



GatorWell Health Promotion Services QUIT Program 2009-2010 Information Sheet

GatorWell Health Promotion Services, the Student Health Care Center, the University of Florida Area Health Education Centers, and the Florida Department of Health have partnered to provide discounted smoking cessation medication, medical screening and behavioral coaching to help UF students quit smoking. Students who meet the following criteria can enroll in the QUIT Program to receive free or discounted medications. Medications include Chantix®, Bupropion (Zyban® generic), or generic nicotine replacement patches. Discounted medication is available while supplies last; however non-discounted medication, free medical screening and coaching are always available at the SHCC to registered UF students by calling 392-1161 to arrange an appointment.

Medication	Duration	Discount	Supply	SHCC Cost before discount	Student Cost after discount	First Step
Chantix®	3 months	\$100	30 days	\$130.00	\$30.00	Appt. with SHCC medical provider
Bupropion (Zyban® generic)	Up to 4 months*	\$71.50	30 days	\$71.50	Free	Appt. with SHCC medical provider
Nicotine Patches-all strengths	Up to 5 months**	\$31.30	14 days	\$31.30	Free	Appt. with GatorWell Quit Coach

*At discretion of medical provider

** At discretion of GatorWell Quit Coach

Criteria

UF students are eligible to enroll in the QUIT Program if they meet the following criteria:

- Registered UF student
- Smoke 10 or more cigarettes on a daily basis.
- Meet with a health professional in GatorWell four times for quit coaching.
Initial appointment: 45 minutes, within two weeks before their quit date (if possible).
Follow-up appointments: Three 30-minute sessions typically during your first 30 days of quitting. Another follow-up is recommended before medication is discontinued. More frequent coaching is available and will increase your success rate.
- Meet with a SHCC Medical Provider if a prescription medication is preferred and follow-up with your medical provider as needed.
- Fill all prescriptions at the SHCC pharmacy after meeting with GatorWell staff (GatorWell staff will provide nicotine patches, gum, and lozenges).
- Agree to be contacted for medical and/or coaching follow-up visits.
- Complete a confidential phone survey about the QUIT Program 3 months and 6 months after your quit date.