

What is the BC Smoking Cessation Program?

The Ministry of Health, effective September 30, 2011, will offer a program called the [B.C. Smoking Cessation Program](http://www.health.gov.bc.ca/pharmacare/stop-smoking/patient-intro.html) (www.health.gov.bc.ca/pharmacare/stop-smoking/patient-intro.html), which is open to BC residents who wish to stop smoking or using other tobacco products by assisting them with the cost of smoking cessation aids.

The program will offer coverage for one of two treatment options:

- Prescription smoking cessation drugs covered as benefits under PharmaCare.
- Non-prescription nicotine replacement therapy products (NRTs) provided at no cost.

(You can access up to 12 weeks (84 days) in a row of coverage for one prescription drug or one kind of nicotine gum or patch in a calendar year — January 1 through December 31).

To access non-prescription nicotine replacement therapy products, call HealthLink BC at 8-1-1. To access prescription smoking cessation drugs, you must see your doctor to get a prescription and the proportion of coverage will be determined by your eligibility for Pharmacare.

Full information on the BC Smoking Cessation Program can be found at www.health.gov.bc.ca/pharmacare/stop-smoking/patient-intro.html

What is Quittin' Time?

[Quittin' Time](http://www.quittintime.gov.bc.ca) (www.quittintime.gov.bc.ca) is a comprehensive smoking cessation program that is available to employees of the BC public service (or other organization with coverage under the BC public service benefit plan) and spouses or dependants that are listed as dependants under the employees' BC public service employee benefit plan. The program not only offers reimbursement for smoking cessation product but is a comprehensive smoking cessation program that includes support through counselling and/or through our text message services.

There are three main components to the Quittin' Time program which include:

- Telephone counselling by experienced professional counsellors trained in cessation support and in providing personalized quit plans.
- [Extended health plan reimbursement](http://www.quittintime.gov.bc.ca/productCoverage/productCoverage.htm) for eligible smoking cessation products (www.quittintime.gov.bc.ca/productCoverage/productCoverage.htm).
- Quittin' Time by TXT services, a 14-week mobile texting service, to provide motivation and tips. This service can be used by itself or in conjunction with the telephone counselling services.

In the Quittin' Time program, you must register in the program **before** purchasing smoking cessation products. Once registered, you will receive a registration confirmation form that you will need to submit, along with your receipts, to the extended health benefit provider in order to be reimbursed.

Through Quittin' Time, you will be reimbursed to a maximum of \$300 per calendar year to a lifetime maximum of \$1,000 per individual. Reimbursement is subject to the normal plan rules such as the annual deductible and applicable extended health benefit plan percentage limits.

What are the differences between the BC Smoking Cessation Program and Quittin' Time?

<i>At a Glance</i>	BC Smoking Cessation Program	Quittin' Time
Support	<ul style="list-style-type: none"> No-cost smoking cessation aids for 12 weeks per calendar year 	Three forms of support: <ul style="list-style-type: none"> Reimbursement for smoking cessation product up to \$300 per calendar year, subject to normal extended benefit plan rules. Telephone counselling. Quittin' Time by TXT services.
Reimbursement	<ul style="list-style-type: none"> Prescription smoking cessation drugs are covered as benefits under PharmaCare. Non-prescription nicotine replacement therapy products (NRTs) are provided at no cost. 	<ul style="list-style-type: none"> Extended health plan reimbursement for eligible smoking cessation products.
Eligibility	<ul style="list-style-type: none"> BC Residents 	<ul style="list-style-type: none"> BC Public Service employees. Spouses and family members listed as dependants under the BC Public Service Employee benefit plan. Employees and dependants of other organizations with coverage under the BC public service benefit plan
Access	<ul style="list-style-type: none"> Call HealthLink BC at 8-1-1 	<ul style="list-style-type: none"> Call 1-877-455-2233 to register

As a BC public service employee (or family member), which program should I use?

As an employee or family member of an employee, you have options of how you want to be supported in your quit smoking efforts. You can choose to use either program or both together.

Quittin' Time gives you access to up to seven counselling calls with experienced, professional counsellors trained in smoking cessation. If you try to using a smoking cessation product aid as a standalone support through the BC Smoking Cessation Program and at any time wish to include counselling for additional support, contact Quittin' Time.

Did you know:

In a recent survey of Quittin' Time participants, we found that 25 per cent of participants were still quit six months after using the service (compared to other program quit rates, which average about 14 per cent).

Testimonials from past QT users:

“Speak to a Quittin' Time counsellor. He gave me tips and tools to handle both the addiction and the cravings. Talking to the counsellor was no charge and basically saved the rest of my life.”

“Thanks to the Quittin' Time program and to the counsellors who helped keep me on track. I'd encourage anyone who is feeling ready to give it a try. It worked for me!”

Why should I use Quittin' Time?

- More than 2000 employees and or family members have used Quittin' Time, an award-winning program (www.quittintime.gov.bc.ca/awardWinning.htm).
- The number of smokers in the BC public service has decreased since the launch of Quittin' Time (In 2007, 11.8 per cent of BC public service employees smoked and within two years, the number of smokers decreased to 9.9 per cent).

More information about the Quittin' Time Smoking Cessation Program can be found here:

<http://www.quittintime.gov.bc.ca/index.htm>

Email questions to QuittinTime@gov.bc.ca and to register for Quittin' Time, call 1-877-455-2233



You can do it!
visit www.quittintime.gov.bc.ca
Call 1 877 455-2233

