



REQUIRED SMOKING CESSATION BENEFITS

January 1, 2016

The USPSTF recommends that clinicians ask all adults about tobacco use and provide tobacco cessation interventions for those who use tobacco products. Under the ACA, employer health plans need to provide preventive coverage for tobacco cessation interventions. It's important to recognize smokers often need multiple attempts to quit.

Plans may use reasonable medical management techniques to determine the frequency, method, treatment, or setting for a recommended preventive service. A group health plan will be considered in compliance with the requirement to cover tobacco use counseling and interventions if the plan covers **without cost-sharing**:

- Screening for tobacco use; and
- For those who use tobacco products, **at least two tobacco cessation** attempts per year.
 - For this purpose, covering a cessation attempt includes coverage for a 90-day treatment regimen when prescribed by a health care provider without prior authorization for:
 - Four tobacco cessation counseling sessions of at least 10 minutes each (including telephone counseling, group counseling and individual counseling) without prior authorization; and
 - All Food and Drug Administration (FDA)-approved tobacco cessation medications, including both prescription:
 - Non- nicotine medications
 - Bupropion: Available generic & name-brand (Zyban®)
 - Varenicline Available name-brand (Chantix®)
 - Nasal Spray
 - Inhaler
 - Cover over-the-counter nicotine, non-prescription replacement treatments, including the following therapies:
 - Gum: Available over-the-counter
 - Patch: Available over-the-counter & by prescription
 - Lozenge: Available over-the-counter

This guidance is based on the Public Health Service-sponsored Clinical Practice Guideline, Treating Tobacco Use and Dependence: 2008 Update, available at:
<http://www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/tobacco/index.html#Clinic>.