

## **Tobacco Cessation and the Affordable Care Act** *A Checklist for State Policymakers*

When it comes to policies that help smokers quit, the U.S is at a tipping point. As the federal and state governments work to implement the Affordable Care Act (ACA), there is huge potential to provide millions of more smokers with the help they need to quit. This law has major implications for states, which are tasked with implementing many of the ACA's most transformative initiatives, including health insurance marketplaces and a significant expansion of Medicaid. The opportunities in the ACA for smokers who want to quit are very exciting.

In implementing the ACA, state policymakers have the opportunity to stand up for smokers in their state who want to quit. To save lives and money, state policymakers are urged to take these following steps:

- Require all insurance plans in the state, including plans sold through the marketplace, to follow [the guidance issued in May 2014](#) and cover a comprehensive tobacco cessation benefit.
- Expand Medicaid to the federal minimum eligibility requirement. Ensure that the benchmark coverage available to these new Medicaid enrollees includes a comprehensive tobacco cessation benefit.
- Cover a comprehensive tobacco cessation benefit for all Medicaid enrollees, and make this benefit as easy to access as possible.
- Provide adequate funding for state quitlines so they are able to provide quality services to smokers who are calling to get help to quit.
- Prohibit the use of tobacco surcharges in the small group and insurance markets. Charging tobacco users more for health insurance is not a proven way to help them quit, and can also make health insurance coverage prohibitively expensive.

### **A Comprehensive Tobacco Cessation Benefit Includes:**

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