

We can help you quit smoking

There are many good reasons to quit smoking. And we can help. Nicotine patches and other approved products are free for members of Health Initiative (Medi-Cal). We can also refer you to a stop smoking program. A stop smoking program will give you the information and support to help you quit.



If you want a prescription to help you quit smoking, here are the steps to take.

1. Talk with your doctor about the best method for you. Your doctor will give you a **prescription**.
2. Take the prescription to the **pharmacy**. The smoking cessation product you receive needs to be on CenCal Health's list of medications.

If you have trouble getting your prescription or have questions about what is covered, call **Members Services at 1-877-814-1861**.

Note: Medi-Cal no longer requires you to give the pharmacist a Certificate of Enrollment from a stop smoking program. However, we still strongly recommend you enroll in one of these programs.

Stop Smoking Programs

For classes in your community, call:

- San Luis Obispo County 781-5564
- Santa Barbara 681-5407
- Santa Maria 346-7275
- Lompoc 737-7775 ext. 7275

Or call the California Smoker's Helpline for counseling over the phone at 1-800-NO BUTTS (1-800-662-8887). For Spanish call, 1-800-456-6386.