

# 2018 OHP smoking cessation resources (insurance, counseling, access)

## Background: Oregon Health Plan (Medicaid) has a new guideline for smoking cessation prior to elective surgery

### Ancillary Guideline A4, Smoking Cessation and elective surgical procedures

- Smoking cessation is required prior to elective surgical procedures for active tobacco users. Cessation is required for at least four weeks prior to the procedure and requires objective evidence of abstinence from smoking prior to the procedure.
- Elective surgical procedures in this guideline are defined as surgical procedures which are flexible in their scheduling because they do not pose an imminent threat nor require immediate attention within one month. Reproductive (i.e., for contraceptive purposes), cancer-related and diagnostic procedures are excluded from this guideline.
- The well-studied tests for confirmation of smoking cessation include cotinine levels and exhaled carbon monoxide testing. However, cotinine levels may be positive in nicotine replacement therapy (NRT) users, smokeless tobacco and e-cigarette users (which are not contraindications to elective surgery coverage). In patients using nicotine products aside from combustible cigarettes the following alternatives to urine cotinine to demonstrate smoking cessation may be considered:
  - Exhaled carbon monoxide testing
  - Anabasine or anatabine testing (NRT or vaping)
- Certain procedures, such as lung volume reduction surgery, bariatric surgery, erectile dysfunction surgery, and spinal fusion have six-month tobacco abstinence requirements.

### OHP coverage for smoking cessation

OHP covers all FDA-approved medications for tobacco cessation, including varenicline, bupropion and all five FDA-approved forms of nicotine-replacement therapy with a prescription from a licensed medical provider. Combination drug therapy (i.e. two forms of NRT or NRT plus bupropion) is also covered without prior authorization. Non-preferred nicotine replacement (nicotine inhalers and sprays) may be subject to prior authorization. Each CCO has slight variation in coverage, but most cover 3-6 months of an appropriate medication every calendar year. Coverage of medication is not linked to behavioral counseling. At least two quit attempts with behavioral counseling are covered each calendar year.

### Tobacco cessation medications covered by OHP:

#### Preferred nicotine replacement: nicotine gum, nicotine lozenge, nicotine patches

- Each CCO has slight variation in coverage, but most cover 3-6 months of an NRT product, including combination NRT therapy (Patch plus lozenge or Patch plus gum)
- Legacy Health recommends higher dose NRT, which if used, patients will run through their yearly NRT supply quickly, requiring prior authorization for refills.
- OHP Patients may be eligible for an additional 6 months of NRT if:
  - > They enroll in a cessation program (i.e., the tobacco Quit Line)
  - > They have quit smoking (to help with relapse prevention)

[www.legacyhealth.org](http://www.legacyhealth.org)



### **Bupropion (Wellbutrin/Zyban) tablets**

- Bupropion SR: BUPROPION TAB ER 12H (twice daily dosing)
- No limitations on dosage or duration

### **Varenicline (Chantix) tablets:**

- Each CCO has slight variation in coverage, but most cover three months of varenicline
- OHP Patients may be eligible for an additional three months of varenicline if:
  1. They enroll in a cessation program (i.e., the tobacco Quit Line)
  2. They have quit smoking (to help with relapse prevention). This enables use of the varenicline “reduce to quit” protocol:
    - > Start varenicline and in the first month reduce smoking by 50%
    - > In the second month reduce smoking by another 50%
    - > In the third month, taper and quit smoking
    - > After quitting, continue medication for an additional three months to reduce relapse. This is a total of 6 months medication therapy.
  3. Nicotrol Inhaler and Nicotrol Nasal Spray may require prior authorization

### **Tobacco cessation counseling coverage varies by CCO/Open Card:**

#### **Health Share of Oregon:** Clackamas, Multnomah, Washington and part of Yamhill counties

- CareOregon: Unlimited telephonic quit line counseling. No prior authorization or referral required.
- Patients can call the quit line at 1-800-QUIT NOW (See “Quit for Life” Below)

#### **Yamhill Community Care Organization:** Yamhill County, Clackamas, Washington, Polk, Marion and Tillamook counties

- Yamhill CCO contracted with the Quit Line for unlimited telephonic quit line counseling. No prior authorization or referral required.
- Patients can call the quit line at 1-800-QUIT NOW (See “Quit for Life” Below)

#### **Willamette Valley Community Health: Marion and Polk counties**

- WVCH contracted with American Lung Association for telephonic counseling and online resources, no prior authorization or referral required. Additionally, local Tobacco Treatment Specialists are in-house and available for counseling.
  - > Patients and providers can call to sign up, refer, or request additional information at 503-584-2150 or 844-900-WVCH (9824).
- Local smoking cessation class (Freedom from Smoking Classes at Salem Hospital) are available free of charge.
  - > Patients can call 503-814-CHEC (2432) to learn more or sign up.

#### **Medicaid Fee-for-Service (Oregon Open Card):**

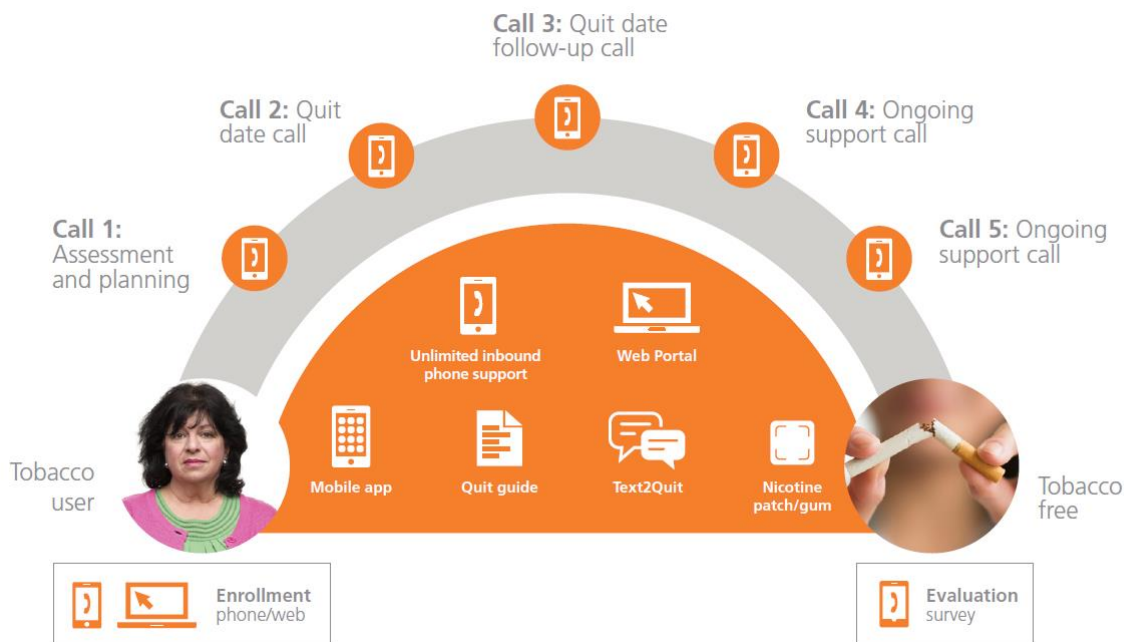
- OHP contracted with the Quit Line for unlimited telephonic quit line counseling. No prior authorization or referral required. Multiple Call program plus 8 weeks NRT (patch or gum) and re-enrollment one time every 12 weeks is allowed
- Patients can call the quit line at 1-800-QUIT NOW (See “Quit for Life” Below)

## Tobacco Cessation Behavioral Counseling covered by OHP: The “Quit for Life” program

OHP members (Health Share, Yamhill CCO, and Open Card) have full access to the “Quit for Life” program which is the nation’s leading tobacco-cessation program. This phone-based coaching and web-based learning support service has helped more than one-million tobacco users decide to quit for good and is offered by 26 states and more than 700 employers and health plans throughout the US. A collaboration between the American Cancer Society and Optum, the program is built on the organizations’ more than 35 years of combined experience in tobacco cessation. To learn more about the Quit For Life program, visit [quitnow.net/oregon](http://quitnow.net/oregon). Upon calling this program, these OHP members will receive:

- Multiple outbound coaching calls and unlimited toll-free access to a Quit Coach
- Unlimited access to Web Coach, an online community that offers e-learning tools, social support, and information about quitting
- Decision support for the type, dose, and use of medicine and mail order access to the medicine
- Text2Quit – text messages personalized to each participant’s quit plan
- A printed, stage-appropriate quit guide. "Stage" refers to pre-contemplation, contemplation, preparation, or maintenance. Most tobacco users fall somewhere on this continuum.
- Tailored, motivational emails sent throughout the quitting process
- After six months, quit rates are assessed by a follow-up call

### The “Quit for Life” process



## Easy to enroll using the Tobacco Quit Line

- Patients are referred by handout/brochure, fax referral, or e-referral
- Tobacco users connect with the quit line via web portal or phone
- Intake call is followed by subsequent outbound calls to the patient as outlined above
- Unlimited toll-free access to Quit Coach staff via phone
- Access to a web portal online learning community that integrates with Quit Coach coaching services and the Text2QuitSM text messaging program

## OHP: The Oregon Tobacco Quit Line is the access point for the “Quit for Life” program

The Oregon and Washington state Tobacco Quit Lines provide free, telephone and web-based programs to help callers quit tobacco via confidential, evidence-based counseling and materials. OHP callers are eligible for enhanced, proactive cessation and may be able to access free nicotine patches or gum.

The Quit Line in Oregon is open 24 hours a day, seven days a week.

- English: 1-800-QUIT-NOW (1-800-784-8669) or [www.quitnow.net/oregon](http://www.quitnow.net/oregon)
- Spanish: 1-855-DÉJELO-YA (1-855-335-35692) or [www.quitnow.net/oregonsp](http://www.quitnow.net/oregonsp)
- TTY: 1-877-777-6534

Referring patients to the Oregon Quit Line is easy, confidential, and can be done several ways; from handing your patient a brochure to doing a fax referral or e-referral using your electronic health/medical record system. For more information on generating fax referrals, [visit the OHA website](#), or contact Dr. Charles Bentz, Medical Director of the Legacy Health Tobacco Cessation & Prevention Program at [cbentz@lhs.org](mailto:cbentz@lhs.org) or contact the Oregon Quit Line Cessation Coordinator directly at 971-673-0984.

## Quit for Life variations according to insurance status

The full Quit for Life program is available to OHP members by calling the Oregon Tobacco Quit Line at 1-800-QUIT-NOW. Other Oregonians have variable coverage of telephonic counseling and pharmacotherapy depending upon insurance status:

Insurance Status	Amount of Support
OHP (CCO or Open Card)	Full Quit for Life Program (See above)
Uninsured	Receives 4 counseling calls; 2 weeks of NRT
Insured: with Quit Line benefit (their insurance provider contracts with quit line)	Determined by what the health plan included in their contract with the quit line
Insured – without Quit Line benefit (insurance does not contract with quit line)	Receives 1 counseling call