

# QUIT SMOKING - IT PAYS OFF!

The cost of quit smoking medications may deter some tobacco users from using them. It's important to remind yourself that **these medications are proven to double or triple the odds of you successfully quitting**. Most quit smoking medications are less expensive than continuing to smoke.

## CONSIDER THIS

▶ The cost of smoking **one pack** of cigarettes is approximately **\$14 per day, or \$98 per week.**

▶ **This would amount to \$5,096 per year** (plus applicable taxes).

## HOW MUCH WILL YOU SAVE?

▶ 

# PACKS / WEEK	x	\$/PACK	x	1 WEEK	=	\$
<input type="text"/>		<input type="text"/>				<input type="text"/>

↓

\$	x	4 WEEKS	=	\$	/ MONTH
<input type="text"/>				<input type="text"/>	<input type="text"/>

\$	x	12 MONTHS	=	\$	/ YEAR
<input type="text"/>				<input type="text"/>	<input type="text"/>

\$	x	5 YEARS	=	\$
<input type="text"/>				<input type="text"/>



THINK OF THE **MONEY YOU WILL BE SAVING** OVER THE LONG TERM ONCE YOU'VE QUIT!

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## COST OF QUIT SMOKING MEDICATIONS

PHARMACOTHERAPY	COST PER UNIT	COST PER DAY	COST PER WEEK	COST FOR 12 WEEKS
<b>Patch</b>	\$20 - \$39 7-day supply	\$3 - \$7	\$20 - \$39	\$240 - \$468
<b>Inhaler</b>	\$34 - \$48 42 cartridge	\$6 - \$7	\$34 - \$48	\$408 - \$576*
<b>Gum</b>	\$24 - \$48 105 pieces	\$3 - \$7	\$21 - \$49	\$252 - \$588**
<b>Lozenge</b>	\$24 - \$47 105 pieces	\$3 - \$8	\$21 - \$49	\$252 - \$588**
<b>Mouth Spray</b>	\$25 - \$47 120 sprays	\$11 - \$18	\$25 - \$47	\$300 - \$564**
<b>Varenicline</b> (Champix)	\$127 30-day supply	\$4 - \$5	\$21 - \$35	\$252 - \$420
<b>Bupropion</b> (Zyban)	\$63 - \$90 30 day supply	\$2 - \$3	\$9 - \$23	\$108 - \$276

These costs were calculated based on a twelve-week treatment program using the average recommended dose. All prices listed are approximate and do not include taxes. Amounts may vary depending on your dosing schedule, purchase location, and brand selection.

\* This treatment is rarely used alone in smokers who smoke >10 cigarettes/ day. The cost of inhalers is much lower when they are used in combination with the patch.

\*\* Can be used alone, or in combination with the patch. Cost per week is based on gum use alone. Cost is much lower if used in combination with the patch.

### INSURANCE COVERAGE FOR PHARMACOTHERAPY

Many insurance companies provide coverage for quit smoking medications. It's best to contact your health insurance provider to find out the coverage you have for quit smoking medications.

