

## PEIA

### **Tobacco Cessation Program – Plans A & B**

PEIA PPB Plans A & B provide benefits for participants who wish to quit smoking or using smokeless tobacco products. Only those members who have been paying the Standard (tobacco-user) premium are eligible for the Tobacco Cessation benefit. If you signed an affidavit claiming to be tobacco-free, you will be declined the Tobacco Cessation benefit.

To access the benefits, simply visit your medical home/primary care provider. PEIA will cover an initial and follow-up visit to your physician or nurse practitioner. PEIA covers both prescription and non-prescription tobacco cessation medications if they are dispensed with a prescription.

PEIA will cover a total of 12 weeks of drug therapy, even if more than one type of therapy is used. If extended therapy is required, the provider must submit a written appeal to the Director of PEIA with proof of medical necessity.

You can use the benefit (office visits and prescriptions) once per year (rolling 12-month period) with a maximum of three attempts per lifetime.

For pregnant participants, PEIA will provide 100% coverage for the tobacco cessation benefit during any pregnancy.

#### **Payment Level**

PEIA will cover an initial and follow-up visit to your physician or nurse practitioner with the applicable office visit copayment. Nicotine patches are covered at no cost to the patient (deductible and copayments are waived) when prescribed by a physician and purchased at a network pharmacy. Other prescription and over-the-counter cessation medications are covered under the prescription drug plan with the applicable generic, preferred or non-preferred prescription copayments after the deductible is met.

**\*\*\*IMPORTANT NOTE:** Once tobacco-free for six months, not only are you leading a healthier lifestyle, you have the ability to greatly reduce your benefits premiums for both health insurance and life insurance. See your Benefits Representative, Teresa Noll, should you become tobacco-free to start saving. You may also review the PEIA Shopper's Guide or Summary Plan Description for more detailed information on possible premium rate reductions.

The following is an example of the cost savings impact to applicable benefits if you are a tobacco user who becomes tobacco-free:

<b>Health Insurance Rate Comparison</b>					
Salary Range	Coverage	PEIA Plan A (Monthly)	PEIA Plan A (Monthly) Tobacco Free	PEIA Plan B (Monthly)	PEIA Plan B (Monthly) Tobacco Free
\$36,001 - \$42,000	Employee Only	\$93.00	<b>\$68.00</b>	\$68.00	<b>\$43.00</b>
	Employee & Child(ren)	\$166.00	<b>\$116.00</b>	\$107.00	<b>\$57.00</b>
	Family	\$272.00	<b>\$222.00</b>	\$207.00	<b>\$157.00</b>
	Family with Employee Spouse	\$210.00	<b>\$160.00</b>	\$155.00	<b>\$105.00</b>
<b>Life Insurance Rate Comparison</b>					
Age	Amount of Coverage Plan 6	Tobacco User (Monthly)	Tobacco Free (Monthly)		
35-39	\$50,000.00	\$6.00	<b>\$4.00</b>		

## **Flexible Spending Account - Eligible Expenses:**

- Smoking Cessation programs/treatments
- Prescription drugs to alleviate nicotine withdrawal symptoms

## **WV Tobacco Cessation Program - Quitline** ***A Department of Health & Human Resources initiative***

[www.bebetter.net/wvquitline\\_home.html](http://www.bebetter.net/wvquitline_home.html)

***“The mission of the West Virginia Division of Tobacco Prevention is to achieve a tobacco-free West Virginia and to reduce the health and economic consequences attributable to tobacco at the state and community level.”***

**The program has assisted more than 50,000 enrollees since 2000.**

### **Services**

When you call the Quitline, their staff will assist you in determining your needs. Their phone coaches are trained professional health educators certified in smoking and tobacco cessation. A staff member will provide you with one-on-one personal support that can help you quit.

**Participants are invited to choose from the following services:**

- Information and materials on quitting tobacco
- Pharmaceutical support
- Individual phone coaching
- A combination of the services above

Call 1-877-966-8784 and get signed up today or visit [www.bebetter.net/wvquitline\\_enrollmentrequestonline.html](http://www.bebetter.net/wvquitline_enrollmentrequestonline.html) to place an enrollment request online.

Testimony from a successful participant of the program – Beaver, West Virginia

“I used to smoke. I quit because I didn’t want to tell my children someday that I was sick or terminally ill because I kept choosing to smoke. How do you tell your children that you chose cigarettes over time with them?”

The WV Quitline was my last opportunity and I had to seize it. Once I quit, I found out there’s freedom, there’s happiness in not smoking. This is the lifestyle that I want to lead. The WV Quitline is my hero.”

## Centers for Disease Control and Prevention

“How to Quit – Smoking & Tobacco Use”

[http://www.cdc.gov/tobacco/quit\\_smoking/how\\_to\\_quit/index.htm](http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm)

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## National Cancer Institute (NCI)

[www.smokefree.gov](http://www.smokefree.gov)

877-44U-QUIT –OR- 800-QUITNOW



Nicotine Replacement Therapy information (NT) through  
[smokefree.gov](http://www.smokefree.gov) (NCI)

<http://www.smokefree.gov/medication-guide.aspx>