

# Helping Smokers Quit: Tobacco Cessation Coverage 2014 Factsheet



## Key Findings

- 50 years ago, the first Surgeon General’s Report on smoking and health was published, linking smoking and negative health consequences.
- The 2014 Surgeon General’s report concluded today’s cigarette is more addictive and deadly than ever before.
- Every smoker needs access to a comprehensive tobacco cessation benefit.
- Every smoker should have easy access to the help they need to quit smoking, and states and the federal government have a responsibility to enact public policies that reach this goal.
- Helping smokers quit saves lives: Life expectancy is 10 years shorter for smokers than for non-smokers.
- Helping smokers quit saves money: A 2012 George Washington University study showed a 3-to-1 return on investment for the Massachusetts Medicaid program’s comprehensive tobacco cessation benefit.
- The Affordable Care Act requires more plans to cover more treatments to help smokers quit – state policymakers, employers and health plans need to act to make this a reality.
  - As of January 1, 2014, Medicaid programs are prohibited from excluding all 7 FDA approved tobacco cessation medications from coverage.
  - A [May 2014 FAQ](#) from the Departments of Health and Human Services, Labor, and Treasury, provided guidance on what private insurance plans should be covering for tobacco cessation.
- Policymakers must act to ensure these benefits are enforced, barriers to services removed and the benefits publicized.

## About the Report

- This is the sixth *Helping Smokers Quit* report.
- The report contains original data on coverage of tobacco cessation treatments in Medicaid and state employee health plans, as well as laws requiring coverage in private insurance plans. The data are current as of June 30, 2014.
- New to the report this year:
  - A chart detailing what tobacco cessation coverage is required in which plans, and how the ACA changed requirements.
  - 2014 trends and changes to coverage policies.

### Cessation Benefits Should Include ALL of These:

- NRT Gum
- NRT Patch
- NRT Lozenge
- NRT Inhaler
- NRT Nasal Spray
- Bupropion
- Varenicline
- Individual counseling
- Group counseling

### 2 States Offer Comprehensive Cessation Benefits to all Medicaid Enrollees:

- Indiana
- Massachusetts

### 4 States Provide Comprehensive Cessation Treatment Coverage for State Employees:

- Illinois
- New Mexico
- North Dakota
- Rhode Island

### Barriers to Avoid:

- Cost-sharing
- Prior authorization
- Duration Limits
- Duration Limits
- Yearly or lifetime limits
- Dollar limits
- Stepped care therapy
- Required Counseling