

Medi-Cal Checklist: How to Get Quit Aids

If you have Medi-Cal, you may be able to get products to help you quit smoking. Here's how:

Talk with your doctor



- Say you want help to quit smoking.
- Get a prescription for a quit aid like nicotine patches, gum, lozenges, Bupropion SR or Chantix.

Enroll with Kick It California



- Call Kick It California **1-800-300-8086** or enroll online at www.kickitca.org.
- A trained Quit Coach will help you make a quit plan that's just right for you.
- After your coaching call, Kick It California can give you a certificate.
 - » Medi-Cal does not require a Kick It California certificate for you to get quit aids BUT your pharmacy may still ask for it.
 - » You can ask Kick It California to send it to you or your pharmacy.

Take your prescription to the pharmacy



- If your doctor prescribed patches, gum, lozenges, Bupropion SR or Chantix, you can most likely get it right away.
- If your doctor prescribed the nicotine inhaler or spray, the pharmacist will need to submit a Treatment Authorization Request (TAR). Approval may take a few weeks.

For more info about what quit aids Medi-Cal covers, please call 1-800-541-5555 or talk with your health care provider.

Keep in mind - a quit aid is just a tool. Give yourself credit for all the hard work YOU do!