

# Commercial Tobacco Dependence Treatment Coverage in Minnesota



The following information is an overview of health insurance coverage for commercial tobacco treatment. Call the number on the back of your health insurance card to find out what your individual plan offers. You can ask: **“Tell me what coverage I have for tobacco use treatment, such as counseling and medications.”**

The Affordable Care Act (ACA) requires that all preventative services, including FDA approved tobacco treatment medications and all forms of counseling (individual, group, and phone), are covered and free to the consumer. If your insurance provider does not offer these services, ask: **“Do you know when these services will be covered for me, in compliance with the ACA requirements?”** Services will vary by health plan.

**For the best chance of success, use counseling and medications approved by the Food and Drug Administration (FDA):**

## COUNSELING:

- Individual counseling
- Group counseling
- Telephone counseling

**AND**

## MEDICATIONS:

- Bupropion (Zyban®)
- Varenicline (Chantix®)

**AND/OR**

## NICOTINE REPLACEMENT THERAPY (NRT) MEDICATIONS:

- Patch
- Gum
- Lozenge
- Inhaler
- Nasal spray

## MEDICAL ASSISTANCE AND MINNESOTACARE

These programs cover:

- NRT Patch
- NRT Gum
- NRT Lozenge
- NRT Inhaler
- NRT Nasal Spray
- Varenicline (Chantix®)
- Bupropion (Zyban®)
- Group Counseling
- Individual Counseling
- Phone Counseling

### Legend

- = Covered
- = Coverage Varies by Plan

**Talk to your doctor or a pharmacist about free medications and support to quit.**

**COST:** Minnesota residents insured through Medical Assistance and MinnesotaCare have free coverage for tobacco treatment counseling and medications with a prescription.



For more information, call the number on the back of your health insurance card or call the Minnesota Department of Human Services at 800-657-3739.

## MNSURE / PRIVATE INSURANCE

All plans in the Health Insurance Marketplace and Private Insurance Coverage are required to cover tobacco treatment counseling and medications at no cost to the consumer. Specific options may vary by plan. Check with your insurance plan to find out what options are covered.

## STATE EMPLOYEE HEALTH PROGRAM COVERAGE

The State Employees Group Insurance Program covers:

- NRT Patch
- NRT Gum
- NRT Lozenge
- NRT Inhaler
- NRT Nasal Spray
- Varenicline (Chantix®)
- Bupropion (Zyban®)
- Group Counseling
- Individual Counseling
- Phone Counseling

**COST:** State employees have free coverage for tobacco treatment counseling and medications with a prescription.



For more information, visit <https://mn.gov/mmb/segip/>.

## FREE SERVICES TO HELP MINNESOTA RESIDENTS QUIT

In addition to support offered through health insurers, Quit Partner™ offers all Minnesota residents free help to quit commercial tobacco. Call **1-800-QUIT-NOW (784-8669)** or **1-855-DEJELO-YA (335-3569)** anytime to enroll.



### Helpful Tools

Quit your way by choosing which free tools you'd like to try.

- Free medications like patches, gum or lozenges.
- Text messages with tips and advice.
- Helpful emails to support you along the way.

### Quit Coaching

Get free one-on-one quit coaching over the phone or online from trained coaches who help people just like you every day.

### Behavioral Health and Pregnancy/Post-Partum Programs

Receive all of the support above, plus extra coaching and medication:

- For people living with behavioral health conditions such as anxiety, depression, bi-polar disorder, ADHD, PTSD, schizophrenia, and/or substance use disorder; and
- For pregnant and post-partum individuals

**2X** DOUBLE YOUR CHANCES OF QUITTING



### American Indian Quitline

The American Indian Quitline is available for anyone who identifies as American Indian or Alaska Native. The quitline has American Indian quit coaches and offers personalized coaching, email and text support, educational materials, and quit medication (nicotine patches, gum, lozenges) delivered by mail.

### For Minnesota Youth: My Life, My Quit™

My Life, My Quit™ is a new program to help Minnesota youth ages 13-17 quit commercial tobacco and nicotine, including the use of e-cigarettes and vapes. Youth can text to chat with a quitting coach, engage in coaching calls and online chat, and receive youth-specific materials.

For more information, visit [www.MyLifeMyQuit.com](http://www.MyLifeMyQuit.com) or text or call **1-855-891-9989**.

MY LIFE MY QUIT™

## AMERICAN LUNG ASSOCIATION RESOURCES

### Freedom From Smoking®



The American Lung Association's Freedom From Smoking® can provide support and build your coping skills to help you live without nicotine. Visit [FreedomFromSmoking.org](http://FreedomFromSmoking.org) for more information.

### Lung Helpline and Tobacco Quitline

**1-800-LUNGUSA**

Talk to our experts at the American Lung Association Lung Helpline and Tobacco QuitLine. Our service is free and we are here to help.



The American Lung Association's stance on electronic cigarettes: The American Lung Association is very concerned that we are at risk of losing another generation to tobacco-caused diseases as the result of e-cigarettes. The Food and Drug Administration has not found any e-cigarette to be safe and effective in helping people who smoke quit.

Revised 1-2021

651-227-8014 | [LUNG.org](http://LUNG.org)