Counseling
• VA Health Care currently covers all three forms of tobacco cessation counseling.
• Phone Counseling (1-800-QUIT-VET)
• Individual Counseling
• Group Counseling

Medication Coverage
• VA Health Care currently covers some tobacco cessation medications. They include Nicotine Replacement Therapy (NRT) Gum, NRT Patch, NRT Lozenge, Bupropion and Varenicline (Chantix).
  o NRT Gum, NRT Patch, NRT Lozenge, and Bupropion are all considered first line treatments either when taken on their own or as part of a combination therapy
  o Varenicline is available, but the barrier of stepped therapy exists. Stepped therapy means that a patient cannot be prescribed a medication until they have had an unsuccessful quit attempt with a first line treatment.

Comprehensive Cessation Benefit: Seven Medications:
NRT Gum (OTC*) | NRT Patch (OTC)
NRT Lozenge (OTC) | NRT Inhaler
NRT Nasal Spray | Bupropion / Zyban®
Varenicline (Chantix®)

Three Forms of Counseling:
Individual | Group | Phone

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1https://www.va.gov/HEALTHBENEFITS/apply/veterans.asp
2https://www.va.gov/HEALTHBENEFITS/resources/priority_groups.asp
*Over the Counter or OTC; meaning a patient does not need a prescription to purchase the medication.
3https://www.cdc.gov/mmwr/volumes/67/wr/mm6701a2.htm
4https://www.cdc.gov/tobacco/data_statistics/fact_sheets/adult_data/cig_smoking/index.htm
5https://www.cdc.gov/mmwr/volumes/67/wr/mm6701a2.htm
6https://www.publichealth.va.gov/smoking/professionals/treatment/index.asp
7https://www.publichealth.va.gov/docs/smoking/cessationguidelinepart2_508.pdf
8https://www.publichealth.va.gov/docs/smoking/cessationguidelinepart2_508.pdf
9**this number includes both the general public, military members, and veterans
However, in order for the health plan to cover the cost a prescription must be written, even for OTC medications.