

**Tobacco Dependence Treatment:
A Resource Guide
(Sparta Campus & Tomah Campus)**

Last Update: 07/2010

Nicotine Replacement Therapy, combined with some form of social support or coaching can double, triple, or even quadruple your chances of quitting.

Social Support

Wisconsin Quit Line	2
Wisconsin Quit Line Fax to Quit	3
Counseling Services at Western Technical College	4
Monroe County: First Breath Program	5
Franciscan Skemp – Sparta Hospital	6
UW-La Crosse Student Health Center	7
One-on-One Counseling: Gundersen Lutheran	8
Journey to Freedom: Gundersen Lutheran	9

Nicotine Replacement Therapy

Wisconsin Quit Line	10
UW-La Crosse Student Health Center	11
Medicaid, BadgerCare, and SeniorCare Benefits	13
Patient Assistance Programs	14-17

For additional information on local resources, please contact

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Wisconsin Quit Line – **Social Support**

Who?

Wisconsin Quit Line (1-800-784-8669)
University of Wisconsin Center for Tobacco Research & Intervention

What?

The Wisconsin Quit Line offers a variety of services, including:

- Free telephone coaching for Wisconsin tobacco users who want to quit. Coaches will help with quit attempt planning, strategies for coping with urges, stress, and obtaining social support.
- Follow-up calls initiated by a Quit Line coach.
- Referrals to local tobacco treatment programs and services.
- Information for friends, family and others concerned about a tobacco user.

The Wisconsin Quit Line does not prescribe medications.

How?

Call 1-800-784-8669 – Quit coaches are standing by 7a – 11p daily.
Beyond those hours, callers can leave a message and expect a return call within 48 hours.

How much does it cost?

FREE to all Wisconsin residents

Is there financial assistance available?

N/A

Wisconsin Quit Line Fax to Quit – Social Support

Who?

Wisconsin Quit Line (1-800-784-8669)
University of Wisconsin Center for Tobacco Research & Intervention

What?

The Fax to Quit program gives the tobacco users the option of having a quit coach contact them to provide an individualized quitting intervention. Tobacco users no longer have to take the first step in calling the Quit Line.

The Quit Line offers a variety of services, including:

- Free telephone coaching for Wisconsin tobacco users who want to quit. Coaches will help with quit attempt planning, strategies for coping with urges, stress, and obtaining social support.
- Follow-up calls initiated by a Quit Line coach.
- Referrals to local tobacco treatment programs and services.
- Information for friends, family and others concerned about a tobacco user.

How?

- If you want to have a quit coach contact you directly, a Fax to Quit form can be filled out (Forms can be obtained by contacting Student Development Office, the Wellness Center, or the Counselors in the Welcome Center).
- Once the form has been faxed, a Wisconsin Quit Line coach will contact you within three days to talk with you about the quitting process, explain more about Quit Line services, and help you develop a personalized quit plan.

How much does it cost?

FREE to all Wisconsin residents

Is there financial assistance available?

N/A

Counseling Services at Western Technical College –
Social Support

Who?

Counseling Services at Western Technical College
Academic Resource Center - Room160
400 Seventh Street North
La Crosse, WI 54602
608-785-9200

What?

A student will receive assistance in finding tobacco dependence resources from the Western Counselors.

How?

Call 608-785-9200 or stop by the Welcome Center to make an appointment.

How much does it cost?

FREE for all Western students

Is there financial assistance available?

N/A

Monroe County: First Breath Program–
Social Support

Who?

Franciscan Skemp – Sparta Hospital
310 West Main Street
Sparta, WI 54656
(608) 269-2132

Gundersen Lutheran - Sparta Clinic
315 W Oak Street
Sparta, WI 54656
(608) 269-6731

Gundersen Lutheran - Tomah Clinic
1330 N Superior Avenue
Tomah, WI 54660
(608) 372-3253

Monroe County Health Department
14301 County Highway B
Sparta, WI 54656
(608) 269-8666

What?

A patient will receive non-judgmental smoking cessation counseling at every prenatal and postpartum appointment.

How?

Call any one of the above numbers to make an appointment.

Visit http://www.wwhf.org/pg_firstbreath.asp for more information about the First Breath Program.

How much does it cost?

FREE to pregnant women

Is there financial assistance available?

N/A

Franciscan Skemp – Sparta Hospital
Social Support

Who?

Franciscan Skemp – Sparta Hospital
310 West Main St
Sparta, WI 54656
1-877-778-8771
608-392-8771

What?

A patient will meet one-on-one with a tobacco cessation counselor. Full program includes 4-5 sessions.

How?

Must be referred to program by doctor.

How much does it cost?

\$28.50 per session. Medications are not included in this fee.

Is there financial assistance available?

Program may be reimbursed by health insurance.

UW-La Crosse Student Health Center – Social Support

Who?

UW-La Crosse Student Health Center
Suite 1030
1300 Badger Street
La Crosse, WI 54601
608-785-8558
www.uwlax.edu/studenthealth

What?

A patient will receive an individual assessment and a brief counseling session by a medical professional. Nicotine replacement therapy is available. Please see page 7.

How?

Call 608-785-8558 or stop by the Health Center to make an appointment.

How much does it cost?

- If you are carrying 6 or more credits at Western Technical College, each visit to see a medical professional at the Health Center will cost \$10.
- If you are carrying less than 6 credits at Western Technical College, you will need to pay the \$100 Student Health fee, each visit to see a medical professional at the Health Center will cost \$10. For more information about the \$100 Student Health fee, please contact Student Development Office located in Kumm 100.

Is there financial assistance available?

N/A

One-on-One Counseling: Gundersen Lutheran – Social Support

Who?

One-on-One Counseling
Gundersen Lutheran
1900 South Ave
La Crosse, WI 54601
(608) 775-5442 or (800) 362-9567, ext. 55442
www.gundluth.org

What?

If you do not have a personal healthcare provider you may access further counseling, support, education, and/or resources to help you break your nicotine addiction OR a one-on-one consultation by appointment:

How?

Call Norine Friell, PA-C, Tomah Clinic, 608-372-4111

How much does it cost?

Call for information.

Is there financial assistance available?

Program may be reimbursed by health insurance.

Journey to Freedom:
Gundersen Lutheran Nicotine Cessation Clinic –
Social Support

Who?

Journey to Freedom: Gundersen Lutheran Nicotine Cessation Clinic
Gundersen Lutheran
1900 South Ave
La Crosse, WI 54601
(608) 775-5442 or (800) 362-9567, ext. 55442
www.gundluth.org

What?

Journey to Freedom: Gundersen Lutheran Nicotine Cessation Clinic is a comprehensive, 16-week cessation program. The one-hour sessions are designed to give you the tools you need to succeed.

Each participant will receive an individualized plan that includes nicotine replacement therapy and/or prescription medications. In addition, support will be provided to help participants understand their unique triggers and learn problem-solving tools to effectively confront them. They combine this with relapse prevention and support from a trained and dedicated staff.

How?

Call (608) 775-5442 or (800) 362-9567, ext. 55442 to register.
Tomah Contact - Edie Treu, (608) 372-4111

How much does it cost?

Fee - \$130. Meet attendance criteria and you will receive a \$40 refund.
Program fee does not include medications.

Is there financial assistance available?

Program may be reimbursed by health insurance.

Wisconsin Quit Line –
Nicotine Replacement Therapy

Who?

Wisconsin Quit Line (1-800-784-8669)
University of Wisconsin Center for Tobacco Research & Intervention

What?

Wisconsin residents who call the Quit Line for coaching can obtain a free two-week starter kit of quit-smoking medications that will be mailed directly to their homes, either nicotine patches, gum or lozenges.

How?

Call 1-800-784-8669 – Quit coaches are standing by 7a – 11p daily.
Beyond those hours, callers can leave a message and expect a return call within 48 hours.

How much does it cost?

FREE to all Wisconsin residents

Is there financial assistance available?

N/A

UW-La Crosse Student Health Center – **Nicotine Replacement Therapy**

Who?

UW-La Crosse Student Health Center
Suite 1030
1300 Badger Street
La Crosse, WI 54601
608-785-8558
www.uwlax.edu/studenthealth

What?

The medical professionals at the Student Health Center can prescribe the nicotine replacement medication Burpropion.

How?

Call 608-785-8558 or stop by the Student Health Center to make an appointment with a medical professional.

How much does it cost?

- If you are carrying 6 or more credits at Western Technical College, each visit to see a medical professional at the Student Health Center will cost \$10. The medication Burpropion will cost around \$1 a day at the Health Center Pharmacy.
- If you are carrying less than 6 credits at Western Technical College and have paid the \$100 Student Health fee, each visit to see a medical professional at the Health Center will cost \$10. For more information about the \$100 Student Health fee, please contact Student Development Office located in Kumm 100. The medication Burpropion will cost around \$1 a day at the Health Center Pharmacy.

Is there financial assistance available?

The Student Health Center can assist students in enrolling into patient assistance programs. See pages 9-12 for additional information.

Prescriptions can also be taken to a local pharmacy instead of the Health Center so that the medications can be covered by Medicaid, BadgerCare, or SeniorCare. See page 8 for additional information.

Medicaid, BadgerCare, and SeniorCare Benefits - Nicotine Replacement Therapy

Who?

State of Wisconsin Medicaid, BadgerCare, and SeniorCare Benefit programs
1-800-362-3002
www.dhfs.wisconsin.gov/medicaid

What?

The State of Wisconsin Medicaid, BadgerCare, and SeniorCare Benefit program will pay for a doctor's visit for the sole purpose of tobacco dependence treatment. It does not require prior authorization for reimbursement.

Medicaid, BadgerCare, and SeniorCare Benefit programs cover the cost of the following nicotine replacement therapy:

- Bupropion (Zyban)
- Chantix
- Inhaler, nasal spray, and patch (legend nicotine patch)
- Combination therapy (more than one medication at one time)

Repeated courses of tobacco dependence treatment are allowed.

Group therapy, telephone and web-based counseling are not covered.

How?

Make an appointment with any Medicaid-certified Wisconsin physician, nurse practitioner, physician assistant, or other staff who is under the direct on-site supervision of a physician.

Get a prescription.

Go to your local pharmacy and receive medications.

How much does it cost?

FREE or co-payment may apply

Is there financial assistance available?

N/A

**Connection to Care (Patient Assistance Program) -
Nicotine Replacement Therapy**

Who?

Connection to Care Program (Pfizer)
1-866-776-3700
<http://pfizerhelpfulanswers.com/>

What?

This program offers discounts on Chantix, Nicotrol Inhaler, and Nasal Spray. In some cases, medications are free.

How?

- You must be an uninsured U.S. resident.
- Talk to your doctor about completing an application together.
- If approved, Pfizer will ship a three-month supply of medications to your doctor's office for pickup in three weeks. You must apply for each refill.

How much does it cost?

Savings vary by medication and location.

Is there financial assistance available?

N/A

**Bridges to Access (Patient Assistance Program) -
Nicotine Replacement Therapy**

Who?

Bridges to Access Program (GlaxoSmithKline)

1-866-728-4368

www.bridgestoaccess.gsk.com

What?

This program may help to cover the cost of Zyban and Bupropion.

How?

- You must be a U.S. resident without prescription drug benefits. Your household income must be: \$19,599 or less if you are single; \$26,400 or less if you live with one other person; \$33,200 for a family of three; \$39,996 for a family of four.
- Talk to your doctor about completing an application together.
- If approved, you may pick up your medications at a local drug store. You will get a supply to last you two months. Your doctor can sign you up for one refill to last three additional months. Every year, you must submit a new form and call a hotline to receive more medication.

How much does it cost?

Savings vary by medication and location.

Is there financial assistance available?

N/A

**Together RX Access (Patient Assistance Program) -
Nicotine Replacement Therapy**

Who?

Together RX Access
1-800-444-4106
www.togetherrxaccess.com

What?

This program offers savings on the Nicotine Inhaler and Nicotine Nasal Spray (Nicotrol) as well as Varenicline (Chantix).

How?

- This program is for legal U.S. residents with no health insurance and who are not eligible for Medicare. You must have a household income equal or less than: \$30,000 for a single person; \$40,000 for a family of two; \$50,000 for a family of three; \$60,000 for a family of four; \$70,000 for a family of five.
- You may enroll by mail or through the Together RX Access website.

How much does it cost?

Savings vary by medication and location.

Is there financial assistance available?

N/A

Partnership for Prescription Assistance
(Patient Assistance Program) -
Nicotine Replacement Therapy

Who?

Partnership for Prescription Assistance
1-800-4PPA-NOW
www.pparx.org

What?

This program will help you learn whether you're eligible for help to pay for prescription medications.

In a few minutes, Partnership for Prescription Assistance will help you determine if you're eligible for programs like Connection to Care, Bridges to Access, Together RX Access and more.

How much does it cost?

FREE

Is there financial assistance available?

N/A