

## Smoking Cessation Programs FAQ

### 1. What Smoking Cessation Programs Are Available?

#### A. Tobacco Quit Card and Counselling (TQCC) Program (Shared Health)

##### *Who Can Participate?*

- Manitoba residents receiving primary care in the province (including temporary residents).
- Individuals without insurance coverage for Nicotine Replacement Therapy (NRT) or those who struggle to afford it.
- Patients ready to start quitting or reducing tobacco/vape use within 30 days.

##### *What Does the Program Provide?*

- A \$300 Tobacco Quit Card for purchasing NRT at local pharmacies.
- Counseling support from a Tobacco Educator, who offers guidance on behavior change and medication use.

#### B. Quit Smoking with Your Manitoba Pharmacist Program (Pharmacists Manitoba)

##### *Who Can Participate?*

- Manitoba residents aged 18 or older with a valid Manitoba Health Card (PHIN).
- Individuals who smoke cigarettes (though they may also use other forms of tobacco/nicotine).
- Patients committed to complete tobacco abstinence and willing to set a quit date within 30 days.

##### *What Does the Program Provide?*

- Patients can access up to \$100 in product subsidy for smoking cessation pharmacotherapy, including non-prescription products.

### 2. Can Patients Be Referred Between Both Programs?

Yes! Providers should be aware that **patients may be eligible for both programs** and can be referred accordingly to maximize their support options. You can find a referral form for the Quit Smoking with Your Manitoba Pharmacist program [here](#) or you can find a list of the participating pharmacies on the [Quit Smoking MB website](#). For more information about how to refer to the Tobacco Quit Card & Counselling Program, please visit [this](#) website.