

Staff Nicotine Replacement Therapy (NRT) Reimbursement Frequently Asked Questions

This program is to support IERHA staff and/or their immediate family member(s) who currently smoke and wish to quit or reduce their tobacco use. Nicotine replacement therapy is not right for everyone. Please discuss with your health care provider to see if NRT is right for you.

Who is eligible?

- IERHA staff and/or their immediate family member(s) who live with them are eligible to join the program. Shared Health staff who work at IERHA facilities are also eligible.
- To join this program, the staff/family members should be ready to make a quit attempt sometime over the next 30 days.
- Due to the nature of an extended quit process, a participant may be readmitted into the program on an annual basis, if there is space.
- If there is a waitlist, staff/family members who have not yet participated in the program will have priority over someone who has already participated.
- TVC Committee decisions will be final.

What does it cover?

- The Staff NRT Reimbursement program will reimburse you for your purchases of nicotine Patches, nicotine Gum, nicotine Lozenges, nicotine Mist or nicotine Inhaler purchases.
- The program will cover up to \$300 worth of approved products per person, per fiscal year. If more than one person is participating in the household, there is a maximum limit of \$600 per household total, per fiscal year.
- The Staff NRT Reimbursement program does not cover prescription quit medication like Zyban (Bupropion/generics) or Champix (Varenicline/generics) or other quit medications. Check out your Blue Cross coverage or Pharmacare for coverage for prescription medications.
- The Staff NRT Reimbursement program will not cover any nonpharmaceutical products including vaping liquids or devices.

How to get started

If you're ready to make a quit attempt in the next 30 days and feel nicotine replacement therapy might be right for you, please fill out the [pre-program questionnaire](#).

By returning the questionnaire, you're agreeing to participate in the program and give us permission to contact you to complete your [1-month](#), [3-month](#), and [6-month questionnaires](#). The questionnaires will be collected and anonymized solely to track effectiveness of the program. Completion of the questionnaires is an on-going eligibility requirement to remain in the program.

Using NRT Correctly

Studies show success rates for quitting smoking increase when using Nicotine Replacement Therapy (NRT) correctly. To strengthen your quit plan, consult with your pharmacist, health care provider or IERHA's Chronic Disease Nurses for NRT dosage, duration of use, and quit tips. Be sure to ask these folks or Smokers' Helpline for additional quit support. Additional support increases your chance of quitting!

Nicotine replacement therapy is not right for everyone. Be sure to discuss with your health care provider if it is right for you.

How to be reimbursed

- **Just a reminder, you must be signed up for this program before you will be reimbursed.**
- Look for a confirmation email after you return your pre-program questionnaire, to know you've been approved.
- You do not need to purchase your NRT products all at once. Dosage needs will change as you progress. Products can be purchased individually, as needed.
- Immediately after you have purchased your NRT, submit a signed IERHA expense claim form for the NRT, including original itemized receipt, to Elsie-Ann Hogue at the following address.
Elsie-Ann Hogue
Eriksdale Wellness Centre
Box 503
Eriksdale, MB, R0C 0W0
- **BE SURE TO SUBMIT THIS EXPENSE DIRECTLY TO ELSIE-ANN HOGUE**, above.
- As with any IERHA expense, expense claim forms should be received before the 15th of the month after the approved product is purchased. (Exception February and March 2025: Discuss with Caroline McIntosh anticipated expense claims for Feb and March by Feb. 5th, as fiscal year-end restrictions apply.)
- You can expect reimbursement about 1 month following submission.

Time frame

We anticipate this program will be available from April 1, 2024 until March 31, 2025 and then reviewed. Filling out your confidential questionnaires is important because it will help determine effectiveness of the program. Once the budgeted maximums have been reached, the program may be suspended until more funding is received. Please note, this program may be discontinued at any time.

For more information, contact:

Caroline McIntosh, Wellness Facilitator
Tel 204-345-1220 or email cmcintosh@ierha.ca .

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Your IERHA TVC Committee

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