

# 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?

# 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

## 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



# Cessation Coverage

## 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

The screenshot displays the U.S. Preventive Services Task Force website. The main heading is "Tobacco Smoking Cessation in Adults, Including Pregnant Women: Behavioral and Pharmacotherapy Interventions". The release date is September 2015. A "Recommendation Summary" table is shown, detailing the population, recommendation, and grade for each group.

Population	Recommendation	Grade (What's This?)
Adults who are not pregnant	The USPSTF recommends that clinicians ask all adults about tobacco use, advise them to stop using tobacco, and provide behavioral interventions and U.S. Food and Drug Administration (FDA)-approved pharmacotherapy for cessation to adults who use tobacco.	A
Pregnant women	The USPSTF recommends that clinicians ask all pregnant women about tobacco use, advise them to stop using tobacco, and provide behavioral interventions for cessation to pregnant women who use tobacco.	A
Pregnant women	The USPSTF concludes that the current evidence is insufficient to assess the balance of benefits and harms of pharmacotherapy interventions for tobacco cessation in pregnant women.	I
All adults, including pregnant women	The USPSTF concludes that the current evidence is insufficient to recommend electronic nicotine delivery systems (ENDS) for tobacco cessation in	I

Supporting Documents include: Final Research Plan, Final Evidence Review (PDF Version), and Evidence Summary (PDF Version). A Clinical Summary section explains that these are one-page documents for primary care clinicians.

# Cessation Coverage

## 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



The screenshot shows the Department of Labor website with the following content:

UNITED STATES DEPARTMENT OF LABOR

Employee Benefits Security Administration

### FAQs about Affordable Care Act Implementation (Part XIX)

May 2, 2014

**Updated Department of Labor Model Notices**

In general, under the Consolidated Omnibus Budget Reconciliation Act (COBRA), an individual who was covered by a group health plan on the day before the occurrence of a qualifying event (such as a termination of employment or a COBRA continuation coverage upon that qualifying event.<sup>(1)</sup> Individuals with certain notices explaining their COBRA rights. A group health plan must provide each covered employee and spouse (if any) with a written notice of notice). A group health plan must also provide qualified beneficiaries with a election (election notice).

**General Notice:** The general notice must be furnished to each covered employee or spouse first becomes the continuation coverage requirements; or (2) the date on which the administrator or dependent. The general notice is required to include:

- The name of the plan and the name, address, and telephone number of the plan;
- A general description of the continuation coverage provided under the plan;
- An explanation of what qualified beneficiaries must do to notify the plan administrator of a change in their status or to elect COBRA continuation coverage.

Individual who was covered by a group health plan on the day before the occurrence of a qualifying event (such as a termination of employment or a COBRA continuation coverage upon that qualifying event.<sup>(1)</sup> Individuals with certain notices explaining their COBRA rights. A group health plan must provide each covered employee and spouse (if any) with a written notice of notice). A group health plan must also provide qualified beneficiaries with a election (election notice).

their spouse (if covered under the plan) not later than the earlier of: (1) 90 days from the date on which the covered employee or spouse first becomes the continuation coverage requirements; or (2) the date on which the administrator or dependent. The general notice is required to include:

from the employee and spouse can contact for more information on COBRA continuation coverage.

events or disabilities;

Q5

## 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.

The screenshot displays the Annals of Internal Medicine website. At the top, there is a navigation bar with the ACP logo and links for 'SUBSCRIBE', 'SUBMIT A MANUSCRIPT', 'FREE ACCOUNT', and 'SIGN IN'. The main header features the journal title 'Annals of Internal Medicine' and a search bar. Below the header, the article title is prominently displayed: 'Behavioral and Pharmacotherapy Interventions for Tobacco Smoking Cessation in Adults, Including Pregnant Women: U.S. Preventive Services Task Force Recommendation Statement'. The article is dated '20 OCTOBER 2015'. The author is listed as 'Albert L. Siu, MD, MSPH; for the U.S. Preventive Services Task Force (1)'. The article is marked as 'FREE'. On the left side, there is a 'FULL ARTICLE' section with a table of contents including 'Abstract', 'Summary of Recommendations and Evidence', 'Rationale', 'Clinical Considerations', 'Other Considerations', 'Discussion', 'Update of Previous USPSTF Recommendation', 'Recommendations of Others', and 'Appendix: Members of the USPSTF'. The 'Abstract' section is expanded, showing the 'Description', 'Methods', and 'Population' sections. The 'Description' states: 'Update of the 2009 U.S. Preventive Services Task Force (USPSTF) recommendation on counseling and interventions to prevent tobacco use and tobacco-related disease in adults, including pregnant women.' The 'Methods' section states: 'The USPSTF reviewed the evidence on interventions for tobacco smoking cessation that are relevant to primary care (behavioral interventions, pharmacotherapy, and complementary or alternative therapy) in adults, including pregnant women.' The 'Population' section states: 'This recommendation applies to adults aged 18 years or older, including pregnant women.' On the right side, there is a 'PREVIOUS ARTICLE' and 'NEXT ARTICLE' section, a 'PDF' icon, 'CITATIONS' (16), and 'PERMISSIONS' (93). Below this, there is an advertisement for 'Welcome to the new Annals.org' with the tagline 'RESPONSIVE | ENGAGING | INFLUENTIAL' and a 'SEE WHAT'S NEW!' button. At the bottom, there is a 'SEE ALSO' section with a link to 'Behavioral Counseling and Pharmacotherapy Interventions for'.

# 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

# State Tobacco Cessation Requirements

## 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

### 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.



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