care provider

Sign declaration form

Bring prescription to pharmacy

Get your first month's supply!

If you are interested in accessing Quit Aids for quitting vaping or other non-tobacco nicotine products, have a conversation with you Health Care Provider or Pharmacist to see if it's the right fit for you.

Questions? Call Pharmacare  
1-800-663-7100

quitnow.ca

# YOUR 3 MONTHS OF QUIT AIDS REMINDERS

Pick up NRT or prescription meds from pharmacy anytime during the month.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Pick up your second month's supply within 28 days of getting your first.

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## IMPORTANT:

Once you pick up your first month's supply, you have 12 weeks (84 days) to pick up your remaining 2 months' supplies. If you miss the 12-week window, you will have to wait until next calendar year to start the program again.

				1	2	3
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Remember to get your third dose before day 84!