

Subject: Tobacco Cessation Program Benefit

Revision Date: 9/26

POLICY

The Ohio State University supports health and wellness related activities for its health plan members. This program will provide adult tobacco-users, including vaping and e-cigarettes, an opportunity to quit successfully through structured individual or group programs. This benefit will also provide coverage of (FDA)-approved tobacco cessation medications according to the guidelines set forth in The Ohio State University Faculty and Staff Health Plans Specific Plan Details Document (SPD).

DEFINITIONS

Cessation: Cessation is quitting tobacco use. It encompasses user dependency, quit attempts, intention to quit, ability to stop smoking and advice from healthcare providers to quit. This indicator assesses policies that offer individuals help with quitting tobacco use.

E-cigarettes (vapes): Battery-operated devices that heat a liquid and produce an aerosol. An aerosol is a mix of small particles released in the air. Some people refer to the aerosol from an e-cigarette as “vapor.” They are also called e-cigs, vape pens, and electronic nicotine delivery systems (ENDS).

Nicotine: An addictive, poisonous chemical found in tobacco. It can also be made in the laboratory. When it enters the body, nicotine causes an increased heart rate and use of oxygen by the heart. It is also used as an insecticide.

Nicotine replacement therapy (NRT): A type of treatment that uses special products to give small, steady doses of nicotine to help stop cravings and relieve symptoms that occur when a person is trying to quit smoking. These products include nicotine gum, nicotine inhaler, nicotine nasal spray, nicotine lozenges, and nicotine patch, and some are available without a prescription. They do not contain any of the other chemicals found in tobacco products.

Over the counter: Refers to a medicine that can be bought without a prescription (doctor's order), although a prescription is required for coverage. Examples include analgesics (pain relievers), such as aspirin and acetaminophen. Also called nonprescription and OTC.

Tobacco: An agricultural product processed from the leaves of plants in the genus *Nicotiana*. It can be consumed, used as an organic pesticide, and, in the form of nicotine tartrate, it is used in some medicines.

Tobacco Use: Current and past usage; frequency and prevalence of use; amount used; and type of product used. “Use” is determined by age group, sex, income, and other demographic subdivisions (both nationally and by province/region). This indicator monitors tobacco use and effectiveness of prevention policies.

APPLICABILITY

The policy applies to all OSUHP benefit plans.

POLICY GUIDELINES

Tobacco cessation services are covered through the Medical Plan and limited to individuals 18 years of age or older. Services are paid at 100%. Over-the-counter nicotine replacement therapy (NRT) and prescription cessation medications (e.g., Chantix) are paid at 100% through the Prescription Drug Benefit. There is a limit of 180 days’ supply per rolling 365-day period for the zero-dollar copay on smoking cessation products. Prescriptions processed after an 180-day supply has been obtained are assigned the standard copay. See the Prescription Drug Benefit section of the SPD for additional information. A prescription must be obtained from a physician or nurse practitioner for all tobacco cessation products. Free cessation services can be obtained through Health Coaching at OSU Health Plan by calling 614-292-4700 or 800-678-6269.

Support services are available through the following programs:

- [OSU Wexner Medical Center Smoking Cessation](#)

- [Tobacco Free Ohio State – Tobacco Cessation and Stress Management Resources](#)

Smoking cessation services provided by a behavioral health provider are covered at the same rate that behavioral health services are covered per member plan. (Please note: The coverage and deductible amounts vary from plan to plan).

EXCLUSIONS

The following services are not covered by OSUHP:

- Tobacco cessation services for individuals under the age of 18.
- Over the counter nicotine replacement therapy without a prescription.

CODES

The following services are covered through the medical benefit when billed with ICD-10 code **F17.XXX**:

CPT Code	Description
96156	Health behavior assessment, or re-assessment (i.e., health-focused clinical interview, behavioral observations, clinical decision making)
96158	Health behavior intervention, individual, face-to-face; initial 30 minutes
96159	Health behavior intervention, individual, face-to-face; each additional 15 minutes (List separately in addition to code for primary service)
96164	Health behavior intervention, group (2 or more patients), face-to-face; initial 30 minutes
96165	Health behavior intervention, group (2 or more patients), face-to-face; each additional 15 minutes (List separately in addition to code for primary service)
96167	Health behavior intervention, family (with the patient present), face-to-face; initial 30 minutes
96168	Health behavior intervention, family (with the patient present), face-to-face; each additional 15 minutes (List separately in addition to code for primary

	service)
96170	Health behavior intervention, family (without the patient present), face-to-face; initial 30 minutes
96171	Health behavior intervention, family (without the patient present), face-to-face; each additional 15 minutes (List separately in addition to code for primary service)
99406	Smoking and tobacco use cessation counseling visit, intermediate, greater than 3 minutes up to 10 minutes
99407	Smoking and tobacco use cessation counseling visit; intensive, greater than 10 minutes
99605	Medication therapy management service(s) provided by a pharmacist, individual, face-to-face with patient, with assessment and intervention if provided; initial 15 minutes, new patient
99606	Medication therapy management service(s) provided by a pharmacist, individual, face-to-face with patient, with assessment and intervention if provided; initial 15 minutes, established patient
99607	Medication therapy management service(s) provided by a pharmacist, individual, face-to-face with patient, with assessment and intervention if provided; each additional 15 minutes (List separately in addition to code for primary service)

REFERENCES

CDC. (2024). *About E-Cigarettes (Vapes)*. <https://www.cdc.gov/tobacco/e-cigarettes/about.html>. CDC.

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NIH. (n.d.) *Nicotine*. <https://www.cancer.gov/publications/dictionaries/cancer-terms/def/nicotine>.

NIH. (n.d.) *Nicotine replacement therapy*. <https://www.cancer.gov/publications/dictionaries/cancer-terms/def/nicotine-replacement-therapy>.

NIH. (n.d.) *Over-the-counter*. <https://www.cancer.gov/publications/dictionaries/cancer-terms/def/over-the-counter>.