**Average costs of cigarette packs and nicotine patches**

1. For patients smoking \(\frac{1}{2}\) pack (10 cigarettes) a day, it is recommended to go through steps 2 and 3.
   a. Step 1 is utilized only if a patient has multiple relapses.
   b. Each step is a full pack of 14 patches.
   c. Directions – 1 patch per day.

2. For patients smoking 1 full pack (20 cigarettes) a day, it is recommended to go through Steps 1, 2 and 3.
   a. It has been found to be more effective than only Steps 2 and 3.
   b. Each step is a full pack of 14 patches.
   c. Directions – 1 patch per day.

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<th>CVS (New Haven &amp; Branford)</th>
<th>Walgreens (New Haven and Branford)</th>
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</table>
| **Cigarette/pack (20 cigarettes/pack)** | Average - $7.3  
14 days – 1PPD smoker = $102.5  
28 days – \(\frac{1}{2}\) PPD smoker = $98  
42 days – 1PPD smoker = $306.6 | Average - $7.3  
14 days – 1 PPD smoker = $102.5  
28 days – \(\frac{1}{2}\) PPD smoker = $98  
42 days – 1 PPD smoker = $306.6 |
| **Nicotine patches**  | Generic - $38  
Brand - $53  
Average - $45.5 | Generic - $37  
Brand - $53  
Average - $45 |
| **Total Cost for NRT (Step 2 and 3) – 28 days** | Average - $91 | Average - $90 |
| **Total cost for NRT (Step 1, 2 and 3) – 42 days** | Average – $136.5 | Average – $136.5 |

Step 1 – 7mg patches – 14 per box  
Step 2 – 14mg patches – 14 per box  
Step 3 – 21mg patches – 14 per box

**Apothecary and Wellness Center at the Hospital of Saint Raphael’s** is providing nicotine patches at the discounted rate. Please contact them for further information.

Phone #: 203-789-4076  
Hours of operations: M-F: 8:30am to 5:30pm; Saturday: 9am-1pm; Sunday: Closed