



PEI SMOKING CESSATION PROGRAM



LIVE WELL
together we can





PROGRAM OVERVIEW

The PEI Smoking Cessation Program (SCP) helps PEI residents who wish to stop smoking, vaping or using other tobacco products by: covering 100% of the cost of nicotine replacement therapy (NRT) products (i.e., nicotine patches, gum, lozenges, spray or inhaler) and specific smoking cessation prescription drugs.

Note: Tobacco use in this booklet refers to commercial tobacco, not ceremonial tobacco.

YOUR OPTIONS

Eligible PEI residents can be covered for one complete course (6-18 weeks in a row) of treatment, once per year, of the following two treatment options:



Option 1: Nicotine Replacement Therapy (NRT) products (patches, gum, lozenges, spray or inhaler)



Option 2: Prescription smoking cessation medications [Bupropion (brand name Zyban®) or Varenicline (brand name Champix®)]

The PEI Smoking Cessation Program covers the products listed in Appendix B. Once per year, eligible PEI residents can receive a single continuous course (6-18 weeks in a row) of one approved NRT product or smoking cessation medication.

HOW DO I GET STARTED?

- 1) Make an appointment with a SCP provider such as your nearest Pharmacist or Primary Care Nurse (see **Appendix A**) to discuss how ready you are to quit smoking, vaping or using other tobacco products and the supports available to you.
- 2) At your appointment, a SCP provider will go over the program intake form with you. The intake asks questions about how ready you are to quit and your tobacco use. The intake also lays out a Cessation Action Plan, which describes the recommended treatment to help you quit.
- 3) Based on your medical history and past quit attempts, the SCP provider may suggest that you try a NRT product or prescription medication.*
- 4) The SCP provider will review the guidelines of the PEI Smoking Cessation Program with you and complete the intake form.
- 5) You will visit your local pharmacy to pick up your chosen products.**

*NOTE: Make an appointment with your primary care provider (i.e., family doctor or nurse practitioner) to get a prescription for this medication. If you do not have a primary care provider, discuss your options for getting a prescription with the nurse or pharmacist.

**NOTE: PEI Smoking Cessation Program coverage will not come into effect until you have exhausted any private health insurance coverage for prescription medications.

FOR BOTH TREATMENT OPTIONS (NRT AND PRESCRIPTION SMOKING CESSATION MEDICATIONS):

When you fill your prescription or pick up your NRT at the pharmacy for the first time, you will be given a 14-day supply. You must return to the pharmacy near the end of your second week of treatment to see the pharmacist; at that time, you will receive your next refill (28-day supply). Following that visit, you will continue to receive a 28-day supply, and then a final 14-day supply to finish your treatment.

IF YOU TRIED TO QUIT BUT STARTED SMOKING AGAIN

It often takes more than one try to stop smoking. That is why you can take part in the **PEI Smoking Cessation Program** more than once. However, you can only take part in the program once per year.

The PEI Smoking Cessation Program covers a single continuous course of NRT or prescription medication. If the PEI Smoking Cessation Program already covered any treatment for you this year (e.g., you used a NRT product for a few weeks and then began smoking or vaping again), you are not eligible for more coverage until a year from the date you entered the program.

If you start smoking or vaping again in the same year you complete your treatment, you have to wait until the following year to enter the program again. However, you are encouraged to seek support to get ready for your next quit attempt; this will increase your chances of quitting successfully in the future.

For more details about the program, see **Appendix A (Frequently Asked Questions)**.

ONGOING SUPPORT

A combination of medication and counselling are known to help people quit smoking, then either alone.

If you would like counselling to help you with your quit attempt, you can make a follow-up appointment with your SCP provider. You can also access free services and support through the Smokers Helpline.

There are also other options available to support you in quitting smoking or using other tobacco products, including:

Smokers Helpline

Call toll free to speak with a Quit Coach

1-877-513-5333

Visit: smokershelpline.ca

APPENDIX A Frequently Asked Questions

WHAT IS MY LOCAL PRIMARY CARE NETWORK?

There are five Primary Care Networks with offices across PEI. Each network has a team of health care professionals (e.g., family doctors, nurse practitioners, nurses, diabetes educators, etc.). Even if you don't have a family doctor - or your family doctor is not part of a Network - you are still able to access support at these offices.



West Prince Health Network

Tyne Valley Health Centre
(902) 831-5800
6905 Rte 12,
Tyne Valley, PE C0B 2C0

O'Leary Health Centre
(902) 859-3929
14 MacKinnon Drive,
O'Leary, PE C0B 1V0

Alberton Health Services
(902) 853-0403
397 Church Street,
Alberton, PE C0B 1B0

Outreach services provided at the Tignish Co-op Health Centre and Lennox Island Health Centre.

Queen's East Primary Care Network

Polyclinic (Charlottetown)
(902) 620-3260
199 Grafton Street, **Charlottetown, PE C1A 1L2**

Outreach services provided at Boardwalk Professional Centre, Holland College, and Morell walk-in clinic.

East Prince Primary Care Network

Kensington Health Centre
(902) 836-0180
55 Victoria Street,
Kensington, PE C0B 1M0

Harbourside Health Centre
(902) 432-2600
243 Heather Moyse Drive,
Summerside, PE C1N 5R1

Evangeline Health Centre
(902) 854-7259
48 Mill Road,
Wellington, PE C0B 2E0

Outreach services are provided at the Summerside Medical Centre.

King's Primary Care Network

Eastern King's Health Centre
(902) 687-7033
7 Green Street, **Souris, PE C0A 2B0**

Montague Health Centre
(902) 838-0830
407 MacIntyre Avenue,
Montague, PE C0A 1R0

Why do I have to visit a Primary Care provider to access NRT?

To enroll and have NRT products or cessation medications covered by the Smoking Cessation Program you need to make an appointment with a SCP provider (primary care nurse or a pharmacist).

NRT products are available for over-the-counter purchase at a pharmacy. However, talk with a SCP provider before using NRT, especially if you take any medications or have other health issues (such as diabetes, high blood pressure, or breathing problems).

HOW DO I GET MY NRT?

Visit your local pharmacy.

WHAT IF I CAN'T GET TO A PHARMACY TO PICK UP MY NRT?

If your local pharmacy does not provide delivery services, you could call another pharmacy that offers delivery.

HOW MUCH COVERAGE IS AVAILABLE EACH YEAR?

Coverage is based on one complete course of treatment (6-18 weeks in a row) for one NRT product or prescription medication each year (from the date you entered the program). You must pick up all your refills of NRT or prescription medication by the end of your 6-18 weeks of coverage.

HOW MUCH PRODUCT CAN I RECEIVE AT A TIME?

Medication will be given out on the PEI Smoking Cessation Program schedule. When you fill your prescription or pick up your NRT at the pharmacy for the first time, you will be given a 14-day supply. You must return to the pharmacy near the end of your second week of treatment to see the pharmacist; at that time, you will receive your next refill (28-day supply). Following that visit, you will continue to receive a 28-day supply, and then a final 14-day supply to finish your treatment.

WHEN DO YOU START COUNTING THE WEEKS OF TREATMENT?

The treatment course starts the day you enroll in the PEI Smoking Cessation Program.

HOW DO I GET REFILLS OF MY PRESCRIPTION MEDICATION?

If your primary care provider gave you a prescription for the full course of cessation medication, visit your pharmacy to get your refills.

CAN I START TREATMENT, STOP FOR A COUPLE OF MONTHS AND THEN START AGAIN?

No. Research shows that people are more likely to quit smoking or vaping if they stick to a continuous course of treatment. For this reason, the **PEI Smoking Cessation Program** only covers a single continuous course of treatment (6-18 weeks in a row). PEI residents are encouraged to complete their full weeks of treatment to improve their chances of quitting.

DO I HAVE TO RETURN TO THE SAME PHARMACY FOR MY NRT OR PRESCRIPTION REFILLS?

It is best to go to the same pharmacy for refills during the course of your quit attempt. Consistent follow-up and ongoing relationships with health care providers, including pharmacists, have been shown to help people quit successfully. However, if needed, you can pick up your NRT or medication refills at any pharmacy in PEI.

I STOPPED TAKING MY NRT/MEDICATION PARTWAY THROUGH MY COURSE OF TREATMENT. CAN I START UP AGAIN AT A LATER DATE?

Once you receive your first supply of NRT or fill your first prescription, your coverage period begins. You need to pick up all refills of your product before the end of your eligible weeks. Once your coverage has ended, you will not be eligible for coverage until the next year.



I HAD A REACTION TO MY NRT/MEDICATION. WHAT SHOULD I DO?

If you have an adverse reaction or you are unable to tolerate the NRT or prescription medication, speak to your SCP provider to discuss your options. If you experience a serious reaction, call 911.

SWITCHING FROM ONE TREATMENT OPTION TO ANOTHER OR NEED A HIGHER DOSAGE

If you want to switch to a different treatment option, you must discuss it with a SCP provider, who will consult with the **PEI Smoking Cessation Program Coordinator**. Situations will be looked at on a case-by-case basis. If approved, you can start a new course of treatment. Otherwise, you must wait until the next year to be eligible for more coverage.

CAN YOUTH (UNDER 19 YEARS) TAKE PART IN THE PEI SMOKING CESSATION PROGRAM?

If you are under 19, contact a SCP provider to make an appointment. The provider will work with you to determine the most appropriate supports for you.

HOW CAN I IMPROVE MY CHANCES OF QUITTING SUCCESSFULLY?

A relationship with nicotine can be tough to end, and many individuals may not know where to begin. The PEI Smoking Cessation Program has a number of helpful resources and tools to help you break free from nicotine.

A combination of NRT or cessation medications and counselling has been proven to help individuals quit successfully and live tobacco-free. Island residents enrolled in the PEI Smoking Cessation Program are encouraged to take part in follow-up support from a health care provider or a Smoker's Helpline Quit Coach.

CAN I SUPPLEMENT MY NRT OR MEDICATION WITH ANOTHER NRT PRODUCT?

The PEI Smoking Cessation Program provides coverage for a single continuous course of one NRT product or one prescription medication each year. Anyone who wants to use additional NRT products must pay the costs themselves.

I DON'T HAVE A FAMILY DOCTOR. CAN I GET A PRESCRIPTION FROM A PHARMACIST?

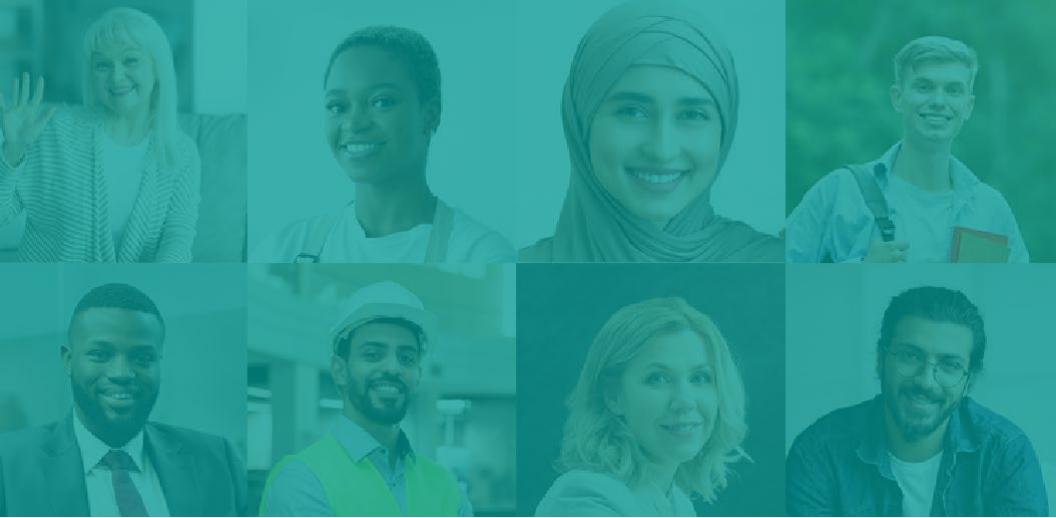
PEI pharmacists can prescribe for many “minor ailments” including smoking cessation medications.

For more information, please visit
PRINCEEDWARDISLAND.CA/QUITSMOKING

APPENDIX B

Nicotine Replacement Therapy (NRT) Products (in current PEI Drug Formulary)

Bupropion (Zyban®)	02238441	249 tablets
Varenicline 0.5 mg	02291177 (Champix®) 02419882 (APO) 02426226 (TEVA)	252 tablets
Varenicline 1 mg continuation pack	02291185 (Champix®) 02419890 (APO) 02426234 (TEVA)	238 tablets
Varenicline 0.5/1 mg starter kit	02298309 (Champix®) 02435675 (APO) 02426781 (TEVA)	53 tablets (1 pack)
Nicotine 2 mg Gum	00999976 (Billing DIN)	945 pieces
Nicotine 4 mg Gum	00999980 (Billing DIN)	945 pieces
Thrive® 1 mg Lozenge	80007461	792 pieces
Thrive® 2 mg Lozenge	80007464	792 pieces
Nicorette® 2 mg Lozenge	02247347	792 pieces
Nicorette® 4 mg Lozenge	02247348	792 pieces
Nicotine Step 1 (21 mg) Patch	00999975 (Billing DIN)	140 patches
Nicotine Step 2 (14 mg) Patch	00999974 (Billing DIN)	56 patches
Nicotine Step 3 (7 mg) Patch	00999973 (Billing DIN)	56 patches
Nicorette® (10 mg) Inhaler	02241742	1008 cartridges
Nic Hit® (1mg) Spray	80054636	420 ml
Nic Hit® (2mg) Spray	80060452	420 ml



PEI Chief Public Health Office
2nd Floor, Sullivan Building
16 Fitzroy St.
Charlottetown, PE C1A 7N8

Phone: (902) 368-4319
Email: quitsmoking@ihis.org

To learn more:
www.princeedwardisland.ca/quitsmoking

