




# Medications and Counseling to Help you Quit

Working with a health care provider—such as your doctor, dentist, or pharmacist—can increase your chances of quitting tobacco for good. Getting advice and assistance from a doctor more than doubles the odds that a person who smokes will quit successfully. Health insurance plans, including Oregon Health Plan, cover medications like patches and gum for free with a prescription.

Quit smoking medications can help you manage [withdrawal symptoms](#) and cravings, which helps you stay confident and motivated to quit. You can...

	<p>Use <a href="#">Nicotine Replacement Therapy (NRT)</a></p> <ul style="list-style-type: none"><li>• Over-the-counter forms: <a href="#">patch</a>, <a href="#">gum</a>, <a href="#">lozenge</a></li><li>• Prescription forms: <a href="#">inhaler</a>, <a href="#">nasal spray</a></li></ul> <p>Make sure you read the instructions on <a href="#">how to properly use quit smoking medicines</a>, to get the most out of them.</p>
	<p>Talk to your healthcare provider about using a pill prescription medication</p> <ul style="list-style-type: none"><li>• <a href="#">Varenicline</a></li><li>• <a href="#">bupropion</a></li></ul>
	<p>Combine medications</p> <ul style="list-style-type: none"><li>• Use a <a href="#">long-acting form of NRT (nicotine patch) together with a short-acting form (such as nicotine gum or lozenge)</a>. Compared to using one form of NRT, this combination can further increase your chances of quitting.</li></ul>



For more information about quit smoking medications, check out the links below:

- [How Quit Smoking Medicines Work](#)
- [Which Quit Smoking Medicine is Right for You?](#)
- [How to Use Quit Smoking Medicines](#)