



Blue Cross Community Centennial - Tobacco Cessation Program

If you need help with quitting tobacco, Blue Cross and Blue Shield of New Mexico has a tobacco cessation program to help you reach your health goals.

Blue Cross and Blue Shield of New Mexico, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

489854.0224

The following are covered by your health plan, at no cost to you.

- Individual, group or telephone-based counseling
- FDA approved medications and/or nicotine replacement products* such as Bupropion, Varenicline, nicotine patches, chewing gum, nasal spray, inhaler and lozenges.
 - Full list of covered tobacco cessation products can be found on the approved Drug List at bcbsnm.com/Medicaid

*Let your health care provider know that you would like to quit. Talk to your provider about the best tobacco cessation aids to help you quit using tobacco.

To learn more about tobacco cessation programs available to members, call our Quit Line at **1-877-262-2674** (TTY: **711**) or speak with your Care Coordinator. When you enroll in the program, a tobacco cessation program nurse will contact you. The nurse will provide support, advice and education to you throughout the program.

That's it! We make this process as easy for you as possible. Take this card to your provider and talk to them about ways to stop using tobacco today.

To ask for auxiliary aids and services or materials in other formats and languages at no cost, please call 1-866-689-1523 (TTY/TDD: 711).

All providers referenced in this document are not employed by and are independent from Blue Cross and Blue Shield of New Mexico.

Such services are funded in part with the State of New Mexico.

Blue Cross and Blue Shield of New Mexico complies with applicable federal civil rights laws and does not discriminate on the basis of health status or need for services or race, color, national origin, age, disability, sex, ancestry, spousal affiliation, sexual orientation and/or gender identity. See our full non-discrimination notice and contacts.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-710-6984 (TTY: 711).

Díí baa akó nínízin: Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jjik'eh, éí ná hóló, kojí' hódíłnih 1-855-710-6984 (TTY: 711).