COVERAGE FOR TOBACCO CESSATION

June 2019
Tobacco Cessation
DID YOU KNOW?

- Tobacco use is the leading cause of preventable disease, disability, and death in the United States.

- Each year, nearly half a million Americans die prematurely of smoking or exposure to secondhand smoke.

- Leading cause of preventable deaths

- For every person who dies because of smoking, at least 30 people live with a serious smoking-related illness.

- On average, smokers die 10 years earlier than nonsmokers.
Tobacco Cessation
DID YOU KNOW?

- Nearly 40 million U.S. adults still smoke cigarettes, and about 4.7 million middle and high school students use at least one tobacco product, including e-cigarettes.

- Smoking leads to disease and disability and harms nearly every organ of the body.

- Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis.

- Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis.

- Smoking is a known cause of erectile dysfunction in males.

https://www.cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/index.htm
Tobacco Cessation

DID YOU KNOW?

- Missouri is in the top ten nationwide for adult tobacco use.

- According to 2017 data 20.8% of adults¹ and more than 9.2% of high school students² in Missouri use tobacco.

- According to 2017 data 50.2% of adult Medicaid members use tobacco¹.

- Smoking rates are also high among pregnant women in Missouri.
  - In 2016 the national rate for pregnant women using tobacco is 7.2% and for Missouri the rate is 15.3%.³
  - Smoking during pregnancy increases the risk for preterm delivery, stillbirth, low birth weight and sudden infant death syndrome.

¹ Missouri Department of Health and Senior Services (MO DHSS) 2018 Behavioral Health Risk Factor Surveillance Survey (BRFSS).
² Missouri Department of Health and Senior Services (MO DHSS) 2017 Youth Risk Behavioral Health Survey (YRBSS) and Youth Tobacco Survey (YTS).
Tobacco Screening & Assessment (5As)

- Ask about tobacco use – All patients should be screened for tobacco use at every visit.
- Advise to quit – All physicians should strongly advise every patient who uses tobacco to quit.
- Assess willingness to quit – Once identified as a tobacco user, willingness to quit should be assessed.
- Assist in quit attempt – Offer medication and provide or refer for additional treatment; for patients unwilling to quit, provide interventions designed to increase future quit attempts (e.g., motivational interviewing).
- Arrange follow-up – For patients willing to quit, arrange follow-up contacts, beginning the first week after quit date; for patients unwilling to quit, address tobacco dependence and willingness to quit at next visit.
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What does MHD cover?

- Evidence indicates that providers can make a difference with even minimal (less than 3 minutes) behavioral interventions.

- MHD will cover certain medications and behavioral interventions for MHD covered participants.
  - See your benefit package for coverage availability

- MHD covers unlimited quit attempts per lifetime.
# PHARMACOLOGIC INTERVENTIONS

<table>
<thead>
<tr>
<th>BRAND NAME</th>
<th>GENERIC NAME</th>
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<tbody>
<tr>
<td>Nicorette Gum</td>
<td>Nicotine Gum</td>
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<td>Nicotrol Inhaler</td>
<td>Nicotine Inhaler</td>
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<td>Nicorette Lozenge</td>
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<td>Nicotrol NS</td>
<td>Nicotine Nasal Spray</td>
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<td>Nicoderm</td>
<td>Nicotine Patch</td>
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<td>Chantix</td>
<td>Varenicline</td>
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<td>Zyban/Wellbutrin</td>
<td>Bupropion SR</td>
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Pharmacologic intervention is reimbursed through the MHD Pharmacy Program.
BEHAVIORAL INTERVENTIONS

- Smoking and tobacco use cessation counseling visit; intermediate is classified as greater than 3 minutes and up to 10 minutes face-to-face with the patient.

- Intensive counseling is classified as greater than 10 minutes face-to-face with the patient.

- Reimbursement rate differs from physicians vs social workers/counselors.

- No Prior Authorization required for Tobacco Cessation services.

Tobacco Cessation Program Service

- Reimbursement is limited to one session per day. The behavioral intervention must be face-to-face with the patient, which can include telehealth.

- The behavioral intervention is included in the global fee for prenatal/delivery/post-partum care billed by physicians and nurse midwives and should not be billed separately.

- Participants enrolled in a MO HealthNet Managed Care Health Plan receive the smoking cessation pharmacologic and behavioral interventions on a fee-for-service basis outside of the Managed Care benefit package.
Tobacco Cessation

Tobacco Cessation
How will this help my patient?

- The combination of behavioral intervention & medication is more effective than either alone
- Behavioral interventions should include both support/encouragement and practical counseling, such as problem-solving skills/skills training
- Even behavioral counseling lasting less than 3 minutes increases abstinence rates
- Because of the serious risks of smoking to the pregnant smoker and the fetus, whenever possible pregnant smokers should be offered person-to-person psychosocial interventions that exceed minimal advice to quit
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How will this help my patient?

- Longer behavioral counseling sessions increase abstinence rates further
- Providing four or more sessions of behavioral counseling is especially effective in increasing abstinence rates
- Use of telephone quit lines is effective in increasing abstinence rates
- Use of educational materials tailored to the individual, both print and web-based appear to be effective in increasing abstinence rates
Tobacco Cessation

- Missouri offers FREE help to smokers who want to quit using tobacco
- Those eligible for this service include:
  - Youth (Only cessation can be provided)
  - Pregnant women
  - Adults
  
  [http://health.mo.gov/living/wellness/tobacco/smokingandtobacco/](http://health.mo.gov/living/wellness/tobacco/smokingandtobacco/)

- Missouri Tobacco Quitline provides counseling, information & referrals
  - 800-784-8669 or register online at www.quitnow.net/missouri
  - Live representatives answer 24-7