



The Occupational Health Clinic Smoking Cessation Program

Quit Rx option:

- Some smokers need medication to help them quit smoking. If you've tried to quit before and had problems with nicotine withdrawal or cravings, you might want to consider medication.
- Talk to your primary care provider. If medication is prescribed you can enroll in Occupational Health's new program called Quit Rx to get 2 months of medication for free. *You will need to see an Occupational Health Clinician first, and take your prescription with you. They will authorize a Vanderbilt Pharmacy to fill your prescription at no charge to you.*
- If you don't have a primary care provider, you can get individualized assessment and treatment in the Occupational Health Clinic. Whether your prescription is written by your PCP or by a clinician at Occupational Health, you can still get 2 months of medication at no charge.
- Vanderbilt Faculty and Staff can enroll in Quit Rx through the Occupational Health program, and get up to 2 months worth of approved medications at no charge. You can enroll in Quit Rx if you are a Vanderbilt employee who is in treatment for tobacco use disorder and you have a quit plan in place. Your primary care provider can treat you and supervise your quit plan, or you can choose to see an Occupational Health Clinician.
- Quit Rx covers 4 approved medical regimens: Chantix alone, nicotine patches alone, Zyban (also known as wellbutrin or bupropion) alone, or nicotine patches and Zyban in combination. Because of the effect Chantix has on nicotine receptors in the brain, it is not medically recommended to combine nicotine replacement with Chantix, so that combination is not covered in the Quit Rx program. In order to give everyone an opportunity to use this service, we can only provide free medications for 2 months. You may require treatment longer than 2 months, so please plan ahead. Quit Rx does not cover nicotine gum, lozenges, inhalers, or sprays.
- To enroll in Quit Rx call the Occupational Health Clinic at 936-0955. They will authorize a prescription at no cost to you. Quit Rx is only available through the Vanderbilt Pharmacy and must be approved by an Occupational Health Clinician.

Updated on 7/31/08