

## Nicotine Cessation Coverage

### Producer Communication #694

*Issued November 6, 2014*

*Updated July 24, 2015*

#### Message

Under the Patient Protection and Affordable Care Act (PPACA), non-grandfathered health plans in the individual and group markets are required to provide coverage of certain preventive health benefits, including tobacco cessation coverage, with no cost-sharing by the member. Based upon additional guidance from the United States Preventive Task Force (USPTF), Capital BlueCross has added Nicotine Cessation products to its list of covered preventive services.

#### Details

Recent clarification released by the USPTF has made clear its intention for nicotine cessation products to be included in the outlined schedule A&B preventive services that must be covered under the Patient Protection and Affordable Care Act (PPACA). Effective immediately, CBC has added nicotine cessation products (*Attachment A*) to the list of covered preventive medication. All medication, whether prescription or over-the-counter, requires a valid prescription for coverage. Members have access to this medication by utilizing their pharmacy benefit.

Members enrolled in group plans subject to PPACA's zero cost preventive benefits will be able to receive these medications at no cost. Members enrolled in grandfathered plans *utilizing the CBC preventive benefit but not* subject to zero cost preventive benefits will have access to these medications, but a cost share may apply.

Capital complies with PPACA's requirements by providing, at no member cost-share and without requiring prior authorization, screening for tobacco use and, for those members who use tobacco products, coverage of the following tobacco cessation interventions for at least two (2) tobacco cessation attempts each year:

- Four (4) tobacco cessation counseling sessions per attempt (or a total of 8 sessions each benefit year); and
- For each attempt, a ninety (90) day treatment regimen of any Food and Drug Administration (FDA)-approved tobacco cessation medications, including both prescription and over-the-counter medications, when prescribed by a health care provider (or 180 days total coverage each benefit year).

This coverage is only applicable to Capital's PPACA-compliant products. Certain grandfathered group health plans may not have this same level of coverage.

Individual products have coverage for nicotine cessation drugs with a prescription under the preventive benefits. Coverage was added for contracts as on January 1<sup>st</sup>, 2014.

As a result of nicotine cessation products being added to our preventive schedule, Tier 2 coverage of nicotine cessation products will be discontinued. Effective immediately Tier 2 coverage will not be available to new or renewing groups. Groups that currently have Tier 2 coverage will have that component removed at their next renewal.

# Producer Bulletin



A tobacco cessation flyer, Be Free From Tobacco (*Attachment B*), is available for producers to share with their groups/members.

## Attachments

- **Attachment A – Rx Preventive Coverage List**
- **Attachment B – Tobacco Cessation Flyer**

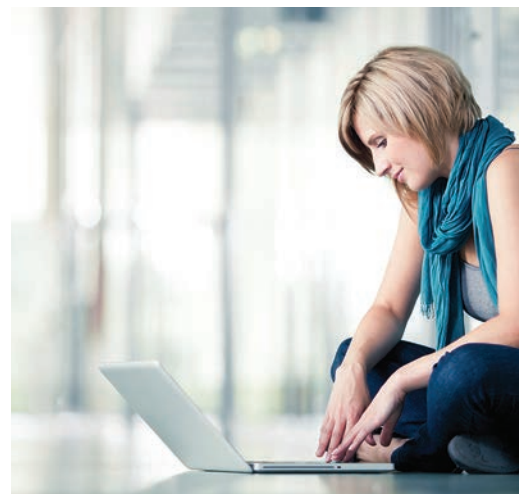
## Questions

Contact your Preferred Agency with any questions. Thank you.

## Rx Preventive Coverage List

Due to Health Care Reform, certain preventive medications such as female contraceptives, iron supplements, sodium fluoride, folic acid supplements, aspirin, smoking deterrents, vitamin D supplements, tamoxifen, and raloxifene are required to be covered at no cost to you when filled at a participating pharmacy with a valid prescription.\*

While Capital BlueCross strives to provide prompt notice of changes and updates, this list, as well as the Pharmacy Utilization Management programs (such as prior authorization, quantity level limits, etc.), are subject to change. Please visit our website at [capbluecross.com](http://capbluecross.com) for current information, or contact Rx member services at the phone number listed on the back of your ID card.



## Rx Contraceptive Medication List

Drug Name	Drug Name	Drug Name
<i>AFTERA</i>	DEPO-PROVERA CONTRACEPTIVE <sup>†</sup>	<b>jolessa</b>
<b>altavera</b>	DEPO-SUBQ PROVERA 104	<b>jolivette</b>
<b>alyacen</b>	DESOGEN <sup>†</sup>	<b>junel</b>
<b>amethia</b>	<b>desogestrel/ethinyl estradiol</b>	<b>junel fe</b>
<b>amethia lo</b>	<b>drospirenone/ethinyl estradiol</b>	<b>kariva</b>
<b>amethyst</b>	<i>ECONTRA EZ</i>	<b>kelnor</b>
<b>apri</b>	<b>elinest</b>	<b>kurvelo</b>
<b>aranelle</b>	ELLA <sup>†</sup>	<b>larin</b>
<b>ashlyna</b>	<b>emoquette</b>	<b>larin fe</b>
<b>aubra</b>	<i>ENCARE</i>	<b>layolis fe</b>
<b>aviane</b>	<b>enpresse</b>	<b>leena</b>
<b>azurette</b>	<b>enskyce</b>	<b>lessina</b>
<b>balziva</b>	<b>errin</b>	<b>levonest</b>
BEYAZ	<b>estarylla</b>	<b>levonorgestrel<sup>‡</sup></b>
BREVICON <sup>†</sup>	ESTROSTEP FE <sup>†</sup>	<b>levonorgestrel/ethinyl estradiol</b>
<b>briellyn</b>	FALESSA	<b>levora</b>
<b>camila</b>	<i>FALLBACK SOLO</i>	LO LOESTRIN FE
<b>camrese</b>	<b>falmina</b>	LOESTRIN FE <sup>†</sup>
<b>camrese lo</b>	<i>FC FEMALE CONDOM</i>	LOESTRIN <sup>†</sup>
CAYA	<i>FC2 FEMALE CONDOM</i>	<b>lomedia 24 fe</b>
<b>caziant</b>	FEMCAP	<b>loryna</b>
<b>cesia</b>	FEMCON FE <sup>†</sup>	LOSEASONIQUE <sup>†</sup>
<b>chateal</b>	GENERESS FE <sup>†</sup>	<b>low-ogestrel</b>
<b>cryselle</b>	<b>gianvi</b>	<b>lutera</b>
<b>cyclafem</b>	<b>gildagia</b>	<b>lyza</b>
CYCLESSA <sup>†</sup>	<b>gildess</b>	<b>marlissa</b>
<b>dasetta</b>	<b>gildess fe</b>	<b>medroxyprogesterone acetate injection 150mg/ml</b>
<b>daysee</b>	<b>heather</b>	<b>microgestin</b>
<b>deblitane</b>	<b>introvale</b>	<b>microgestin fe</b>
<b>delyla</b>	<b>jencycla</b>	

KEY: **bold lowercase print** = generic; **UPPERCASE PRINT** = BRAND; *Italicized* = over-the-counter

( continues  
on reverse )

\* This Health Care Reform mandate is only applicable to customers with individual coverage or members of a group health plan that is not "grandfathered" under the Patient Protection and Affordable Care Act. Please consult your employer for questions relating to grandfathered status.

† To initiate a request to have this medication covered at no cost, please contact Rx member services at the phone number listed on the back of your ID card.

‡ If this contraceptive service is not covered under your prescription drug benefit provided by your employer, it may be received directly from Capital BlueCross due to the Affordable Care Act's mandate on women's preventive services.

Drug Name
MINASTRIN 24 FE
MIRCETTE†
MODICON†
<b>mono-linyah</b>
<b>mononessa</b>
MY WAY
<b>myzilra</b>
NATAZIA
<b>necon 0.5/35-28</b>
<b>necon 1/35</b>
NECON 1/50-28
NECON 10/11-28
<b>necon 7/7/7</b>
<i>NEXT CHOICE ONE DOSE</i>
<b>nikki</b>
<b>nora-be</b>
<b>norethindrone</b>
<b>norethindrone acetate/ ethinyl estradiol</b>
<b>norethindrone acetate/ethinyl estradiol/ferrous fumarate</b>
<b>norgestimate/ethinyl estradiol</b>
NORINYL†
<b>norlyroc</b>
NOR-QD†
<b>nortrel</b>
NUVARING
<b>ocella</b>
<b>OGESTREL</b>
OMNIFLEX DIAPHRAGM
<i>OPSICON ONE-STEP</i>

Drug Name
<i>OPTIONS CONCEPTROL VAGINAL CONTRACEPTIVE</i>
<i>OPTIONS GYNOL II VAGINAL CONTRACEPTIVE</i>
<b>orsythia</b>
ORTHO DIAPHRAGM
ORTHO EVRA†
ORTHO MICRONOR†
ORTHO TRI-CYCLEN LO
ORTHO TRI-CYCLEN†
ORTHO-CEPT†
ORTHO-CYCLEN†
ORTHO-NOVUM†
OVCON†
<b>philith</b>
<b>pimtrea</b>
<b>pirmella</b>
PLAN B ONE-STEP†
<b>portia</b>
PRENTIF CAVITY-RIM CERVICAL CAP
<b>previfem</b>
QUARTETTE
<b>quasense</b>
<b>reclipsen</b>
SAFYRAL
SEASONIQUE†
<b>sharobel</b>
<i>SHUR-SEAL</i>
<b>solia</b>
<b>sprintec 28</b>
<b>sronyx</b>

Drug Name
<b>syeda</b>
<i>TAKE ACTION</i>
<b>tarina fe</b>
<b>tilia fe</b>
<i>TODAY SPONGE</i>
<b>tri-estarylla</b>
<b>tri-legest fe</b>
<b>tri-linyah</b>
<b>trinessa</b>
TRI-NORINYL†
<b>tri-previfem</b>
<b>tri-sprintec</b>
<b>trivora</b>
<i>VCF VAGINAL CONTRACEPTIVE FILM</i>
<i>VCF VAGINAL CONTRACEPTIVE FOAM</i>
<b>velivet</b>
<b>vestura</b>
<b>viorele</b>
<b>vyfemla</b>
<b>wera</b>
WIDE-SEAL SILICONE DIAPHRAGM
<b>wymzya fe</b>
<b>xulane</b>
YASMIN†
YAZ†
<b>zarah</b>
<b>zenchent</b>
<b>zenchent fe</b>
<b>zovia 1/35e</b>
ZOVIA 1/50E

KEY: bold lowercase print = generic; UPPERCASE PRINT = BRAND; *Italicized* = over-the-counter

## Rx Preventive Coverage List\*

Drug Name	Coverage Criteria
<b>Aspirin**</b>	Limited to one dose per day ( $\leq 325\text{mg}$ ) for men ages 45 to 79 and women ages 55 to 79
<b>Folic Acid Supplements**</b>	Limited to one dose per day (0.4mg to 0.8mg) for women through age 55
<b>Iron Supplements**</b>	Limited to children through age one
<b>Smoking Deterrents</b> nicotine patch**, nicotine gum**, nicotine lozenge**, NICOTROL Nasal Spray and Inhaler, bupropion hcl (smoking deterrent) SR 150 mg**, and CHANTIX	Limited to 180-day treatment regimen
<b>Sodium Fluoride**</b>	Limited to children $\leq 18$ years of age; over-the-counter products excluded even with a prescription
<b>Tamoxifen** and Raloxifene**</b>	Requires prior authorization; limited to women $\geq 35$ years of age with no previous history of breast cancer, ductal carcinoma in situ (DCIS), or lobular carcinoma in situ
<b>Vitamin D Supplements**</b>	Limited to 400 IU tablets/capsules for members age 65 and older

KEY: \*Requires prescription; \*\*Generic only

The Health Care Reform mandate does not apply to inpatient medications or to medications obtained from and/or administered by a physician or a home health agency.

The information contained herein is current at the time of printing and may be subject to change. Customers should refer to their Certificate of Coverage for specific terms, conditions, exclusions, and limitations relating to coverage.

Health care benefit programs issued or administered by Capital BlueCross and/or its subsidiaries, Capital Advantage Insurance Company®, Capital Advantage Assurance Company® and Keystone Health Plan® Central. Independent licensees of the BlueCross BlueShield Association. Communications issued by Capital BlueCross in its capacity as administrator of programs and provider relations for all companies. C-484 (7/2015)





## Questions?

Call Capital BlueCross today using the Customer Service number on the back of your member ID card.

Capital BLUE 



[capbluecross.com](http://capbluecross.com) | [capitalbluestore.com](http://capitalbluestore.com)

## Other Tobacco Cessation Resources

- Capital BlueCross Nurse Line..... **800.452.2583**
- American Heart Association ..... **800.242.8721**
- American Lung Association ..... **800.548.8252**
- Great Start (for pregnancy) ..... **866.66.START**
- National Cancer Institute ..... **800.4.CANCER**
- PA Quitline ..... **800.QUIT.NOW**

## Websites

- Capital BlueCross ..... **[capbluecross.com](http://capbluecross.com)**
- American Cancer Society ..... **[cancer.org](http://cancer.org)**
- American Lung Association – Online Program..... **[lungusa.org](http://lungusa.org)**
- Centers for Disease Control and Prevention..... **[cdc.gov](http://cdc.gov)**
- National Cancer Institute ..... **[cancer.gov](http://cancer.gov)**
- Tobacco Control Research Branch of the National Cancer Institute ..... **[smokefree.gov](http://smokefree.gov)**

The information provided is meant for a general audience. It is not a substitute for services or advice received from your health care providers who are the only ones that can diagnose and treat your individual medical conditions. Capital BlueCross and its affiliated companies believe this health education resource provides useful information but do not assume any liability associated with its use. If you have any questions about the information, please contact your health care provider. Individual coverage for any services that may be discussed in this resource depends on your benefits plan. To determine coverage for any health care service, please refer to your Certificate of Coverage or Evidence of Coverage or call Customer Service at the toll-free number on your member identification card.

Health care benefit programs issued or administered by Capital BlueCross and/or its subsidiaries, Capital Advantage Insurance Company®, Capital Advantage Assurance Company® and Keystone Health Plan® Central. Independent licensees of the BlueCross BlueShield Association. Communications issued by Capital BlueCross in its capacity as administrator of programs and provider relations for all companies.

# BE FREE FROM TOBACCO



Capital BlueCross and your employer care about your health. We support your desire to be free from tobacco and live healthy.

That’s why we cover the following benefits at a \$0 cost share\* to our members:

- Tobacco-cessation counseling sessions (visit limits may apply)
- 180-day treatment regimen of the following tobacco cessation products (all medications, including over-the-counter, require a valid prescription for coverage):
  - Bupropion hcl SR 150 mg
  - Chantix
  - Nicotine gum
  - Nicotine patch
  - Nicotine lozenge
  - Nicotrol nasal spray and inhaler

**You can double your success rate** when you combine counseling sessions with tobacco cessation products.

\* Members of grandfathered groups may have a cost share. Refer to your summary of benefits and coverage for full details about these benefits.

Tobacco smoke contains over 7,000 chemical compounds. More than 70 of these are known or suspected to cause cancer.

## It’s never too late to quit.

The sooner smokers quit, the more they can reduce their chance of getting cancer and other diseases. Within minutes of smoking the last cigarette, the body begins to restore itself.

The carbon monoxide level in your blood drops to normal.		Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.		Your stroke risk is reduced to that of a nonsmoker 2 to 5 years after quitting.		The risk of coronary heart disease is that of a nonsmoker's.	
20 mins.	12 hrs.	2-12 wks.	1-9 mos.	1 year	5 years	10 years	15 years
Your heart rate and blood pressure drop.		Your circulation improves and your lung function increases.		The excess risk of coronary heart disease is half that of a smoker's.		The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decreases.	

Source: American Cancer Society (cancer.org); Guide to Quitting Smoking, 2012

## Common myths about quitting smoking:

**Myth: Tobacco use is just a bad habit.**

**Fact:** Tobacco use is an addiction; it can be as addictive as heroin or cocaine for some people. In the U.S. Public Health Service Clinical Practice Guideline, Treating Tobacco Use and Dependence, nicotine is recognized as a very addictive substance.

**Myth: Quitting is just a matter of willpower.**

**Fact:** Because tobacco use is an addiction, quitting is often very difficult. There are several available treatments that could help you quit.

**Myth: If you can’t quit tobacco the first time, you will never be able to quit.**

**Fact:** Quitting tobacco is not easy to do; it takes most people two or three tries (or more) before being able to quit for good.

**Myth: The best way to quit is “cold turkey.”**

**Fact:** The most effective method to quit tobacco combines counseling with either nicotine-replacement therapy (patches, inhaler, gum, or nasal spray) or non-nicotine medicines (bupropion SR). Your health care provider or tobacco cessation clinic is your best resource for help with quitting.

**Myth: Quitting is expensive.**

**Fact:** Tobacco use is more expensive. A pack a day smoker spends about \$1,600 per year plus medical costs related to tobacco use. Cessation costs average only about \$150.

Source: SanJuan County (sanjuanco.com); Health and Community Services, 2012