

U.S. OFFICE OF PERSONNEL MANAGEMENT

SPECIAL INITIATIVES QUIT SMOKING

There has never been a better time to quit smoking. All FEHB plans now offer 100% coverage to help you quit once and for all.

Smokers who quit greatly reduce their risk for disease and premature death, improve their health and quality of life, and increase their life expectancy. Quitting tobacco results in both immediate and long-term health benefits. While health benefits are greater for smokers who stop at earlier ages, cessation is beneficial at all ages. Quitting smoking is the single most important action that smokers can take to protect their own and their families' health. For pregnant women, quitting smoking greatly increases the chances that they will give birth to a healthy baby.

For more information visit [Centers for Disease Control and Prevention](#) or [Smokefree website](#).

Frequently Asked Questions

- **What is the FEHB tobacco cessation benefit?**

Beginning in plan year 2011, all FEHB plans must cover:

- Four tobacco cessation counseling sessions of at least 30 minutes for at least two quit attempts per year. This includes proactive telephone counseling, group counseling and individual counseling.
- All 7 Food and Drug Administration (FDA) -approved tobacco cessation medications with a doctor's prescription.
- These benefits must be provided with no copayments or coinsurance and not subject to deductibles, annual or life time dollar limits.

- **Do I have to be covered under an FEHB Program health plan to have access to the benefit?**

Yes. Anyone covered under an FEHB Program health plan (including covered family members for those with a Self and Family enrollment) can take advantage of the benefit. If you are not enrolled in an FEHB Program health insurance plan you and your family members will not have access to the benefit. You may enroll in an FEHB Program health plan during the annual Open Season. Open Season will be held this year from November 11, 2013 through December 9, 2013 . If are already enrolled in FEHB, you do not need to take any action to take advantage of the tobacco cessation benefit .

- **How can the new tobacco cessation benefit help me quit for good?**

With the new tobacco cessation benefit you don't need to "go it alone" to quit. Quitting smoking can be very difficult. Most smokers try to quit several times before succeeding. Those trying to quit may relapse because of stress, weight gain, and withdrawal symptoms such as irritability, anxiety, difficulty concentrating, and increased appetite.

However, your FEHB benefit can help! The benefit gives you access to proven cessation treatments that can ease withdrawal symptoms and help you succeed in quitting.

Different medications and different forms of counseling work for different people. One size doesn't fit all. Now you have options available to find the specific treatment or combination of treatments that best suits your needs and gives you the best chance of quitting for good.

- **What drugs are covered under the benefit?**

The 7 FDA-approved covered medications are:

- Bupropion SR
- Nicotine gum
- Nicotine inhaler
- Nicotine lozenge
- Nicotine nasal spray
- Nicotine patch
- Varenicline

- **Do I need a prescription to receive over-the-counter medications with no copays or coinsurance?**

Yes, in order to receive over-the-counter drugs with no copays and coinsurance, you must get a prescription from your doctor or receive the drugs as part of a plan-approved tobacco cessation program. For more information contact your health plan or consult your [plan's brochure](#).

- **How can I find out what providers I can use and how to get medication?**

For more information on how to access the benefit contact your health plan or consult your [plan's brochure](#).

- **Does the benefit cover smokeless tobacco?**

Yes. The benefit covers treatment for all forms of tobacco use, including cigarettes, snuff, and chewing tobacco.

- **Will I have access to the benefit no matter what FEHB plan I am enrolled in?**

Anyone covered under the FEHB Program can take advantage of the benefit. No matter what plan you choose for next year, the plan will provide comprehensive coverage.

- **Are there any other resources available to help me quit?**

For support in quitting, including free quit coaching, a free quit plan, free educational materials, and referrals to local resources, call 1-800-QUIT-NOW (1-800-784-8669); TTY 1-800-332-8615.

Related Information

- [FEHB Tobacco Cessation Case Study \(PDF file\)](#)

New Benefits Package

