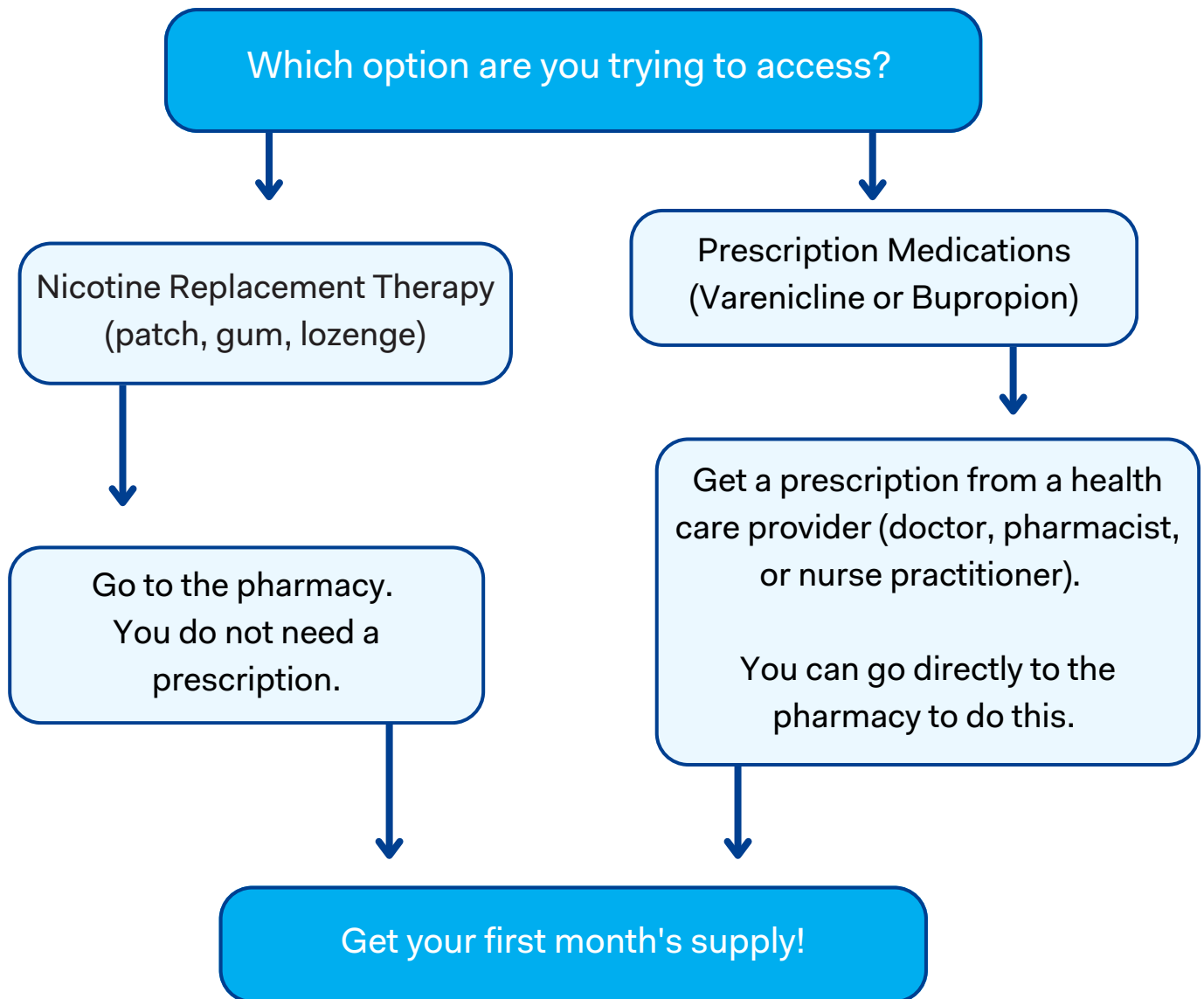


HOW TO ACCESS FREE QUIT AIDS

The BC Smoking Cessation Program offers 3 months of free or subsidized quit aids per year. Here is how to access them:



You can double your chances of quit success by combining quit aids with behavioural support. Access QuitNow's free and confidential services here!



Questions? Call PharmaCare
1-800-663-7100

quitnowca

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!