



TOBACCO CESSATION

## Are you ready to kick the habit?



We recognize it is hard to quit, but studies from the United States Preventive Services Task Force (USPSTF) show that a combination of interventions, including brief behavioral counseling sessions (less than 10 minutes) along with medication or nicotine replacement treatment, are effective in increasing the success rate of people trying to quit and remain tobacco-free for one year.

# Treatment

A combination of counseling and medications is more effective at increasing success rates than either counseling or medications alone. There are many different FDA-approved medications that are effective for treating tobacco dependence in non-pregnant adults. As part of the preventive care prescription benefit, several of them are covered at no cost to you. The prescription benefit doesn't cover treatments that aren't approved by the FDA (such as e-cigarettes). For information on coverage of tobacco cessation services under the medical benefit, please sign in to your [regence.com](https://www.regence.com) account.

## Covered prescription medications

The following are available at a pharmacy at no cost to you with a valid prescription from your doctor:

- **Varenicline**
- **Bupropion** (tobacco cessation formulation)
- **Nicotrol**<sup>®</sup> nasal spray/oral inhaler<sup>††</sup>

## Covered over-the-counter products

To be covered, the following products require a prescription:

**Transdermal nicotine skin patches:** All generic and store-brand products; no coverage for brand names<sup>†</sup>

**Nicotine chewing gum:** All generic and store-brand products; no coverage for brand names<sup>†</sup>

**Nicotine lozenges:** All generic and store-brand products; no coverage for brand names<sup>†</sup>

## Coverage details

**All covered tobacco cessation therapies are subject to quantity limits:**

- We will cover up to two quit attempts per 12-month period.
- Each quit attempt includes up to 90 days of therapy, based on FDA-approved length of therapy per quit attempt.
- We will cover a total annual maximum of 180 days of therapy (two 90-day attempts per 12-month period).

If your doctor believes that our tobacco cessation medications are medically inappropriate for you, you may request a coverage exception for a different medication by contacting Customer Service at the number listed on the back of your member ID card.



## Questions?

Call the Customer Service number on your member ID card.



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<sup>†</sup>Coverage is limited to no more than two (2) nicotine replacement prescriptions at the same time.

<sup>††</sup>For coverage of branded nicotine nasal spray and oral inhaler products, pre-authorization is required. To be authorized, documentation is required showing that at least two (2) other nicotine replacement options (including gum, lozenges, and patches) have been ineffective, not tolerated, or contraindicated. To request pre-authorization, please use the form located on our web page or by contacting Member Services at the number listed on the back of your member ID card.

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