

# 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 therapy and treatment aid(s) approved by the Food and Drug Administration (FDA):**

## THERAPY:

- Individual counseling
- Group counseling
- Telephone counseling

**AND**

## MEDICATIONS:

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

**AND/OR**

## NICOTINE REPLACEMENT THERAPIES (NRTs):

- Patch
- Gum
- Lozenge
- Inhaler
- Nasal spray

## MEDICAL ASSISTANCE AND MINNESOTACARE

These programs cover:

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

### Legend

- = Covered
- = Coverage Varies by Plan

**Talk to a pharmacist for free medications.**

**NO DOCTOR'S VISITS REQUIRED**

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



For more information, call the number on the back of your health insurance card or call 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 Gum
- NRT Patch
- NRT Nasal Spray
- NRT Lozenge
- NRT Inhaler
- Varenicline (Chantix®)
- Bupropion (Zyban®)
- No Tobacco Surcharge
- Individual Counseling
- Group Counseling
- Phone Counseling

**COST:** There will be no copayment for counseling and medications.



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. Visit [QuitPartnerMN.com](http://QuitPartnerMN.com) or 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 women

**2X** DOUBLE YOUR CHANCES OF QUITTING

The graphic consists of an orange, irregular shape containing the text "2X" in a large, bold, white font, followed by "DOUBLE YOUR CHANCES OF QUITTING" in a smaller, white, uppercase font.

THE  
AMERICAN INDIAN  
**QUITLINE**  
CALL 1-833-9AI-QUIT  
AIQUIT.COM



### American Indian Quitline

The American Indian Quitline is available for any participants that identify 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.

The logo for My Life, My Quit features the words "MY LIFE" in green and "MY QUIT" in purple, with a small yellow star above the word "MY".

### AMERICAN LUNG ASSOCIATION RESOURCES

#### Freedom From Smoking®



The American Lung Association's Freedom From Smoking® Online can provide support and build your coping skills to help you live without nicotine. Go to [FFSonline.org](http://FFSonline.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 you.



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.

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