Optum Rx®

It's okay to be a quitter — it's time to stop smoking

Your plan covers prescription and over-the-counter products to help you quit smoking or other tobacco use.

Some types of products that can help you quit include:

- Nicotine replacement products. These provide nicotine but are substitutes for smoking. Some options are nicotine skin patches, gum, lozenges, or nasal sprays.
- Prescription medications like varenicline, bupropion sustained-release (SR) (generic Zyban), Nicotrol Inhaler or Nicotrol Nasal Spray (NS).

These preventive medications are available at $0 cost share. Up to 180 days of treatment are covered at no cost each year. Maximum daily dose quantity limits apply. To qualify, you need to:

- Be age 18 or older
- Get a prescription for these products from your doctor, even if the products are sold over-the-counter (OTC)
- Fill the prescription at a network pharmacy

Quitting smoking or other tobacco use is one of the best things you can do for your health. Don't wait another day to stop.

OTC Medications

- Nicotine Replacement Gum
- Nicotine Replacement Lozenge
- Nicotine Replacement Patch

Prescriptions

- Bupropion Sustained-Release Tablet (generic Zyban)
- Varenicline Tablet

The prescription medications Nicotrol Inhaler and Nicotrol Spray are covered at a $0 copay after members have completed a 4-week trial of:

1. One OTC nicotine product (gum, lozenge, or patch) and

2. bupropion sustained-release tablet (generic Zyban) separately.



Set yourself up for success

The tips below can increase your chance of quitting, even if you've tried before.

- **Don't do it alone.** Get support from others to increase your chance of success.
- **Make a plan.** Set a date to quit and be prepared with something else to occupy you when cravings strike.
- **Get rid of everything that reminds you of smoking or tobacco use.** Throw out cigarettes, matches, lighters, and ash trays.
- **Stop smoking or using tobacco completely on your quit date.**

Optum is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions. All other brand or product names are the property of their respective owners.
© 2026 OptumRx, Inc. All rights reserved. WF20891060-A 1/26