

# ConsumerRx<sup>®</sup>

Chantix<sup>®</sup>

## What is Chantix?

Chantix is a prescription medication approved by the FDA to help people quit smoking. It works differently from other prescription smoking cessation medications by targeting the same receptors in the brain as nicotine. By blocking the effects of nicotine from cigarettes and providing nicotine-like effects, Chantix fools the brain into believing that the urge to smoke tobacco has been satisfied.

## What about the FDA warnings about Chantix?

The FDA warnings for Chantix include: changes in behavior, agitation, depressed mood, attempted and completed suicide. These side effects can occur before people quit smoking and after Chantix is stopped. For more information, please see the FDA safety alert at [www.fda.gov/cder/drug/advisory/varenicline.htm](http://www.fda.gov/cder/drug/advisory/varenicline.htm).

## Can medication help me stop smoking?

Medication may help, but a stop-smoking program is also important to successfully quit and remain smoke-free. For information on a stop-smoking program, Regence members can visit [myregence.com](http://myregence.com).

## What are the chances that Chantix can really help me quit smoking?

The chances of quitting smoking and remaining smoke-free for a year with Chantix are about 1 in 5 (or about a 22% quit rate at one-year). In other words, Chantix does not work for 4 out of 5 people.

## Is Chantix better than other options?

Chantix is promoted as being better than **bupropion SR** (Zyban<sup>®</sup>), however results from two clinical trials differ on which medication worked better.

## What are my prescription medication options?

**Generic Medications: ~\$42\***

**bupropion SR** (Zyban<sup>®</sup>)

**Non-Preferred Brand Medication: ~\$108\***

**Chantix**

\*Approximate cost estimates based on a 30-day supply. Actual prices may vary depending on your pharmacy and the amount or strength of medication dispensed. Brand names in ( ) are non-formulary and are listed for your reference only.

## Are there over-the-counter options?

Nicotine replacement gum and patches are available over-the-counter. A box of gum costs approximately thirty dollars and patches are sold for about thirty dollars a week.

## What if I still want to try a prescription medication?

Check your benefits, by reviewing your benefit brochure or calling the Customer Service number on the back of your member card. If your prescription plan covers smoking cessation you can buy **bupropion SR** (Zyban) at the generic copayment or Chantix at the non-preferred copayment.

## THE BOTTOM LINE

Participation in a stop-smoking program is an important first step. Chantix has the potential to be dangerous. If you want to try medication to stop smoking, please consider generic **bupropion SR** (Zyban) or one of the over-the counter medications.



[www.regencerox.com](http://www.regencerox.com)