

cessation: a temporary or final ceasing

# Leave tobacco behind.



**Ohio** The State of Perfect Balance

**APS HEALTHCARE**

# Your Tobacco Cessation Benefits

About 70% of smokers want to quit. When you use coaching and nicotine replacement therapy, your chances are double what they would be without assistance. Without assistance, only about 5% remain tobacco free for 3-12 months. That is why we have developed a program that provides both of these options to support you in making this healthy change.



## Key Components to Cessation

The Centers for Disease Control recommends some key components for a successful tobacco cessation program. These components include:

- Provide for at least four counseling sessions.
- Coverage of FDA approved prescriptions and over-the-counter products.
- Coverage of two quit attempts per year.

## Counseling and Medication

Our program offers access to unlimited counseling at no cost to you. Prescription and most over-the-counter products are now covered through your pharmacy benefit for up to two attempts per year.

Listed below are the pharmacy and nicotine replacement therapies available to you through your pharmacy benefit. In order to take advantage of your pharmacy copays for these products, you will need to present your pharmacist with a prescription for the products. When you present your prescription card and your prescription, this will alert your pharmacist that these products are now covered by your insurance.

## Smoking Cessation Therapy Coverage

Smoking Cessation Product	Length of Therapy Limitations	Tier
Chantix (varenicline tartrate)	2 quit attempts per year - 180 day supply total - Max 60 tablets per 30 days	Tier 2 No Generic Available
Bupropion HCL - generic Zyban - brand	2 quit attempts per year - 180 day supply total - Max 60 tablets per 30 days	Generic: Tier 1 Brand: Tier 3 + Penalty
Nicotine Gum	2 quit attempts per year - 180 day supply total - Max 100 pieces per 30 days	Generic: Tier 1 Brand: Tier 3 + Penalty
Nicotine Lozenge	2 quit attempts per year - 180 day supply total - Max 80 pieces per 30 days	Generic: Tier 1 Brand: Tier 3 + Penalty
Nicotine Transdermal Patches	2 quit attempts per year - 180 day supply total - Max 30 patches per 30 days	Generic: Tier 1 Brand: Tier 3 + Penalty

**A valid prescription must be submitted to the pharmacy for coverage of all products, including OTC products.**

Get started today.

Contact your APS Health Coach for help. Plus earn an incentive for working with a coach. Or enroll in an online tobacco cessation program and earn an additional incentive.



1-866-272-5507

[stateofohio.apshealthcare.com](http://stateofohio.apshealthcare.com)

