

Carelink Helps Members Quit Smoking

Beginning January 1, 2008 for new employer groups and as employer groups renew, Carelink will cover generic over-the-counter (OTC) nicotine replacement products with a prescription from a doctor. To qualify, members must be on a commercial product that has pharmacy benefits through Carelink. A one-month supply is available per prescription, and we cover up to 90 days of OTC nicotine replacement products.

- Nicotine patch (generic equivalent of NicoDermCQ®)
- Nicotine gum (generic equivalent of Nicorette®)
- Nicotine lozenges (generic equivalent of Commit®)

Smoking-related diseases claim an estimated 430,700 American lives each year. Smoking is directly responsible for 87% of lung cancer cases.¹ It pays to quit, but it can be hard. Feelings of withdrawal are strongest in the first week after quitting. Many people have difficulty handling how they feel after they quit. They start smoking again to feel better. These medicines can help with feelings of withdrawal. Using these medicines can **double** the chances of quitting for good.

The Next Steps

- 1) Call the Pharmacy Help Desk (800.378.7040) to see if your plan qualifies for the program.
- 2) Ask a doctor for advice.
- 3) Get a prescription from a doctor for one of the three generics covered.
- 4) Take the prescription to a participating pharmacy.
- 5) Get a one-month supply of the generic OTC medicine.
- 6) Start living a healthier life!

Resolve to Quit!

More information on how to quit is included on our website, www.carelinkhealthplans.com. Look under **About Your Health**.

Generics **only** are covered for the generic (Tier 1) copay per prescription. Brand names are not covered. There is no mail order or retail maintenance benefit with this program.

This document refers to form numbers CL.RxPPO.7-07, CL.Rx.7-07, CL.RxHMO.07 G, and CL.RxPPO.07 G.

¹According to the American Lung Association



HMO products are underwritten by Carelink Health Plans, Inc. PPO products are underwritten by Coventry Health and Life Insurance Company and administered by Carelink Health Plans, Inc. 'Members' include covered individuals of Coventry Health and Life Insurance Company administered by Carelink Health Plans, Inc.

