**Medi-Cal Checklist: How to Get Quitting Aids**

If you have Medi-Cal, you may be able to get products to help you quit smoking. Here’s how:

- **Talk to your doctor or Medi-Cal plan health educator.**
  - Explain that you want help quitting smoking.
  - Get a prescription for a quitting aid (for example, patches and/or Zyban®).

- **Call California Smokers’ Helpline: 1-800-NO-BUTTS (1-800-662-8887)**
  - A trained counselor will help you make a personalized plan to quit.
  - After the call, your counselor will send you a certificate.

- **Take the Helpline certificate and the doctor’s prescription to your pharmacist.**
  - If your doctor prescribed an approved product (such as patches and/or Zyban®), the pharmacist can usually get it for you right away.
  - If your doctor prescribed other products, the pharmacist will need to submit a Treatment Authorization Request (TAR). Approval may take two days to two weeks.

To give yourself the best chance of success, follow the plan you made with your Helpline counselor. Use your quitting aid as directed. And remember, the one doing the work is you, not the quitting aid. The quitting aid is just a tool to help. Give yourself credit for every day you don’t smoke!