



2019 / 2020

Tobacco Program Guidelines

Research shows that sustained use of nicotine products and prolonged exposure to tobacco smoke creates significant health risks. Data supports that tobacco dependence may require repeated attempts to quit and the use of multiple interventions. However, effective treatments exist that can increase long-term abstinence¹.

Manatee Your Choice Health Plan remains firmly committed to supporting the health and well-being of our members. In keeping with that commitment, the 2019/2020 Tobacco Program Guidelines will establish the following requirements:

Program options to enhance motivation to quit while meeting qualifying requirements. Programs include:

- Ultimate Plan Early Upgrade will be offered to members who complete 2 negative lab draws a minimum of 90 days apart and medical qualifying events. Members will be eligible to upgrade early without waiting for the new plan year. See details on page 3.
- Known nicotine-exposed members who quit and qualified for the 2018 and 2019 Ultimate Plan will be required to verify continued nicotine-free status with a lab draw using QE labs by 8/31/2019. See details on page 2.
- Resources to help you quit. See details on page 5&6:
 - Tobacco Cessation Clinic
 - Tobacco Cessation Aids
 - One-on-One Coaching
- Tobacco Program Qualifying Events:
 - Face-to-face Classes
 - Online Class
 - Florida Quit Line – over the phone coaching

The following Tobacco Program Requirements are offered to all members of the Your Choice Health Plan as a Healthy Lifestyle Initiative and apply to those adults age 19 or older who desire to qualify for the Ultimate or Best Plan.

1. PURPOSE:

- a. These requirements apply to all members 19 years of age and older enrolled in the Manatee Your Choice Health Plan as it relates to nicotine exposure. Any member who can be considered nicotine-exposed (refer to definitions below) is subject to the terms of these requirements.

2. DEFINITIONS:

a. Nicotine Exposed:

Any member who has completed a Tobacco Qualifying Event in the previous or current Qualifying Event Period who has not shown evidence of being nicotine free by completing Ultimate Plan Early Upgrade process.

and/or

Any member who has tested positive for cotinine, including members exposed thru direct tobacco product use, ⁱⁱ and/or exposed through the use of nicotine replacement therapies ⁱⁱⁱ and/or electronic nicotine delivery systems (e-cigarettes).

and/or

Any member identified as using a pharmacological intervention for tobacco cessation and has not shown evidence of being nicotine free.

and/or

Any member who uses a nicotine product regardless of method and frequency of use.

b. Cotinine:

Cotinine is a chemical that is made by the body from nicotine, which is found in tobacco products. People who do not use nicotine products or who are not exposed to environmental tobacco smoke should not have measurable cotinine. Manatee Your Choice Health Plan establishes cotinine level through a blood draw to determine eligibility for the Ultimate Plan.

3. QUALIFYING REQUIREMENTS:

a. **Qualifying for the 2020 Ultimate Plan**

i. For Members who completed early upgrade in order to qualify for the 2019 Ultimate Plan and want to qualify for the 2020 Ultimate Plan:

1. These members will be required to verify their continued nicotine-free status by providing one negative cotinine lab draw at any time during the qualifying period for plan year 2020 (i.e. prior to Aug. 31, 2019).
 - a. Members must use their qualifying lab draw to verify their nicotine-free status at no charge.
2. Members are strongly encouraged to report relapse and to obtain assistance and support through Relapse Prevention Services. Members who report relapse and participate in Relapse Prevention Services will be allowed reasonable opportunity to renew a commitment to remaining nicotine-free and complete the required

verifying lab draws without penalty.

- a. Relapse Prevention Services may include individual coaching and 90 days of tobacco cessation aides at no charge. Members should contact Christina Edenfield at 941-748-4501 x6464 or cedenfield@manateeyourchoice.com for additional requirements.
 3. Members who do not submit the required negative blood draw during the qualifying period for plan year 2020 or participate in Relapse Prevention Services will be considered nicotine-exposed. These members will need to participate in a tobacco qualifying event during the qualifying period for plan year 2020 (due by 8/31/2019) to be eligible for the Best Plan for 2020.
 4. Members who quit and qualified for the 2019 Ultimate Plan who do not submit one negative blood draw and who do not participate in a tobacco qualifying event will not be eligible for the 2020 Best or Ultimate Plans.
- ii. For Members who want to become nicotine-free and eligible for the Ultimate Plan in 2019 and 2020:
1. Absence of nicotine/cotinine will be verified by 2 negative lab draws a minimum of 90 days apart; this will be considered the “Tobacco Qualifying Event” (Tobacco QE’s). Members must contact Christina Edenfield at 941-748-4501 x6464 or cedenfield@manateeyourchoice.com to get started.
 2. Medical Qualifying Events (qualifying comprehensive lab panel, wellness exam, age-based screenings and Blueprint HRA) will be waived for members who have completed Medical Qualifying Events:
 - a. Within the last Qualifying Year **or**
 - b. Within the last Calendar Year
 - c. Members who need to complete Medical QE’s will be required to do so within the 90-day lab testing window.
 3. Members who have met the first two criteria will be allowed an early upgrade to the Ultimate Plan effective the first day of the month following successful completion of 2 negative lab draws and medical qualifying events.
 4. Members who are allowed an early upgrade will be required to again verify their nicotine-free status with a negative lab draw during the following qualifying year (September 1 – August 31).
 5. These Guidelines do not apply to members who are not known to be nicotine-exposed.

6. A nicotine exposed member wishing to be eligible for the Ultimate Plan, must contact Christina Edenfield at 941-748-4501 x6464 or cedenfield@manateeyourchoice.com in order to get started.
 7. Costs for requested lab draws will be determined by the member's plan level schedule of benefits. The cost of the lab is around \$90-\$100; the exact cost is based on Quest and Aetna's contracted rates. If the deductible has not been met, the member will be responsible for the entire cost. If the deductible has been met, then the member will be responsible for a coinsurance percentage based on their plan level (Best – 20%; Better – 25%; Basic – 50%).
 8. Any member testing positive for cotinine will not be eligible for the Ultimate Plan.
 9. Any member showing absence of nicotine to qualify for the Ultimate Plan agrees to and is subject to future cotinine testing to verify compliance with non-nicotine use throughout the Qualifying and/or Plan Year.
- iii. Self-Identified New Enrollee, Quit and Wanting to Early Upgrade – Benefits Effective Date 1/1/19 and After
1. New Enrollee who self-identified on EHB paperwork and is not 90 days free from nicotine, has quit and is requesting early upgrade will be required to:
 - a. Complete 2 negative cotinine lab draws 90 days apart (QE lab and/or ordered by Tobacco Cessation Program Advocate), then
 - b. Be upgraded to ULTIMATE the 1st of the month following 2nd negative cotinine lab

b. Qualifying for the 2020 Best Plan

- i. In order to be eligible for the Best Plan, nicotine-exposed members must complete one of the 3 approved Tobacco Program Qualifying Events during the qualifying period. Certificates of Completion for the quit line QE option must be received prior to August 31st 2019. See Tobacco Cessation Program Options and Course Schedule flyer.
 1. Tobacco Cessation Face-to-Face Class
 2. Tobacco Cessation Online Class
 3. Florida Quit Line

c. Qualifying for the 2020 Better or Basic Plan

- i. Nicotine-exposed members choosing the Better or Basic Plans are not required to complete a Tobacco Qualifying Event.
- ii. For members newly identified as nicotine-exposed through qualifying lab draw

1. Cotinine lab results of qualifying lab draws are monitored on a scheduled basis for compliance with Program Guidelines.
2. Members who are newly identified through qualifying lab draw who are adult members of Manatee YourChoice Health Plan will need to complete a tobacco qualifying event between 9/1/18 – 8/31/19 to be eligible for the 2020 Best Plan. The plan level of these members will be adjusted to the **Better Plan** effective the month following the positive lab draw.
3. Members who are newly identified by a positive cotinine result on qualifying lab draw will be considered nicotine-exposed and subject to the terms of the Tobacco Program Guidelines for purposes of future qualifying.

4. GENERAL GUIDELINES

- a. Any member disputing the results of any cotinine test may request a retest. The member agrees to retest within 48 hours of contact with Tobacco Program Coordinator, Christina Edenfield at 941-748-4501 x6464.
- b. Members who fail to report that they started using nicotine-containing products and identified by QE labs will be downgraded to the Best plan effective the month following their positive lab draw.
- c. Members who report they started using nicotine-containing products will be placed in the Best plan effective the month following their reported nicotine status change.

5. RESOURCES TO HELP MEMBERS QUIT

a. **Tobacco Cessation Aids**

- i. Manatee YourChoice Health Plan offers numerous tobacco cessation aids to assist with opportunities to quit. They include Nicotine Replacement Therapy (patch, gum and lozenge), Bupropion (Wellbutrin), Varenicline (Chantix). Electronic cigarettes are not an approved tobacco cessation aid and are not covered.
- ii. All covered tobacco cessation aids will be provided free of charge to **nicotine-exposed members** of Manatee YourChoice Health plan.
- iii. Members must contact Tobacco Advocate Christina Edenfield at 941-748-4501 x6464 or cedenfield@manateeyourchoice.com for instruction and authorization of all covered tobacco cessation aids.

b. **Tobacco Cessation Clinic**

- i. Tobacco Cessation Clinic: A personalized coaching program that includes medication assessment and prescriptions. Contact Christina Edenfield at 941-748-4501 x 6464 or

cedenfield@manateeyourchoice.com to get started. Following an assessment of your specific needs and circumstances, you will be provided with a prescription for the most appropriate medication for you.

c. One-on-One Coaching

- i. Receive 5 sessions of individualized coaching with a Licensed Mental Health Counselor (LMHC). For more information contact Christina Edenfield at 941-748-4501 x6464 or cedenfield@manateeyourchoice.com.

Termination for failure to cooperate- Benefit Plan Document

If a covered person knowingly gives or allows to be given to the Plan Sponsor or its representatives incorrect or incomplete information about himself or herself, or another covered person, the coverage of the Covered Person who gave the information or on whose behalf it was given may be terminated upon thirty (30) days written notice from the Plan Sponsor. The covered Person shall be responsible for all costs incurred by the Plan because of misrepresentation.

i Treating Tobacco Use and Dependence. Clinical Practice Guideline 2008 Update; US Dept of Health and Human Services Public Health Service, May 2008.

ii An update of the Report of the US Surgeon General on the health consequences of involuntary Exposure of Tobacco Smoke concluded that “there is no risk-free level of exposure to secondhand smoke” (Journal of Health and Productivity, V.2, Number 2; Oct 2007, pg 17).

iii Cotinine testing cannot differentiate the source of nicotine exposure. Because the health effects of long term exposure to nicotine cannot be verified by current research, we believe it is best practice to eliminate any exposure to nicotine.