



TRICARE® Tobacco Cessation Program

TRICARE and the Department of Defense offer resources to help you quit

Tobacco use can cause heart and lung disease and cancer. It can also increase your chances for hospitalizations, missed workdays, failed fitness evaluations, and impaired night vision. Knowing these facts, you may want to quit, but quitting can be hard. It may take several attempts to quit tobacco. TRICARE is dedicated to helping active duty service members, veterans, retirees, and their families succeed in their attempt to quit. You can get the assistance you need to break the cycle using these resources:

- TRICARE-covered tobacco-cessation products
- Tobacco-cessation counseling services
- TRICARE's Tobacco Quitline—a telephone support and referral service with trained tobacco-cessation coaches
- The Department of Defense (DoD) www.tricare.mil/ucanquit2 —a website with training and a wide range of tools to help you become tobacco-free

Through these free services, you have access to a comprehensive collection of tobacco-cessation tools. You can also find more information online at www.tricare.mil/tobaccocessation. Another program offering information and resources for quitting tobacco is Operation Live Well, a DoD initiative that promotes the benefits of making healthy lifestyle choices. For more information, visit www.health.mil/livewell.

TOBACCO-CESSATION PRODUCTS

To help you quit tobacco, TRICARE covers both prescription and over-the-counter (OTC) tobacco-cessation products. Covered tobacco-cessation products are available at no cost

through military pharmacies and TRICARE Pharmacy Home Delivery. Tobacco-cessation products are not covered when purchased at retail pharmacies.

Covered tobacco-cessation products are available in the United States for all TRICARE beneficiaries age 18 and older who are not eligible for Medicare. Overseas, the products are available to active duty service members and their dependents (who are enrolled in TRICARE Overseas Program Prime) at military pharmacies and through home delivery (where available) including the U.S. territories of Guam, Puerto Rico, and the U.S. Virgin Islands.

You must have a prescription from a TRICARE-authorized provider for any tobacco-cessation product including OTCs. You do not need to be diagnosed with a tobacco-related illness to use tobacco-cessation products.

TRICARE covers the following tobacco-cessation products at no cost to you:

- Varenicline tablets (brand name Chantix)
- Bupropion SR tablets (brand name Zyban and generics)
- Nicotine nasal spray (brand name Nicotrol NS)
- Nicotine inhalation system (brand name Nicotrol)
- Nicotine transdermal systems (brand names Nicoderm CQ and Habitrol)
- Nicotine gum (brand names Nicorette, Nicorelief, and generics)
- Nicotine lozenges (brand names Nicorette, Commit, and generics)

If you plan to fill your tobacco-cessation product prescription at a military pharmacy, please call ahead to check availability and to see if your facility requires participation in a tobacco-cessation program or class.

COUNSELING SERVICES

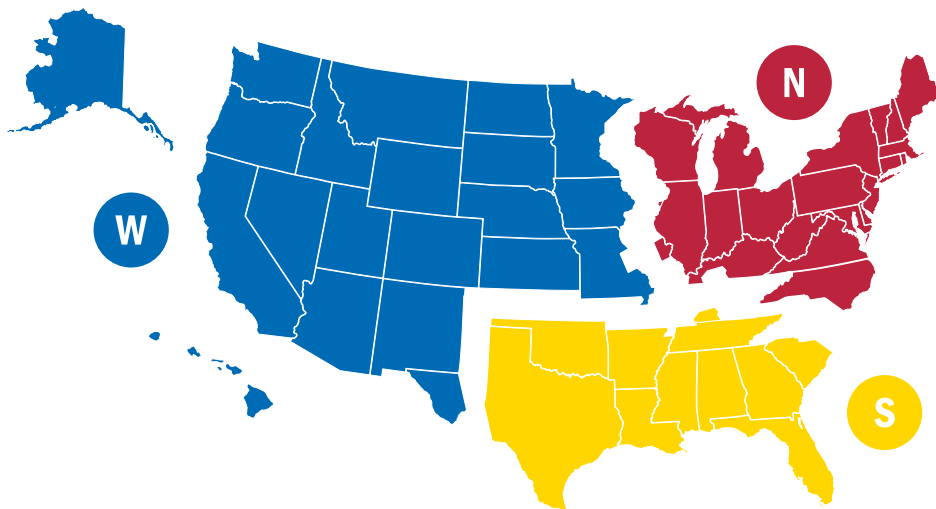
Tobacco-cessation counseling is covered for all TRICARE beneficiaries age 18 and older who are not Medicare-eligible and who reside and receive counseling in one of the 50 United States or the District of Columbia. Counseling sessions must be conducted by a TRICARE-authorized provider. For more information, visit www.tricare.mil/tobaccocessation.

TOBACCO QUITLINE

When you are ready to quit, help is only a phone call away. All eligible beneficiaries can receive assistance with tobacco cessation through TRICARE’s toll-free Tobacco Quitline, available 24 hours a day, 7 days a week (including weekends and holidays). The Tobacco Quitline is available to TRICARE beneficiaries in the United States who are not eligible for Medicare.

Current tobacco users who want to quit or former tobacco users concerned about a relapse can speak with a trained tobacco-cessation coach who will determine their stage of the tobacco-cessation process and inform them about the availability of resources to quit tobacco or remain tobacco-free. Through the resources associated with the toll-free Tobacco Quitline, callers can develop a quit plan to help them quit tobacco or prevent a relapse.

Get started with your quit plan today by calling the Tobacco Quitline that serves your region, shown on the map below, or by requesting educational materials and other resources about tobacco-cessation available online or by U.S. mail.



TRICARE Tobacco Quitline Regional Numbers

TRICARE North Region

1-866-459-8766

TRICARE South Region

1-877-414-9949

TRICARE West Region

1-888-713-4597

UCANQUIT2 WEBSITE

All TRICARE beneficiaries can get smoking and smokeless tobacco-cessation support through the DoD comprehensive website, www.tricare.mil/ucanquit2. The site is part of the DoD “Quit Tobacco” campaign. It offers interactive, Web-based tobacco-cessation training, live support from trained tobacco-cessation coaches, a text message support program, quit tips, savings calculator, and much more.

- 24/7/365 text message support with SmokefreeMIL**— By texting MIL to 47848 or signing up online, users are able to set a quit date up to two weeks in advance. After selecting a quit date, you will begin receiving quit tips and support messages right to your phone. You will receive one to five messages per day based on where you are in your quit attempt. You can also get additional support by replying to a message with one of SmokefreeMIL’s keywords.
- Live chat to answer your questions**—With the live-chat feature, you can find around-the-clock, personalized online support. You can chat live and receive support from expert coaches who can help you to create a quit plan that works for you, so you can stay tobacco-free for good. The live chat feature is available on desktops and mobile devices.
- Find support close to you**— www.tricare.mil/ucanquit2 features a Support Locator where you can select your state or country and find the tobacco-cessation support class closest to you. Many installations offer classes that help tobacco users quit for the first, second, or even tenth time.
- Calculate your savings**—Use the savings calculator to see how much money you can save by quitting smoking or chewing tobacco. You are able to insert how many cans of tobacco or packs of cigarettes you use in a day and how much each costs. The calculator will show you the total amount of money you could save from six months up to 10 years.
- Information to get you started**— www.tricare.mil/ucanquit2 provides over 70 fact sheets that contain information on the health effects of tobacco, benefits of quitting, tips and tricks for your quit day, ways to stay tobacco-free, and information on what to do if you slip.
- Join the conversation**—The Quit Tobacco campaign has social media pages on Facebook, Twitter, and YouTube where military members quitting tobacco can interact and support each other.

LOOKING FOR **More Information?**

GO TO www.tricare.mil/contactus

N

TRICARE North Region

Health Net Federal Services, LLC
TRICARE Tobacco Quitline
1-866-459-8766

S

TRICARE South Region

Humana Military
TRICARE Tobacco Quitline
1-877-414-9949

W

TRICARE West Region

UnitedHealthcare
Military & Veterans
TRICARE Tobacco Quitline
1-888-713-4597

An Important Note About TRICARE Program Information

At the time of publication, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law and federal regulations. Changes to TRICARE programs are continually made as public law and/or federal regulations are amended. **Military hospital and clinic guidelines and policies may be different than those outlined in this publication.** For the most recent information, contact your TRICARE regional contractor or local military hospital or clinic. The TRICARE program meets the minimum essential coverage requirement under the Affordable Care Act.

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