

Are you getting value from your health plan or insurance?
Call your health plan representative or your broker and find out!

How does your health plan help people who want to quit smoking?

1) Does your health plan help people who want to quit smoking? Yes No

How _____

2) Does your health plan include smoking cessation therapy as a covered (paid) benefit for all members? Yes No

Medication Benefit

3) What smoking cessation drugs are covered? List them: _____

4) Are over the counter medications, such as nicotine patches and gum covered? Yes No

What is the copay amount? _____

Counseling Benefit (Note: the most successful programs offer both medication and counseling.)

5) What counseling (in-person, online, telephone) does your health plan cover, how often is counseling covered each year and for what period of time (e.g., 90 days twice/year)? List the counseling benefit _____

5a) Is the behavioral intervention intensive enough to be effective, including:

At least four to seven sessions? Yes No

a) At least 20- to 30-minute sessions? Yes No

b) At least two to eight weeks in duration? Yes No

5b) Does the behavioral intervention include information on:

a) Problem solving/skills training? Yes No

b) Social support? Yes No

c) Relapse prevention? Yes No

6) Does your health plan evaluate the financial impact of smoking and its impact on your healthcare dollars? Yes No

If you answered "no" to any of these questions, ask your health plan representative about smoking cessation programs, including prescription drug therapy. Your plan may also be able to provide you with more information about the economic benefits of smoking cessation.