

# Things You Should Know

## Nicotine Replacement Therapy Mail-Delivery Program

---

**1** ALL Cone Health employees as well as family members on a Cone Health medical plan in the QuitSmart program are eligible.

**2** Eligible participants will receive a 4-week supply of NRTs (nicotine patches, gum, and/ or lozenges) via mail from Wesley Long Outpatient Pharmacy.

**3** QuitSmart instructors may recommend dual therapy for some participants.

**4** Employees who are not covered under a Cone Health medical plan will receive 4-weeks of NRTs and all costs will be billed to Wellness.

**5** After the 4 weeks, participants are encouraged to continue to use NRTs as needed and may be responsible for the cost of the pharmacy dependent upon their prescription benefit.

**6** Tobacco cessation instructors will make recommendations for NRTs based on the QuitSmart guidelines and the Pharmacotherapy Reference Guide for Tobacco Dependence.

