

# Health Tradition Health Plan's Employer Group Tobacco Cessation Benefit

## OVERVIEW

Health Tradition Health Plan – in our role as a regional leader in offering value-added insurance and wellness services in Wisconsin - has a new tobacco cessation benefit effective January 1, 2010 for health plan members enrolled in Health Tradition through their employer. Research has repeatedly demonstrated that tobacco users are four times more successful in quitting tobacco when they engage in a program that combines counseling with nicotine replacement therapy. **Therefore you must enroll in counseling (either in-person or telephone) for over-the-counter nicotine replacement therapy to be a covered benefit.**

## WHO IS ELIGIBLE?

All Health Tradition Health Plan Premier and Premier Plus adult members (18 years and older) are eligible. Premier One, BadgerCare and 65Plus plan members are not eligible for the new tobacco benefit including in-person counseling and over-the-counter nicotine replacement therapy, but do have access to the Mayo Clinic Tobacco Quitline.

## WHAT DOES THE BENEFIT COVER?

- Tobacco cessation counseling; either in-person or over the telephone
- Over-the-counter nicotine replacement medications at a modest co-pay, with a lifetime ceiling of \$500 paid by the Plan (in addition to prescription medications already available under your current drug plan).

## HOW DO I ENROLL IN THE PROGRAM?

- In-person counseling at La Crosse or Sparta campus: 1-877-778-8771
- Telephone counseling through the Mayo Clinic Tobacco Quitline: 1-877-817-0936

## BENEFIT REQUIREMENTS

- A physician's referral is required prior to enrolling in the in-person counseling. Your primary care provider will determine the need for an office visit prior to making the referral. This office visit is not covered under the tobacco cessation benefit. This office visit would be billed as a routine office visit.
- No physician order is required for telephone counseling.

## WHAT OVER-THE-COUNTER NICOTINE REPLACEMENT THERAPY TOBACCO CESSATION AIDS ARE COVERED?

- Nicotine gum, patches and lozenges are covered.

## WHAT PRESCRIPTION DRUGS FOR TOBACCO CESSATION ARE COVERED?

- Prescription drugs included on the Health Tradition formulary (ex. Bupropion and Chantix), will be covered under your current drug plan at the designated co-pay. Nicotine Inhalers and Spray are not covered by Health Tradition.

- The in-person or telephone tobacco treatment counselors may recommend a prescription tobacco cessation medication. You are responsible for obtaining a prescription medication from your primary care physician.

### **IS THERE CO-PAYMENT FOR OVER-THE-COUNTER NICOTINE REPLACEMENT THERAPY MEDICATION?**

Yes, a \$10 co-payment for each over-the-counter nicotine replacement therapy prescription is charged.

### **DOES THIS CO-PAY ACCUMULATE TOWARD MY ANNUAL DEDUCTIBLE?**

Depending on what plan you are enrolled in with Health Tradition, the amount paid per co-payment for over-the-counter nicotine replacement therapy medication, may or may not accumulate toward your annual deductible and maximum out-of-pocket. For more information, please contact Customer Service at 1-877-832-1823.

### **WHERE DO I PICK UP MY OVER-THE-COUNTER NICOTINE REPLACEMENT THERAPY MEDICATION?**

- The in-person tobacco treatment counselor will contact your primary care physician regarding recommended over-the-counter nicotine replacement therapy. You can pick up the over-the-counter nicotine replacement therapy medication 2 days after meeting with the counselor, at any SXC Health Solutions Inc, pharmacy. Call your pharmacy to ensure the order has been processed before going to the pharmacy. You will pay the co-payment of \$10 per prescription.
- Over-the-counter nicotine replacement therapy ordered through the Mayo Clinic Tobacco Quitline will be mailed to you, and there is no co-payment required.

### **LIMITATIONS AND EXCLUSIONS**

- The plan will cover two quit attempts per year and four quit attempts per lifetime.
- There is a \$500 plan-paid lifetime ceiling on the purchase of over-the-counter nicotine replacement therapy medications.
- You must enroll in counseling (either in-person or telephone) for the over-the-counter nicotine replacement therapy to be a covered benefit.
- You may not receive refills of over-the-counter nicotine replacement therapy without authorization by a tobacco treatment counselor.
- The plan will cover the following single or combination prescription/over-the-counter nicotine replacement therapy for each quit attempt:
  - Varenicline (Chantix) alone
  - OR
  - Bupropion (Zyban) + 1 over-the-counter nicotine replacement therapy
  - OR
  - 2 over-the-counter nicotine replacement therapy

For questions on the new Health Tradition Health Plan tobacco cessation benefit, call Customer Service at 1-877-832-1823.