

Tobacco Cessation Services

Fact Sheet

The single most important thing that you can do for your health and the health of others is to quit using tobacco.

A new section of subtitle 17A of Kentucky Revised Statute Chapter 304 was created in 2016 to clearly define and reduce barriers to tobacco cessation. The statute requires all health plans in Kentucky to provide the following.

Tobacco Cessation Medications

Provide coverage for all U.S. FDA approved tobacco cessation medications:

- | | | |
|---|---|--------------------------|
| <ul style="list-style-type: none"> • Nicotine patches • Lozenges • Gum | } | (Three) Over-the-counter |
| <ul style="list-style-type: none"> • Inhaler • Nasal spray • Bupropion SR • Varenicline | } | (Four) Prescription |

Tobacco Cessation Services

Provide all forms of tobacco cessation services recommended by the *U.S. Preventive Services Task Force*, including, but not limited to:

- Individual Counseling
- Group Counseling
- Telephone Counseling

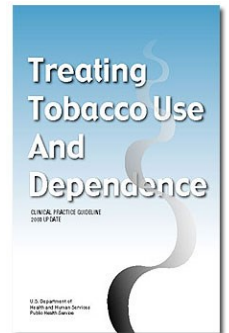
Reducing Barriers to Access

The following conditions shall not be imposed:

- Counseling requirements for medications
- Limits on duration of services, including, but not limited to, annual or lifetime limits on the number of covered attempts
- Copayments or other out-of-pocket cost sharing, including deductibles

Utilization management requirements, including prior authorization and step therapy, shall not be imposed except in the following circumstances where prior authorization may be required:

- Treatment that exceeds the duration recommended by the most recently published United States Public Health Service clinical guidelines on treating tobacco use and dependence
- Services associated with more than 2 attempts to quit within a 12-month period



We recommend that patients call the number on the back of the health insurance card to find out what their individual plan offers.

Quit Now Kentucky offers Kentuckians free help to quit tobacco. Visit www.QuitNowKentucky.org or call 1-800 Quit Now (1-800-784-8669).

Individual services include:

Telephone coaching

Web-based services

Text or email messaging

