



# NEW TO BRITISH COLUMBIA?

We have resources to help you quit tobacco.

In British Columbia, there are many options available to help you quit smoking and vaping. If you're new to Canada, it can be challenging to find these services.

## MOVING TO CANADA IS AN OPPORTUNITY TO QUIT OR CUT BACK ON SMOKING AND VAPING.

### DID YOU KNOW



Less than 10% of British Columbians smoke.



Cigarette prices in Canada are some of the highest in the world (on average, \$15 for a pack).



Smoking and vaping are banned in all indoor public places and many outdoor places in BC.

### Tobacco Products

If you use cigarettes, vapes, or other tobacco products (e.g., cigars, hookah/shisha, chewing tobacco, or snuff), consider using this time to quit or reduce.



quitnow.ca



Scan QR code to see QuitNow's services

### REASONS TO QUIT OR REDUCE TOBACCO AS YOU START YOUR NEW JOURNEY

1

#### IMPROVE YOUR HEALTH

Quitting smoking is the best thing you can do to protect your health, now and in the future.

2

#### SAVE MONEY

Quit smoking and save an average of \$15/pack- that's \$450 a month!

3

#### BE A ROLE MODEL

Protect your loved ones from second-hand smoke.

4

#### KEEP BC CLEAN AND BEAUTIFUL

Quitting smoking protects the environment.

# About QuitNow

QuitNow offers free services to help you quit or reduce smoking, vaping, and other tobacco use.



## BEHAVIOURAL COACHING WITH AN EXPERT QUIT COACH



- Phone and Live Chat support is available in over 300 languages
- Call 1-877-455-2233 to talk to a Quit Coach
- Live Chat with a Quit Coach from your phone or computer
- You can request language translation services when you book a call with a Quit Coach online



Daily reminders and encouragement from Text Tips and Email Tips



Educational resources translated into French, Punjabi, Chinese, Farsi, Tagalog, Korean, and Vietnamese



Support from others trying to quit on our Community Forum

**Ready to get started with quitting tobacco or vaping?  
Call a Quit Coach at 1-877-455-2233 or visit [quitnow.ca/find-support](https://quitnow.ca/find-support)**

## BC Smoking Cessation Program

The BC Smoking Cessation Program offers 3 months of free or subsidized quit aids per year for eligible BC residents.

### QUIT AID OPTIONS



**Nicotine Replacement Therapy (nicotine patch, gum, or lozenge):**  
Access at your local pharmacy for free with your BC Services Card (also called Medical Services Plan (MSP) card)

**Prescription quit medications (varenicline or bupropion):**

You will need a prescription. Prescription medications may be covered if you have a drug plan (Pharmacare plan).

- Visit a clinic or pharmacy to get a prescription for these medications
- For information on Pharmacare and to register, call 1-800-663-7100
- You may also be covered under the Interim Federal health Program. Ask your pharmacist for more information.



Scan QR code to for information on Pharmacare services

