



# ARE YOU READY TO QUIT SMOKING, VAPING, OR USING OTHER TOBACCO PRODUCTS?

The **PEI Smoking Cessation Program** is here to help you by covering 100% of the costs of nicotine replacement therapy (NRT) products or prescription smoking cessation medications.

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## YOUR OPTIONS

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Eligible PEI residents can be covered for one complete course (6-18 weeks in a row) of treatment, once per year, of the following two treatment options:



**Nicotine Replacement Therapy (NRT) products** (patches, gum, lozenges, or inhaler)



**Prescription smoking cessation medications** [Bupropion (brand name Zyban®) or Varenicline (brand name Champix®)]

## ADDITIONAL SUPPORT:

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- Make a **follow-up appointment** with your healthcare provider for ongoing support
- Call the **Smoker's Helpline** to speak with a Quit Coach: **1-877-513-5333**

## HOW DO I GET STARTED?

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- Make an appointment with your nearest **Primary Care Network** office or visit your **local pharmacy** to discuss how ready you are to quit smoking, vaping or using other tobacco products and the supports available to you.
- During your appointment, a SCP provider will review the program intake form with you and talk about your readiness to quit and your tobacco/vape use.
- Based on your medical history and past quit attempts, the provider may suggest that you try an **NRT product or prescription medication**.
- The provider will review the program guidelines with you and complete the intake form.
- You will visit your local pharmacy to pick up your chosen products.



**When you are ready, the PEI Smoking Cessation Program is here to help!**  
**For more information, visit [princeedwardisland.ca/quitsmoking](https://princeedwardisland.ca/quitsmoking).**



**LIVE WELL**  
together we can

**smokers' helpline**