

## **Smoking Cessation Medical Coverage** **For Faculty, P&S, and Supervisory Merit employees enrolled** **in Wellmark medical plans with Medco pharmacy**

### **Medical Benefits**

Employees covered under ISU medical plans (Alliance Select or Blue Advantage) can have an initial consultation with their physician related to smoking cessation covered under their medical plan. Please contact your physician.

### **Prescription Drug Coverage**

In an effort to promote better health and wellness, Iowa State University will cover the following smoking cessation medications through the prescription drug benefit:

- *Chantix*<sup>™</sup>
- *Zyban*<sup>®</sup>
- *Nicotrol*<sup>®</sup> Nasal Spray
- *Nicotrol*<sup>®</sup> Inhaler

The maximum amount of coverage that you may receive in a calendar year will be limited to a 180-day supply of any one or combination of the above smoking cessation medications. Please note that over-the-counter smoking cessation products will not be covered by the prescription drug plan (see “Over-the-Counter Smoking Aids” information below).

If you or a family member obtains a prescription for a smoking cessation medication listed above, it is recommended that you consider participating in a behavior modification program, since people who join a support group or a smoking cessation program often experience a better rate of success. Such programs are offered by many hospitals, health departments, and community centers. The best smoking cessation programs include peer support and tips for avoiding relapses. Counseling by telephone can also be helpful. Refer to the “Smoking Cessation Resources” page for some of the resources.

For more information about Medco or the resources available to you, visit us online at [www.medco.com](http://www.medco.com) or call Member Services toll-free at 1 800 669-3589.

### **Over-the-Counter Smoking Aids**

Over-the-counter stop smoking products are not covered under your prescription drug benefit plan through Medco. However, most of these products are eligible for reimbursement for those who have elected a Health Care Spending Account.