# Federal Employees Health Benefits

# Are You Ready to Quit Smoking?

## We can help.

**No copays.**

**No coinsurance.**

**No deductibles.**

**All FEHB plans offer 100% coverage of tobacco cessation treatment options. Find out more at:**

www.opm.gov/quitsmoking

**Take advantage of your health benefit today!**

July 2014

# Tobacco Cessation Benefits

Information is available on the smoking cessation benefits available to all DoD employees, including those with Federal Employees Health Benefits (FEHB) and private health plans

## TRICARE

**TRICARE will cover:**

- ✓ **Tobacco cessation counseling** from any TRICARE authorized provider in the United States
- ✓ **Two quit attempts** per fiscal year (a third attempt may be covered with physician justification and preauthorization)
- ✓ **Up to 18 counseling sessions per quit attempt** (individual and group); limited to 4 individual sessions per quit attempt
- ✓ **Tobacco cessation prescriptions** and over-the-counter drugs

**Find more information at:**
www.tricare.mil/HealthWellness/Tobacco.aspx

## FEHB Plans

**All health plans in the FEHB program are required to cover:**

- ✓ **Four tobacco cessation counseling sessions** of at least 30 minutes for at least two quit attempts per year. This includes proactive telephone counseling, group counseling and individual counseling
- ✓ All 7 Food and Drug Administration (FDA) -approved **tobacco cessation medications** with a doctor's prescription
- ✓ Must be provided with **no copayments or coinsurance** and not subject to deductibles, annual or life time dollar limits
- ✓ Covers **treatment for all forms of tobacco use**, including cigarettes, snuff, and chewing tobacco

**Find more information at:**
www.opm.gov/healthcare-insurance/special-initiatives/quit-smoking/

## Private Plans

**Non-grandfathered health plans* in compliance with the Affordable Care Act (ACA) will offer:**

- ✓ **Screening** for tobacco use
- ✓ **Two quit attempts** per year, consisting of:
  - **Four sessions of telephone, individual and group cessation counseling** lasting at least 10 minutes each per quit attempt
  - **All medications approved by the FDA**, for 90 days per quit attempt, when prescribed by a health care provider
  - No prior authorization required for treatment
- ✓ **No cost-sharing**
- ✓ **No prior authorization**

*private group, individual private, State Health Insurance Marketplace, and alternative benefit plans

**Find more information at:**
www.healthcare.gov/preventive-care-benefits/