



# TRICARE<sup>®</sup> 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) website, [www.tricare.mil/ucanquit2](http://www.tricare.mil/ucanquit2), provides training and 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](http://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](http://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](http://www.tricare.mil/tobaccocessation).

## UCANQUIT2 WEBSITE

The DoD's tobacco cessation education campaign, UCanQuit2, offers all TRICARE beneficiaries support in quitting tobacco through its comprehensive website, [www.tricare.mil/ucanquit2](http://www.tricare.mil/ucanquit2). The website offers 24/7 live chat support from coaches, a text message support program, information about counseling and medication, quit tips 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, health 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 text message support program for service members trying to quit tobacco that provides advice and tips on how to quit and stay quit. Research has found that text message support programs can double the chances of quitting tobacco compared to other resources. By texting "MIL" to 47848, users can set a quit date up to two weeks in advance. After selecting a quit date, users will receive one to five quit tips and support messages per day based on where they are in their quit attempt. Additional support is available by replying to a message with one of SmokefreeMIL's keywords: "NicFit" (during cravings), "Tense" (when stressed) and "Lapse" (after a slip or relapse).
- **Information to Get Started**  
Visit [www.tricare.mil/ucanquit2](http://www.tricare.mil/ucanquit2) 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 UCanQuit2 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](http://www.tricare.mil/contactus)

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### TRICARE East Region

Humana Military  
1-800-444-5445  
[HumanaMilitary.com](http://HumanaMilitary.com)  
[www.tricare-east.com](http://www.tricare-east.com)

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### TRICARE West Region

Health Net Federal Services, LLC  
1-844-866-WEST (1-844-866-9378)  
[www.tricare-west.com](http://www.tricare-west.com)



### UCanQuit2

[www.tricare.mil/ucanquit2](http://www.tricare.mil/ucanquit2)  
Facebook: [www.facebook.com/ucanquit2](https://www.facebook.com/ucanquit2)  
Twitter: [@ucanquit2](https://twitter.com/ucanquit2)  
Instagram: [@ucanquit2](https://www.instagram.com/ucanquit2)

### **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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