

# Tobacco Cessation Health Coverage in Minnesota



The following information is intended to be an overview on what your health insurance covers for tobacco cessation. It is recommended to call the number on the back of your health insurance card to find out what your individual plan offers. You can start by asking: **“I’m wondering if you can tell me what coverage I have for tobacco cessation treatment such as counseling and medications.”**

The Affordable Care Act (ACA) requires that all preventative services, including all FDA-approved tobacco cessation medications and all forms of counseling (individual, group and phone), are covered and free to the consumer. If your insurance provider does not offer these services, ask: **“Do you know when these services will be covered for me, in compliance with the ACA requirements?”** Services should be covered without cost to the consumer, but it will still vary by health plan.

**For the best chance at a successful quit, use therapy and cessation aid(s) approved by the Food and Drug Administration (FDA):**

## THERAPY:

- Individual counseling
- Group counseling
- Telephone counseling

AND

## CESSATION MEDICATIONS:

- Bupropion (Zyban®)
- Varenicline (Chantix®)

AND/OR

## NICOTINE REPLACEMENT THERAPIES (NRTs):

- Patch
- Gum
- Lozenge
- Inhaler
- Nasal spray

## MEDICAL ASSISTANCE AND MINNESOTACARE

The Minnesota Medicaid program covers:

- NRT Gum
- NRT Patch
- NRT Nasal Spray
- NRT Lozenge
- NRT Inhaler
- Varenicline (Chantix®)
- Bupropion (Zyban®)
- Group Counseling
- Individual Counseling
- Phone Counseling

### Legend

- = Covered
- = Coverage Varies by Plan
- = Not Covered



Call the number on the back of your health insurance card or call Minnesota Department of Human Services at **800-657-3739**.

*Minnesotans insured through Medical Assistance and MinnesotaCare will have free coverage for cessation counseling and smoking cessation medications.*

## MNSURE

All plans in the Health Insurance Marketplace are required to cover tobacco cessation counseling and medications with no cost sharing. Specific coverage may vary by plan. Check with your insurance plan to find out what is covered.

## STATE EMPLOYEE HEALTH PROGRAM COVERAGE

The State Employees Group Insurance Program covers:

- NRT Gum
- NRT Patch
- NRT Nasal Spray
- NRT Lozenge
- NRT Inhaler
- Varenicline (Chantix®)
- Bupropion (Zyban®)
- No Tobacco Surcharge
- Individual Counseling
- Group Counseling
- Phone Counseling

**COST:** Counseling and medications are covered without any copays.



For more information, visit <https://mn.gov/mmb/segip/>

## PRIVATE INSURANCE COVERAGE

While the ACA requires that tobacco cessation counseling and medications are covered at no-cost to the consumer, coverage still varies by employer and/or plan. People with private health insurance who smoke should contact their insurance company for information on cessation benefits.

You can find the most current list of insurance quitlines at:  
[www.quitplan.com/call-it-quits.html](http://www.quitplan.com/call-it-quits.html)

- Blue Cross Blue Shield of Minnesota: 1-888-662-BLUE (2583)
- BlueLink: 1-888-662-BLUE (2583)
- CCStpa: 1-888-662-QUIT (7848)
- HealthPartners: 1-800-311-1052
- Mayo Clinic Health Systems Mankato: 1-888-354-7526
- Mayo Medical Plan: 1-888-354-7526
- Medica: 1-800-905-7430
- MCHS - City of Rochester Employees: 1-888-354-7526
- MCHS - Olmsted County Employees: 1-888-354-7526
- Metropolitan Health Plan: 1-888-354-7526
- PreferredOne: 1-800-292-2336
- PrimeWest Health: 1-800-292-2336
- South Country Health Alliance: 1-833-EXCOACH
- Tricare: 1-888-713-4597
- UCare Minnesota: 1-855-260-9713

## AMERICAN LUNG ASSOCIATION RESOURCES



The American Lung Association's **Freedom From Smoking® Online** can provide support and build your coping skills to help you live without nicotine. Go to [FFSonline.org](http://FFSonline.org) for more information.



**1-800-LUNGUSA (586-4872)** Our compassionate and knowledgeable HelpLine staff can provide you with the support you need and the answers you're looking for.

## FREE SERVICES TO HELP MINNESOTANS QUIT



1-888-354-PLAN [quitplan.com](http://quitplan.com)

**QUITPLAN® Services** offers all Minnesotans free help to quit tobacco. Visit [quitplan.com](http://quitplan.com) or call **1-888-354-PLAN (7526)** or **1-855-DEJELO-YA (335-3569)** anytime to enroll.

### INDIVIDUAL SERVICES (choose any or all)

- Text Messaging—practical advice, games and encouragement that can help you quit
- Starter Kit—two weeks of free patches, gum or lozenges\*
- Email Program—a series of emails with tips, advice and encouragement to help you quit
- Quit Guide—a guide to help you create a plan to quit (can be downloaded or mailed)

### QUITPLAN® HELPLINE

A complete program to help you quit

- Telephone coaching
- Four weeks of free patches, gum or lozenges\* (including combination therapy)
- Text messaging
- Email support
- Welcome kit

### Enhanced QUITPLAN Helpline Services for People with Mental Illnesses and/or Substance Use Disorders:

- Additional coaching calls and NRT
- A team of specially trained coaches
- Communication with the participant's health care provider

**COST:** All QUITPLAN® Services are free.

### MEDICATIONS PROVIDED\*:

- NRT Gum
- NRT Lozenge
- NRT Patch

\*NRT is available for Minnesota adults (age 18 or older)  
Source: QUITPLAN® Services, [quitplan.com](http://quitplan.com)



**American Lung Association's stance on electronic cigarettes (e-cigarettes):** The American Lung Association is troubled about unproven claims that e-cigarettes can be used to help smokers quit. The FDA's Center for Drug Evaluation and Research has not approved any e-cigarettes as a safe and effective method to help smokers quit.

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For more information about program locations and schedules **651-268-7612** | [LUNG.org](http://LUNG.org)