

Tobacco Cessation Coverage

Effectiveness of Interventions to Change Behavior

In non-pregnant adults, the United States Preventive Services Task Force (USPSTF) found convincing evidence that smoking cessation interventions, including brief behavioral counseling sessions (less than 10 minutes) and pharmacotherapy delivered in primary care settings, are effective in increasing the success rate of smokers trying to quit and remain smoke-free for one year.

Treatment

Combination therapy with counseling and medications is more effective at increasing success rates than either component alone. Pharmacotherapy approved by the US Food and Drug Administration (FDA) and identified as effective for treating tobacco dependence in non-pregnant adults includes several forms of nicotine replacement therapy and medications.

Coverage of Tobacco Cessation Medications and Products

Under Preventive Care Prescription Benefit, we cover FDA-approved tobacco cessation medications and products at no cost to you. Treatments that are not FDA-approved medications are not coverable under the prescription benefit (such as “e-cigarettes”). For information on coverage of tobacco cessation services under the Medical Benefit, please visit your health plan’s web page.

Covered Prescription Medications

Available at a Pharmacy at no cost to you with a valid prescription from your doctor:

- Buproban and Bupropion (tobacco cessation formulation)
- Chantix® (varenicline)
- Nicotrol® nasal spray/oral inhaler+*

Covered Over the Counter Products

A prescription from your doctor is required for the following products to be processed at no cost to you at a Pharmacy:

- Transdermal nicotine skin patches – All generic and store-brand products; No name-brand coverage +
- Nicotine chewing gum – All generic and store-brand products; No name-brand coverage +
- Nicotine lozenges – All generic and store-brand products; No name-brand coverage +

Coverage Details

All covered tobacco cessation therapies are subject to quantity limits:

- We will cover up to two (2) quit attempts per year.
- Each quit attempt includes up to 90 days of therapy, based on FDA-approved length of therapy per quit attempt.
- Total annual maximum of 180 days of therapy (two 90-day attempts per year).

+Coverage is limited to no more than two (2) nicotine replacement prescriptions at the same time.

*For coverage of branded nicotine nasal spray and oral inhaler products, Prior Authorization is required. To be authorized, documentation is required showing that at least two (2) other nicotine replacement options (including gum, lozenges, and patches) have been ineffective, not tolerated, or contraindicated. To request Prior Authorization, please use the form located on our web page or by contacting Member Services at the number listed on the back of your member ID card.

If your doctor believes that our tobacco cessation medications are medically inappropriate for you, you may request a coverage exception for a different medication by contacting Member Services at the number listed on the back of your member ID card.