

No Cost Medicines to Help You Quit Tobacco



**Medi-Cal covers over-the-counter*
or prescribed medicines approved by
the Food and Drug Administration.**

**Talk to a doctor for a prescription or
consult a pharmacist about your
medicine options.**



* Prescription required for Medi-Cal to cover the cost of the medication.

To learn more, call Gold Coast Health Plan Member Services at **1-888-301-1228 (TTY: 711)**, 8 a.m. to 8 p.m. seven days a week from Oct. 1 through March 31, and 8 a.m. to 8 p.m. Monday through Friday from April 1 through Sept. 30. (except some holidays). For information about language assistance services and GCHP's nondiscrimination notice, visit www.goldcoasthealthplan.org/for-members/nondiscrimination-notice/.

These medicines could help you quit and be combined.

CONTAINS NICOTINE

HOW TO USE

Patch



Worn on
clean/dry skin

Gum



Chew then
“park” between
cheek & gums

Lozenge



Do not chew
“park” between
cheek & gums

Spray



Spray in
each nostril

DOES NOT CONTAIN NICOTINE

HOW TO USE

Pills
Bupropion
SR



Varenicline



Take by mouth



For help and tips on how to use these medications contact Kick It California at **1-800-300-8086** or visit kickitca.org.