

Tobacco cessation resources from N Good Health

We're ready to help you when you're ready to quit!

As an employee, you are eligible to receive **free nicotine replacement therapy (NRT) products at any Norton Pharmacy**. If you are covered by a Norton Healthcare medical plan, you can get free NRT products at your preferred pharmacy. Free tobacco cessation programs are available for you and your spouse/partner online or in person.

Norton Pharmacy locations

Norton Audubon Hospital • (502) 636-8790

Open Monday through Friday, 8 a.m. to 6 p.m.

Norton Brownsboro Hospital • (502) 446-8800

Open Monday through Friday, 8 a.m. to 6 p.m.

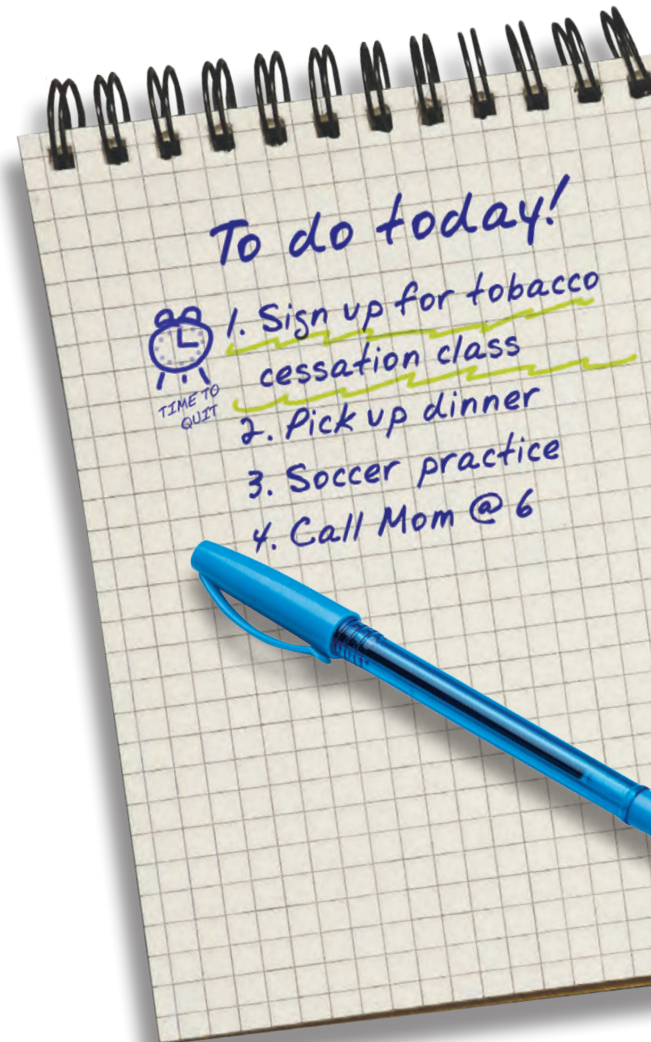
Norton Hospital • (502) 629-3800

Open Monday through Friday, 8 a.m. to 6 p.m. and Saturdays, 8 a.m. to noon

Norton Women's & Children's Hospital • (502) 559-1710

Open Monday through Friday, 8 a.m. to 6 p.m.

Combining NRT with participation in a tobacco cessation program can help you quit using tobacco. N Good Health and leading health care professionals recommend this approach for a greater chance of long-term success in stopping tobacco use.



Tobacco cessation frequently asked questions

Why do I need to complete a tobacco cessation program?

Stopping tobacco use can be hard, but you can do it and N Good Health is here to help. Cessation programs provide you with information and resources to understand what you're up against and how you can get help.

What are my options?

You can participate in one of these online or in-person tobacco cessation programs:

- **N Good Health workshops**

These online tools are designed to help tobacco users understand the risks of smoking, take steps to quit and stay smoke-free! To sign up, log in to your N Good Health account and click on the "Wellness Workshop" link. Select either the four-week or 12-week workshop from the list of options. Be sure to log in each week to complete your activities. At week four of either workshop, you will receive a certificate to take to any Norton Pharmacy to receive your free nicotine replacement therapy product.

- **American Lung Association Freedom From Smoking**

The American Lung Association's Freedom From Smoking program is free for adults who are ready to quit smoking. Because most people know that smoking is dangerous to their health, the program focuses almost exclusively on how to quit, not why to quit. You'll meet weekly in small groups for seven weeks with a trained facilitator. At week four of the program, you will receive a certificate to take to any Norton Pharmacy for your free nicotine replacement therapy product.

The program is open to the community. Preregistration is required. To register or learn more about upcoming sessions and locations, visit [NortonHealthcare.com/Smoking-Cessation-Program](https://www.nortonhealthcare.com/smoking-cessation-program) or call **(502) 629-1234**, option 4.

What is nicotine replacement therapy?

Nicotine replacement therapy is a way of helping people stop smoking. It uses products that supply low doses of nicotine, but do not contain the toxins found in smoke. The goal of this kind of therapy is to reduce nicotine cravings and ease the symptoms of nicotine withdrawal.

Available products:

- NicoDerm CQ patches (steps 1, 2, 3)
- Nicorette nicotine gum (2 mg, 4 mg)
- Commit nicotine lozenges (2 mg, 4 mg)

If you have more questions or concerns, call N Good Health at **(502) 629-2162**.





NORTON
HEALTHCARE

Nicotine Replacement Therapy Request Form

Patient information	Date: _____	Insurance information
<input type="checkbox"/> Male <input type="checkbox"/> Female		Primary insurance:
First name: _____ Last name: _____		Subscriber ID number: _____
Address: _____		Group number: _____ Rx BIN: _____
City: _____ State: _____ Zip: _____		Secondary insurance:
Phone: _____ Birthdate: _____		Subscriber ID number: _____
Allergies: _____		Group: _____ Rx BIN: _____

Contact a Norton Pharmacy at least one week before you plan to receive your nicotine replacement therapy product

Norton Pharmacy - Norton Hospital (502) 629-3800	Norton Pharmacy - Brownsboro (502) 446-8800
Norton Pharmacy - St Matthews (502) 559-1710	Norton Pharmacy - Audubon (502) 636-8790

Nicotine Replacement Therapy Assessment

- How many cigarettes do you usually smoke per day?
a. Fewer than 10 b. 10 to 20 c. 21 to 39 40 or more
- Have you previously tried nicotine replacement therapy products?
If yes, list what kind: _____ Yes No
- Have you had a heart attack within the past two weeks? Yes No
- Do you have uncontrolled high blood pressure? Yes No
- Are you pregnant or nursing? Yes No
- Do you have a history of stomach ulcers? Yes No
- If you plan to use nicotine replacement gum, answer the following:
 - Have you had any dental work? Yes No
 - Do you have temporomandibular joint (TMJ) syndrome? Yes No
 - Do you have any issues with chewing? Yes No

Nicotine Replacement Therapy Product Selection

Using a combination of products is recommended.

Patches (1 box)	Lozenges or Gum (1 box)	
7 mg (<10 cpd) <input type="checkbox"/>	Lozenge	2 mg <input type="checkbox"/>
14 mg (<10 cpd) <input type="checkbox"/>		4 mg <input type="checkbox"/>
21 mg (>10 cpd) <input type="checkbox"/>	Gum	2 mg <input type="checkbox"/>
*Combination therapy is recommended		4 mg <input type="checkbox"/>

Pharmacist Signature: _____ Date: _____