

TOBACCO CESSATION SURCHARGE AND PROGRAM OFFERINGS

What do I need to do?

Caregivers who are enrolled in the INTEGRIS Health medical plan but did not actively complete their 2021 Open Enrollment will need to provide **Employee Wellness** with a note from their Primary Care Provider that they are not and have not been a tobacco user in order to waive the Tobacco Surcharge. Covered spouses must also provide this information.

Caregivers and covered spouses who are tobacco users but want to enroll in a program in order to avoid the surcharge may choose one of three Tobacco Cessation Program options to complete: (1) INTEGRIS Health Certified Tobacco Treatment Specialist; (2) the OKLAHOMA TOBACCO HELPLINE; or (3) through the development of a tobacco cessation plan with your medical provider. Once you decide which you would like to complete, please submit the **Tobacco Cessation Form**.

Below is a brief description of each program (note: completion of a program does not require that you quit using tobacco, only that a quit attempt has been made). Each cessation option is offered at **no cost**.

- **Tobacco Treatment Specialist** – meet with the specialist a minimum of four (4) times (in person or over the phone). Your specialist will send Employee Wellness a report once you have completed the guidelines.
- **1.800.QuitNow** – complete four (4) calls with your quit coach. Please note: the initial intake call is not counted toward one your calls. 1.800 will send Employee Wellness a report once you have completed the guidelines.
- **Physician Plan** – meet with your Primary Care Provider and develop an individualized quit plan. You also need to submit your signed Tobacco Cessation – Physician Plan and supporting documentation to Employee Wellness (documentation of your quit plan you develop with your physician). Please note, missing paperwork or incomplete forms will not be considered for approval.

What happens next?

By March 31st, 2021: Completion of a Tobacco Cessation Program or providing applicable PCP note will remove the Tobacco Surcharge going forward as well as reimbursement for previous pay periods back to January 2021.

After March 31st, 2021: Completion of a Tobacco Cessation Program or providing applicable PCP note will remove the Tobacco Surcharge going forward, but no reimbursement for previous pay periods is available.

New hires and Change in Status caregivers will have 90 days from their hire/change in status date to qualify for reimbursement upon surcharge removal. No reimbursement is available after 90 days, but the surcharge will be waived for future pay periods.

What is covered?

Under the INTEGRIS Health Medical Plan, tobacco cessation products are covered under the Preventive Care benefits. This means the annual deductible is waived, and the Plan pays 100% of costs for covered items.

Our Plan allows for up to two (2) treatment courses in a rolling 365-day period. A treatment course is considered twelve (12) weeks.

The caregiver or covered spouse have to fill prescriptions through an INTEGRIS Health pharmacy or another network pharmacy.

Over-the-counter products (OTCs) for smoking cessation are available through the prescription drug benefit, as well. The caregiver or covered spouse will need to get a prescription from their physician and present it at an INTEGRIS Health or another network pharmacy to have it filled. There should be no copay required at the point of sale when it runs through the insurance card.

Through the INTEGRIS Health Medical Plan, the Nicotine Transdermal Systems (patches) that are covered are: Nicotrol OTC, Nicoderm CQ-OTC and Nicotine Transdermal – Rx. There are also specified gums, lozenges, nasal sprays, and prescription medications (Zyban and Chantix) that are covered.

Questions?

Please contact Employee Wellness at Employee.Wellness@integrisok.com.