

# **Tobacco Cessation: Medicaid Coverage**



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## **Overview**

- What is a comprehensive cessation benefit?
- Federal requirements for Medicaid coverage
- State requirements for Medicaid coverage
- Promotion of benefits



#### What is a Comprehensive Cessation Benefit?

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#### **Cessation Coverage**

## **Comprehensive Benefit**

- 7 Medications
  - 5 NRTs (Gum, Patch, Lozenge, Nasal Spray, Inhaler)
  - Bupropion
  - Varenicline
- 3 Types of Counseling
  - Individual (face-to-face)
  - Group
  - Phone



### **Common Barriers to Access Care**

- Cost Sharing (Co-Pays)
- Prior Authorization
- Stepped Care Therapy
- Required Counseling
- Duration Limits
- Annual (or Lifetime) Limits
- Dollar Limits



#### **Federal Cessation Requirements**

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#### **Traditional/Standard Medicaid**

- Section 2502 of the Affordable Care Act removed tobacco cessation medications from the exclusions list.
- Counseling not addressed.
- Many states are still not covering all FDA-approved medications.
- Does not address barriers states are still allowed to charge co-pays



## **Medicaid expansion**

- Covers up to 138 percent Federal Poverty Level
  - \$16,643 for an individual
  - \$33,948 for a family of four
- Federal government pays for most of the cost
- Must cover the Essential Health Benefits (including preventive services)
- Expansion is optional for states



### **Preventive Services Requirement**

- Required coverage for preventive services with no cost-sharing or prior authorization
  - Preventive Services receiving 'A' or 'B' rating from U.S. Preventive Services Task Force
  - Tobacco Cessation given 'A' rating
  - Includes all forms of counseling and Food and Drug Administration (FDA)approved cessation medications
- States are responsible for implementation

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Methods and Processes About the USPSTF Newsroom	Pregnant women	The USPSTF recommends that clinicians as pregnant women about tobacco use, advise stop using tobacco, and provide behavioral interventions for cessation to pregnant wom use tobacco.	them to	PDF Version (PDF Help
Announcements	Pregnant women	The USPSTF concludes that the current evid insufficient to assess the balance of benefit harms of pharmacotherapy interventions for cessation in pregnant women.	s and	Clinical summaries are one-page documents that provide guidance to primary care clinicians for using recommendations in practice.
	All adults, including pregnant women	The USPSTF concludes that the current evid insufficient to recommend electronic nicotin delivery systems (ENDS) for tobacco cessal	e	This summary is intended for use by primary care clinicians.

### **Cessation Guidance FAQ**

- On May 2, 2014 the Departments of Labor, Treasury and Health and Human Services issues a FAQ questions on how the tobacco cessation recommendation should be implemented.
- Tobacco Cessation Guidance
  - At least 4 sessions of individual, group and phone counseling
  - At least 90 days of all FDA-approved smoking cessation medications, when prescribed
  - At least 2 quit attempts per year
  - No cost-sharing
  - No prior authorization

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## September 2015 USPSTF Updated Cessation Recommendation

- In September 2015, the USPSTF updated their recommendation, reaffirming the "A" grade for tobacco cessation.
- Found that both counseling and pharmacotherapy are effective to help smokers quit.
- States are responsible for implementation.

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#### **Cessation Coverage**

## Medicaid – Pregnant Women

- 2010 ACA requirement
  - All pregnant women on Medicaid have access to all treatments with no cost sharing.
  - Written into the Law- Section 4107
  - Includes all FDA-approved pharmacotherapy and counseling

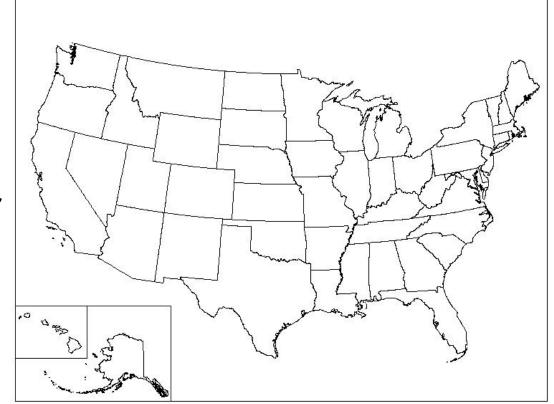


#### **State Tobacco Cessation Requirements**

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## **State Actions**

- Recent Progress
  - California
  - Kentucky
  - South Carolina
- Insurance Bulletins and Consumer Alerts
  - 16 States have taken action
- Expand Medicaid
- Medicaid 1115 Waivers



# **Promoting the Benefit**

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#### **Promotion**

## Why is it important?

- January 2016 Health Affairs Study: Utilization is low. Less than 10 percent of Medicaid patients that smoke receive a prescription for cessation medications.
- Smoking rate is high for both Medicaid (27.8 percent) and the Uninsured (27.4 percent).



# **Promising Practices and Lessons Learned**

- Understand the Medicaid coverage landscape first.
- Build and sustain close relationships with key allies in the state Medicaid agency.
- Partnering of leadership at the organizational level.
- Develop a plan for evaluation.



