

## Presbyterian Health Plan Members: Tobacco Cessation Support

*Of the 46 million current smokers in the United States, 70% say they would like to quit completely, but only a small fraction are able to do so on their own because nicotine is so highly addictive (JAMA. 2005 Jul 27;294(4):482-7.)*

### Benefits of Quitting Tobacco

#### **20 Minutes after Quitting**

Heart rate and blood pressure drop to normal levels.

#### **12 Hours after Quitting**

Carbon monoxide levels in the blood return to normal.

#### **2 Weeks – 3 Months after Quitting**

The risk of heart attack begins to drop. Circulation and lung function improve.

#### **1 – 9 Months after Quitting**

Coughing and shortness of breath decrease.

#### **1 Year after Quitting**

The increased risk of coronary heart disease drops to half that of a continuing smoker's.

#### **5 Years after Quitting**

The risk of cancer of the mouth, throat, esophagus, and bladder are cut in half. Additionally, the risk of cervical cancer drops to that of a nonsmoker. Risk of stroke may fall to that of a nonsmoker's after 2-5 years.

#### **10 Years after Quitting**

The risk of dying from lung cancer falls to half that of a continuing smoker. Risk of pancreatic cancer and cancer of the larynx also decrease.

#### **15 Years after Quitting**

The risk of coronary heart disease returns to that of a nonsmoker.

### ***Your covered benefit through Presbyterian:***

#### **Quit for Life**

Brought to you by the American Cancer Society® and Alere, *Quit for Life* is the nation's leading tobacco cessation program. *All* City of Albuquerque and Participating Government Entities employees, spouses and domestic partners are eligible for Quit for Life at no cost. The program can help participants overcome physical, psychological and behavioral addictions to tobacco through coaching, nicotine replacement therapy (as appropriate), a customized quitting program, and a supportive online community. Telephone and web-based tobacco cessation services available.

For more information about the Quit for Life® Program, call 1.866.QUIT.4.LIFE or visit [www.quitnow.net](http://www.quitnow.net).

Combination therapy may increase the likelihood of a successful quit! In a survey conducted in 2011 and 2012, persons who used both telephone *and* web-based services were more likely to quit smoking for at least 30 days compared with telephone-only users and with web-only users (MMWR, January 2, 2015/63(51); 1217-1221).

## Health Education

Tobacco cessation insurance coverage includes health education from your primary care physician, group counseling, and pharmacotherapy.

## Medical Services

Medical services are provided by licensed healthcare professionals with specific training in managing the participant's tobacco cessation program. The program is described as follows:

1. **Individual counseling** at an In-Network Provider's office is covered under the medical benefit. Providers include Primary Care Practitioners, specialists (Certified Tobacco Treatment Specialist or Health and Wellness Coaches), and Behavioral Health providers (Counselors). Copayment applies. There is no limit to the number of visits that are covered.
2. **Group Counseling** is covered through an In-Network Provider. No Copayment and no dollar limit or visit maximums.
3. **Pharmacotherapy Benefits** - Medications work to:
  - Reduce nicotine withdrawal symptoms.
  - Reduce negative mood states.
  - Block pleasure experienced from tobacco use.

### **Seven approved medication options to help you quit smoking:**

- **Nicotine Replacement Therapy (NRT)** in the forms of nicotine gum, nicotine patch, and nicotine lozenge are available over the counter. Over the counter purchases are not covered through insurance. The Quit for Life program, however, includes these forms of NRT (see previous page). Nicotine nasal spray and inhaler are available by prescription only.
- **Prescription Drugs** purchased at a Participating Pharmacy are limited to two (2) 90-day courses of treatment per calendar year and at the copayment amounts for your selected plan. Prescription required.
- **Generic Prescription**                      Bupropion SR (Zyban and Wellbutrin)
- **Non-preferred Prescription**        Varenicline (Chantix)
- Nicotine nasal spray and inhaler are available by prescription only.

### ***Other Resources from Employers:***

#### **Employee Assistance Program (EAP)**

Find out if your employer's Employee Assistance Program (EAP) provides individual counseling sessions to overcome nicotine dependence. Some EAPs such as City of Albuquerque serve employees and their families, and provide five counseling sessions at no cost.