

How to Get Benefits for Quitting Tobacco in Kentucky

Here are 5 easy steps to help you quit smoking

1. Call the number on the back of your insurance card and ask what is covered to help you quit using tobacco. For example, what medicines are covered and who must provide counseling.

2. Bring this information with you to an appointment with your healthcare provider, so they can recommend medicine and refer you to counseling.

3. Make sure your pharmacy has your most current medication coverage card. You may have two insurance cards, one for medicines and one for healthcare visits.

4. If the pharmacy says the recommended medicine is not covered, ask the pharmacist why not. They may need more information from you or your healthcare provider. For example, counseling may be required to get medicine.

5. If you have trouble getting medicine covered by your insurance company, you can file a complaint with the Kentucky Department of Insurance (800) 595-6053 or (502) 564-6034. More information and forms available at: <http://insurance.ky.gov/>

For more information about quitting smoking and smoke free policies, visit the Kentucky Center for Smoke-Free Policy's website at

<http://www.mc.uky.edu/tobaccopolicy/KCSP/>.

