

# 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.**



**Gold Coast  
Health Plan<sup>SM</sup>**  
A Public Entity

\* 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)**, Monday through Friday, 8 a.m. to 5 p.m. (except holidays). For information about language assistance services and GCHP's nondiscrimination notice, visit [www.goldcoasthealthplan.org/for-members/nondiscrimination-notice/](http://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

Bupropion  
SR  
Pills  
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](http://kickitca.org).