



# State of New Hampshire Tobacco Cessation Coverage



The State Health Benefit Program offers coverage for tobacco cessation medications. It is hard work to stop smoking, chewing tobacco or using snuff. When you're ready to quit, the State Health Benefit Program has many resources and benefits to improve your chances at succeeding.

### Why should I quit?

- You may live longer and feel better.
- You will reduce your chance of a heart attack, cancer or stroke.
- You will have more energy and breathe easier.
- If you are pregnant, your baby will be healthier.
- The people you live with, especially your children, will be healthier.
- You will have extra money to spend on things other than tobacco products!

### What is the first thing I need to do once I've decided to quit?

Visit your health care provider. She or he can help by providing practical advice and information on the counseling and/or medication that is right for you.



## Tobacco Cessation Tools and Resources

### Counseling

We strongly encourage participation in a tobacco cessation counseling program, especially in combination with medication. It is helpful to begin education before you start using medication. Individual, group, and telephone counseling are effective, and effectiveness increases with treatment intensity. The more counseling, the better your chances are of quitting for good.

- The State of New Hampshire Employee Assistance Program offers the American Lung Association "Freedom from Smoking" Program. Call 800.852.3345 ext 4336
- NH Tobacco Helpline 1-800-QUIT-NOW (800-784-8669), [www.trytostoph.org](http://www.trytostoph.org) is the gateway to free tobacco cessation services offered to NH residents.
- Anthem Community Health Education Reimbursement Program (HMO & POS) reimburses employees up to \$150 per family per calendar year to participate in an Anthem approved counseling program. Call Anthem Customer Service at 1-800-933-8415 or go to the State's website at: <http://admin.state.nh.us/hr/formsH&D.html> for more information about the Health Education benefit and to obtain a list of approved counseling programs.
- Anthem Healthy Lifestyles Program offers tobacco cessation resources and counseling powered by QuitNet. A comprehensive, internet-based approach including an online community of more than 1 million members. Call Anthem Customer Service at 1-800-933-8415 for more information about Healthy Lifestyles.

### Medication

Discuss your tobacco medication options with your health care provider. There are seven choices of medications that are currently approved by the U.S. Food and Drug Administration. The good news is that all seven medications have been shown to be effective in helping tobacco users who are motivated to quit.

The following medications are available:

- Nicotine Replacement Therapy: Patches, Gum, Lozenge, Inhaler, Nasal Spray
- Zyban (and its generic equivalent)
- Chantix

Over-the-counter medications (patch, gum, and lozenge) will only be covered if your health care provider has written a prescription for them. You can purchase tobacco cessation prescription medications at a retail pharmacy or you can choose to use your pharmacy benefit mail-order program. Simply present your pharmacy benefit ID card with your prescription. Generic prescriptions, generic OTC medications including patches, gum, and Chantix are covered without a copayment.

**Please note:** Coverage for the above medications is not available to dependents under the age of 18. The 2008 Clinical Practice Guideline for Treating Tobacco Use and Dependence does not recommend tobacco medication use in adolescents. However, counseling has been shown to be effective in treatment of adolescents. Therefore, all counseling that is available (individual, group, telephone) is recommended.

Check out the Wellness Website at: <http://admin.state.nh.us/wellness/>