



An Anthem Company

Smoking cessation



Agenda

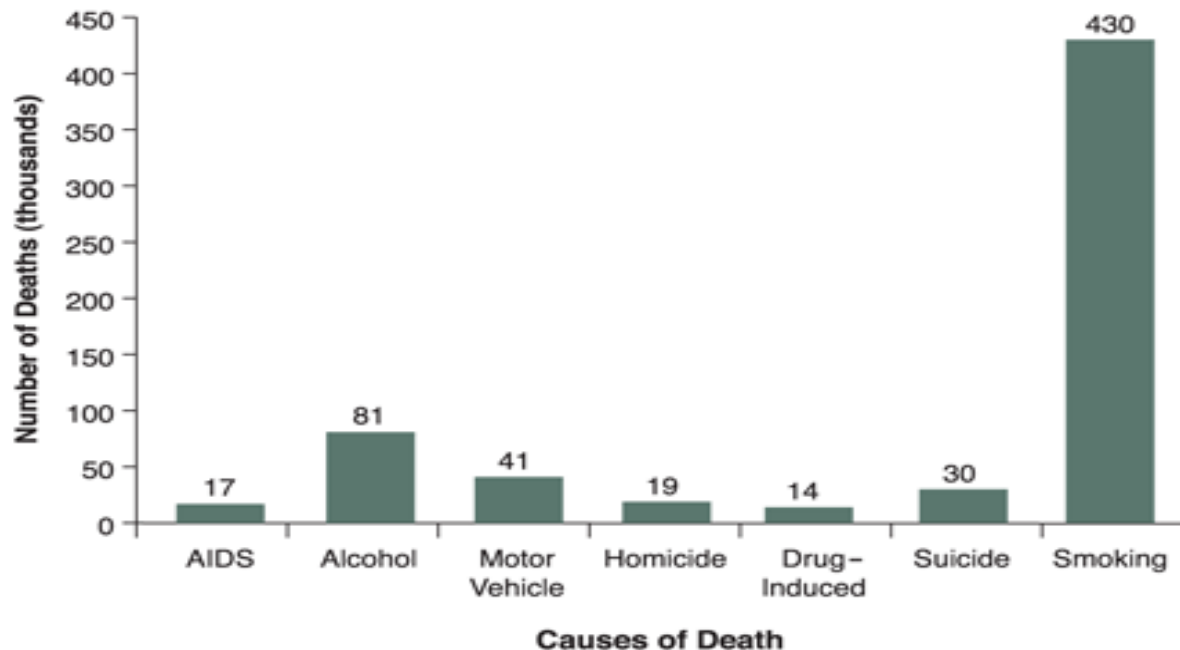
- Introduction
- Snapshot
- Impact
- What are we doing?
- Partnering with provider
- Treatment
- Feedback/Q&A

Snapshot

- According to Centers for Medicare & Medicaid Services (CMS), roughly 27% of Medicaid beneficiaries reported tobacco use.
- Substance Abuse and Mental Health Services Administration (SAMSHA) reports, “More than 1 in 3 adults (**33.3%**) with a mental illness smoke cigarettes, compared with about 1 in 5 adults (**20.7%**) without mental illness.”
- In one study, people with schizophrenia were 3.5 times more likely to have died, largely from tobacco-related complications.
- The Journal of Psychiatric Research reported tobacco-related conditions comprised approximately 53% (23,620/44,469) of total deaths in the schizophrenia cohorts, 48% (6004/12,564) in the bipolar cohorts, and 50% (35,729/71,058) in the depression cohorts.
- Tobacco treatment is one of the most cost-effective preventive services with as much as a \$2 to \$3 return on every dollar invested.

Cause of death by condition

According to the National Institutes of Health:

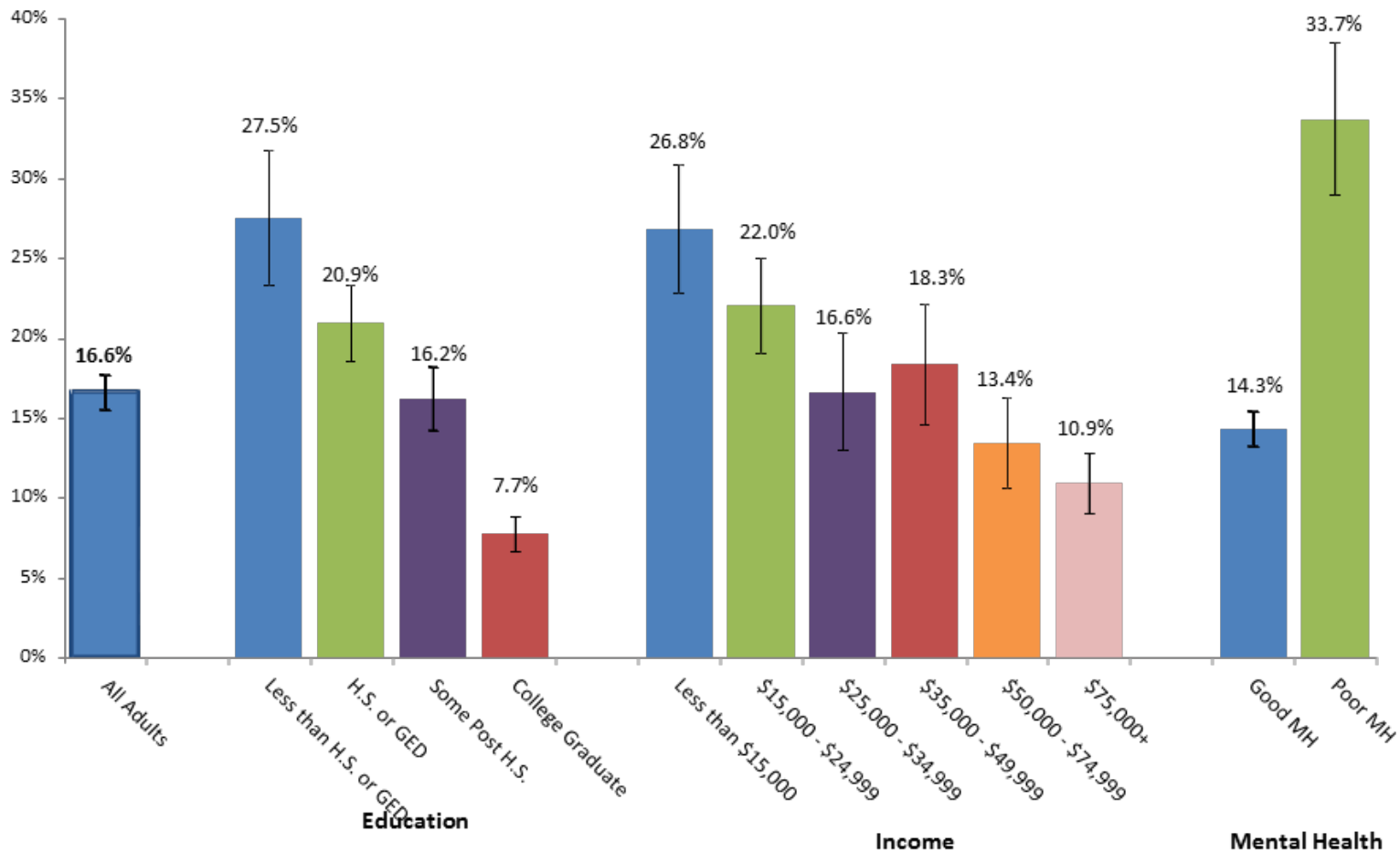


Economic costs

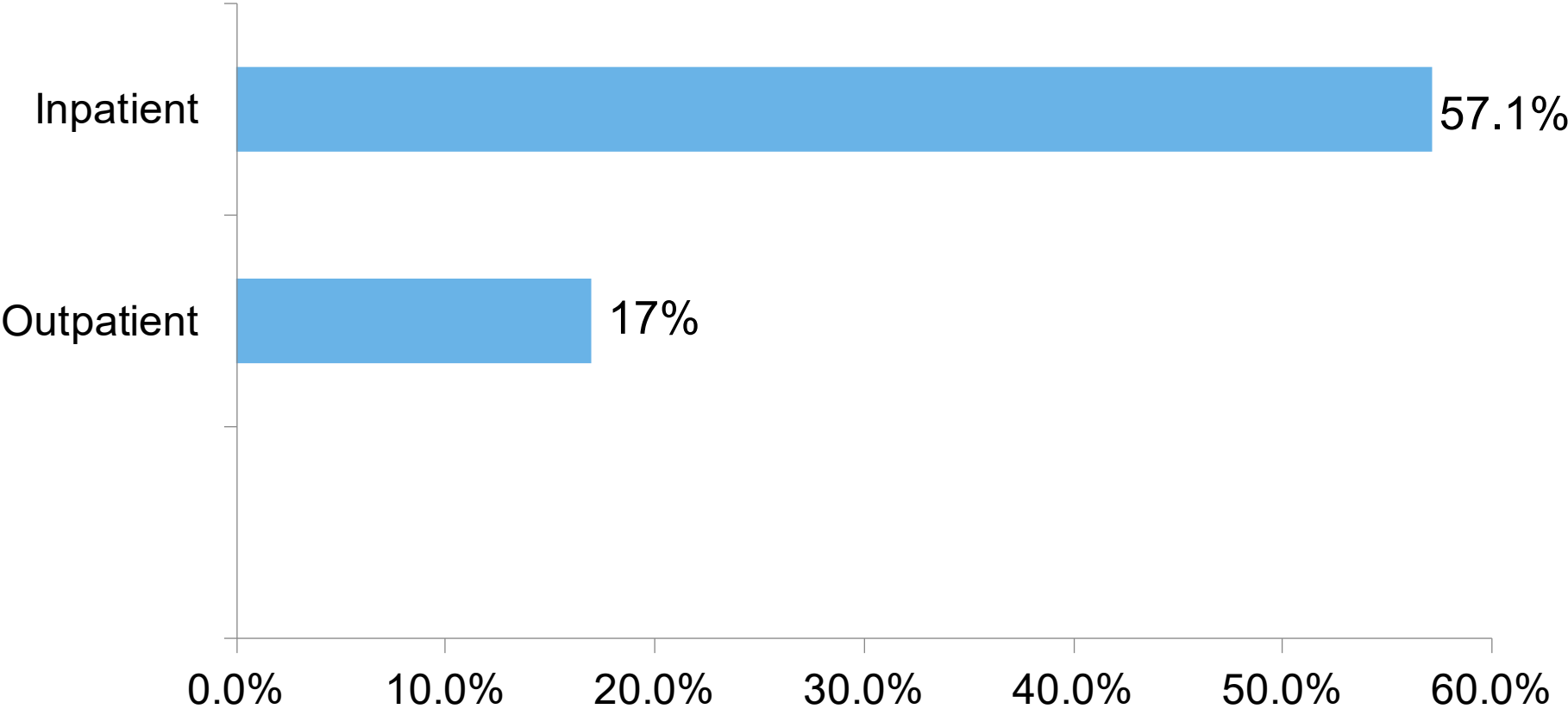
In 2010, the Center for Disease Control reported that over 300 billion dollars a year were spent on tobacco use:

- 256 billion in direct medical costs associated with smoking
- 156 billion on lost productivity from prolonged absence at work

New York smoking snapshot by income, education, and mental health



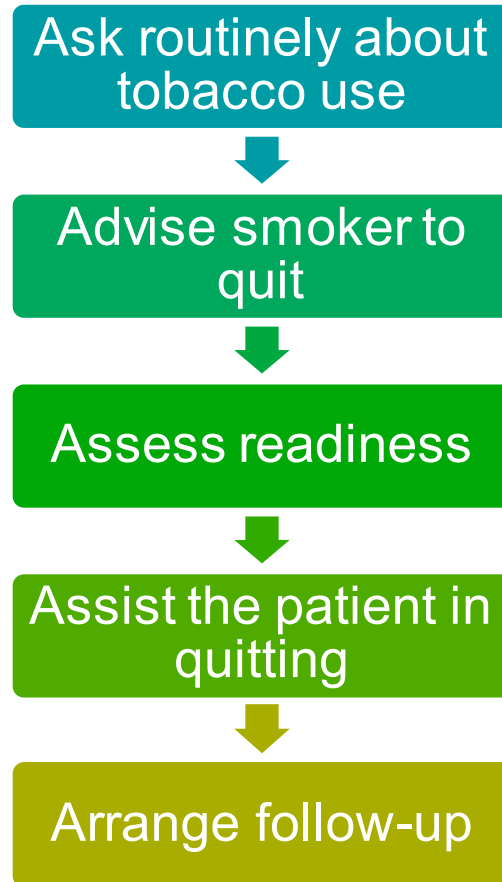
Smoking cessation offered by mental health facility treatment, 2014



Treatment options



Intervention



Fagestrom assessment

1. How soon after you wake up do you smoke your first cigarette?
 - Within 5 minutes (3 points)
 - 5 to 30 minutes (2 points)
 - 31 to 60 minutes (1 point)
 - After 60 minutes (0 points)
2. Do you find it difficult not to smoke in places where you shouldn't, such as in church or school, in a movie, at the library, on a bus, in court or in a hospital?
 - Yes (1 point)
 - No (0 points)
3. Which cigarette would you most hate to give up; which cigarette do you treasure the most?
 - The first one in the morning (1 point)
 - Any other one (0 points)
4. How many cigarettes do you smoke each day?
 - 10 or fewer (0 points)
 - 11 to 20 (1 point)
 - 21 to 30 (2 points)
 - 31 or more (3 points)
5. Do you smoke more during the first few hours after waking up than during the rest of the day?
 - Yes (1 point)
 - No (0 points)
6. Do you still smoke if you are so sick that you are in bed most of the day or if you have a cold or the flu and have trouble breathing?
 - Yes (1 point)
 - No (0 points)

Scoring: 7–10 points = highly dependent; 4–6 points = moderately dependent; less than 4 points = minimally dependent.

Medications for tobacco dependence

- **Over-the-counter (OTC)** medications, such as lozenges and gum, slowly deliver nicotine to the brain and have been effective in some patients.
- **Bupropion (Wellbutrin)** is a medication originally developed and approved as an antidepressant that was also found to help people to quit smoking. This medication can be used at the same dose for either cigarette smoking or depression treatment (or both).
- **Varenicline (CHANTIX)** is a nicotine partial agonist that reduces craving for cigarettes and has been helpful in smoking cessation for many.

CPT[®] codes

- Reimbursement for smoking cessation
- CPT codes:
 - 99406: Smoking Cessation Counseling; 3 to 10 minutes
 - 99407: Smoking Cessation Counseling; 10 minutes or higher

Resources

- New York State Smokers' Quitline at **866-NY-QUITS (866-697-8487)** or visit www.nysmokefree.com. The Quitline also provides free starter kits of nicotine replacement therapy (NRT) to eligible New Yorkers. Services are free and confidential.
- Formulary
- Vaping [Guidance](#)

Questions?



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