



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
- The Department of Defense (DoD) tobacco education campaign YouCanQuit2, located at www.ycq2.org, provides a wide range of tools to help you become tobacco-free.

Through these 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 the facility offers 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.

YOU CAN QUIT2 WEBSITE

The DoD's tobacco education campaign, YouCanQuit2, offers service members support in quitting tobacco through its comprehensive website, www.ycq2.org. The website offers 24/7 live chat support from coaches, information about counseling and medication, links to a text message support program and much more.

- 24/7/365 Live Chat**
 The live chat feature provides around-the-clock, personalized online support from coaches who can provide information on topics like quitting tobacco, managing cravings and withdrawal symptoms,

medications to aid in quitting tobacco, healthy alternatives to tobacco, and other resources. The live chat feature is available on desktops and mobile devices.

- 24/7/365 Text Message Support with SmokefreeMIL**
 SmokefreeMIL is a mobile text messaging service for service members who are trying to quit smoking. The program provides 24/7 encouragement, advice, and tips to help smokers quit and stay quit. It's a six- to eight-week program, depending on when you set your quit date. Users will receive one to five messages per day and can receive other quit support by texting one of SmokefreeMIL's keywords. To get tips and advice 24/7, sign up for SmokefreeMIL by texting MIL to 47848.
- Information to Get Started**
 Visit www.ycq2.org for information on the health effects of tobacco, benefits of quitting, tips and tricks to use on a quit day, ways to stay tobacco-free, and information on what to do in the event of a slip or relapse.
- Join the Conversation**
 Like or follow YouCanQuit2 on Facebook, Twitter, and Instagram to interact with and support other military members quitting tobacco or preparing to quit.

LOOKING FOR More Information?

GO TO www.tricare.mil/contactus



TRICARE East Region

Humana Military
 1-800-444-5445
HumanaMilitary.com
www.tricare-east.com



TRICARE West Region

Health Net Federal Services, LLC
 1-844-866-WEST (1-844-866-9378)
www.tricare-west.com



YouCanQuit2

www.ycq2.org
 Facebook: www.facebook.com/YouCanQuit2/
 Twitter: [@ucanquit2](https://twitter.com/ucanquit2)
 Instagram: [@youcanquit2](https://www.instagram.com/youcanquit2)

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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