



Get free, for free

Want to escape the tobacco habit?

Your health plan covers nicotine dependency programs and drugs at no cost to you.

Nicotine dependency programs are covered at 100% from approved in-network healthcare providers, and there is no calendar year maximum.

Find an approved healthcare provider by calling Customer Service at the number on your member ID card. Sign up, get tobacco-free, and send us your proof of payment with the Member Claim Form. We'll take care of it. To get a copy of the form, go to premera.com, select Forms under Member Services, and then click Claim forms. You can also call Customer Service at the number on your ID card.

Nicotine dependency drug cost shares are waived. Get the approved drugs (listed below) from a participating pharmacy with a written prescription and you pay no coinsurance or copay.

Approved drugs include:

- > Bupropion
- > Chantix* (or generic when available)
- > NRT nasal spray or inhaler
- > Generic, over-the-counter patches, lozenges, and gum

Is it time to get free?

Talk to your doctor today about nicotine dependency programs in your area, and about prescription drugs that might be right for you.

* Important: Limited to 180-day supply in a 365-day period. You can get 30-day supply at a time, or 90-day supply by mail order. Exceptions may be outlined in the plan agreement.