



American Heart Association | American Stroke Association

Learn and Live.

Oregon Health Policy Board & Oregon Health Insurance Exchange Board
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Essential Health Benefits

The American Heart Association's mission is to build healthier lives, free of cardiovascular diseases and stroke. As such, we urge each individual to make healthy choices on a daily basis; we also advocate for the establishment of communities where individuals have the opportunity to live a healthy life. We thank you for your efforts focused on improving the health and health care of all Oregonians.

We would like to thank the Essential Health Benefits Workgroup for including tobacco cessation coverage as a required benefit for participating health plans. As the Exchange and CCO processes move forward we urge that a quality tobacco cessation benefit be provided in both the public and private markets. Many individuals move in and out of the public and private markets as their incomes rise and fall. As such, it is strongly recommended that all plans in Oregon provide a robust and quality cessation benefit to provide consistent and adequate support for individuals in their quit attempts.

Each year the American Lung Association rates states on their tobacco control efforts. In their *State of Tobacco Control 2012* Report, Oregon received a 'C' grade for tobacco cessation coverage (see Lung Association hand-out for info on public and private cessation coverage). As you can see from their report, coverage varies fairly dramatically between the public and private markets. We know that coverage varies even more significantly when looking at specific participating health plans.

Currently, private insurance plans are required to cover a physician-recommended tobacco cessation program for all members 15 years or older. Plans are required to provide at least \$500 of coverage for such programs, and they are to include educational and medical treatment components. While this is an important first step, we know that this benefit is insufficient for many to quit tobacco use completely. In the public sector, coverage varies on specific medications; in PEBB and OEBC coverage for medications varies and counseling is not a required benefit.

A tobacco cessation benefit that will best benefit Oregonians would include coverage of all recommended medications and coverage of individual and group counseling with no to minimal cost-sharing.

Individuals on OHP smoke at significantly higher rates than those on private insurance (~ 40 percent for those on OHP versus ~ 20 percent in the private market). As it often takes several attempts to successfully quit, during which time an individual may move in and out of one or more health plans, it is important that the same quality benefits are provided in all plans. Requiring this coverage will not only benefit the smokers themselves but all Oregonians who participate in our health system.

Tobacco use is still the number one cause of death in Oregon and is a major contributor to heart disease, stroke, diabetes and many other chronic diseases. Individuals who get the right treatment are 2-3 times more likely to quit but success often depends on the availability of evidence-based best practices and benefits. We recommend that these benefits are provided to all Oregonians.

Thank you.

Oregon



Legend: ✓ = Covered ▼ = Coverage Varies * = Not Covered

Medicaid Coverage

The Oregon Health Plan covers:

- | | |
|---------------|---------------------|
| ▼ NRT Gum | ✓ Varenicline |
| ✓ NRT Patch | (Chantix) |
| ▼ NRT Nasal | ✓ Bupropion (Zyban) |
| Spray | ▼ Group Counseling |
| ▼ NRT Lozenge | ✓ Individual |
| ▼ NRT Inhaler | Counseling |

Fee for service members have access to all treatments. Managed care plan members have access to most treatments, and should contact their plans. Co-payments of \$2-3 are required for managed care members.

For more information, please call the Oregon Health Plan Office at 503-945-5772, or visit their website at <http://www.oregon.gov/DHS/healthplan/index.shtml>

State Employee Health Plan Coverage

The Public Employees Benefit Board covers:

- | | |
|-------------------|---------------------|
| ✓ NRT Gum | ✓ Bupropion (Zyban) |
| ✓ NRT Patch | * Group Counseling |
| * NRT Nasal Spray | * Individual |
| * NRT Lozenge | Counseling |
| * NRT Inhaler | ✓ Phone Counseling |
| ✓ Varenicline | ✓ Online Counseling |
| (Chantix) | |

Co-payments of \$1-5 are required for varenicline and bupropion, depending on health plan. Patients receive medications through the Quit for Life phone counseling program. Please visit www.quitnow.net/PEBB/Default.aspx to enroll.

For more information, please call the Oregon Public Employees' Benefit Board at 503-373-1102 or 800-788-0520, or visit their website at <http://oregon.gov/DAS/PEBB/>

Private Insurance Coverage

Beginning January 1, 2010, insurance plans are required to cover a physician-recommended tobacco cessation program for

