Tobacco Treatment Reimbursement Guide

A Guide for Kentucky Mental and Behavioral Healthcare Providers

Tobacco Use and Mental Illness

- People living with mental illnesses (MI) are 2-3 times more likely to use tobacco than the general population.^{1, 2}
- People living with MI suffer disproportionate rates of tobacco-related illnesses such as cancer, lung, and cardiovascular disease.³
- Life expectancy is reduced by up to 15-25 years among tobacco users living with MI compared to the general population.
- Kentucky continues to rank highest among the states in the nation for tobacco use prevalence with nearly 42% of people living with MI being current tobacco users.
- Although approximately 70% of people who use tobacco want to stop, tobacco use continues to be the leading cause of preventable death and disability among people living with MI.

Barriers to Tobacco Treatment

- Systematic barriers to providing tobacco treatment in clinical settings include insufficient training and education, misconceptions by providers about tobacco treatment, inadequate health information technology, insufficient time to engage patients in treatment, and lack of reimbursement for tobacco treatment.
- Among behavioral healthcare providers, barriers include: competing priorities, complex staffing and cross-discipline coordination, believing that tobacco treatment is not a behavioral health issue, and feeling inadequately prepared or trained to deliver tobacco treatment.
- Kentucky Medicaid allows only two attempts to stop tobacco use per year (with each attempt covering up to four counseling sessions), yet, people living with MI often require more intensive treatment approaches.

Resources

Coverage

Kentucky law requires that all health benefit plans must provide coverage for FDA-approved cessation medications and all forms of tobacco treatment services, for a total of up to 8 sessions annually. 10

Tobacco Treatment Specialist Training

The University of Kentucky BREATHE program offers an online Tobacco
Treatment Specialist training which is accredited by the Association for Treatment of Tobacco Use Disorders (ATTUD).

UK BREATHE TTS Training:

https://www.uky.edu/breathe/tobacc o-treatment/tobacco-treatmentspecialist-training

National Certificate in TT Practice: https://www.naadac.org/NCTTP

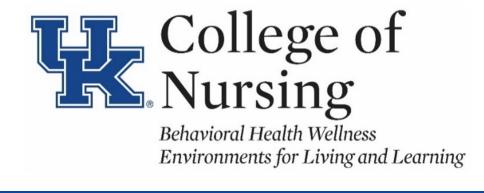
Accredited TT Training Programs:
https://ctttp.org/accreditedprograms/

Providers may refer clients to these covered tobacco dependence treatment programs:



- Freedom from Smoking Online:
 https://www.freedomfromsmoking.org/
- Kentucky's Tobacco Quitline:
 https://www.quitnowkentucky.org/en-US/
- Quit Now Kentucky:
 https://www.get-quit.com/

- Become an Ex: http://www.becomeanex.org/
- My Last Dip: http://mylastdip.com/



Kentucky Medicaid & MCO Tobacco Treatment Benefits

	Dosage	Fee for Service 1-800-635-2570	Aetna Better Health of KY 1-855-300-5528	Anthem 1-855-661-2028	Humana CareSource 1-855-743-1242	Passport 1-877-903-0082	WellCare 1-866-635-7045
Nicotine	7mg	Yes w/ Rx	Yes w/ Rx	Yes w/ Rx	Yes w/ Rx	Yes w/ Rx	Yes w/ Rx
Transdermal	14mg	Yes w/ Rx	Yes w/ Rx	Yes w/ Rx	Yes w/ Rx	Yes w/ Rx	Yes w/ Rx
Patches	21mg	Yes w/ Rx	Yes w/ Rx	Yes w/ Rx	Yes w/ Rx	Yes w/ Rx	Yes w/ Rx
Nicotine Gum		Yes w/ Rx	Yes w/ Rx	Yes w/ Rx	Yes w/ Rx	Yes w/ Rx	Yes w/ Rx
Nicotine Lozenge		Yes w/ Rx	Yes w/ Rx	Yes w/ Rx	Yes w/ Rx	Yes w/ Rx	Yes w/ Rx
Nicotine Inhaler		Yes w/ PA	Yes w/ Rx	Yes w/ Rx	Yes w/ PA	Yes w/ PA	Yes w/ PA
Nicotine NS Spray		Yes w/ PA	Yes w/ Rx	Yes w/ PA	Yes w/ PA	Yes w/ PA	Yes w/ PA
Buproprion SR	150mg	Yes w/ Rx	Yes w/ Rx	Yes w/ Rx	Yes w/ Rx	Yes w/ Rx	Yes w/ Rx
Buproprion XL	150mg	Yes w/ Rx	Yes w/ Rx	Yes w/ Rx	Yes w/ Rx	Yes w/ Rx	Yes w/ Rx
	300mg	Yes w/ Rx	Yes w/ Rx	Yes w/ Rx	Yes w/ Rx	Yes w/ Rx	Yes w/ Rx
Chantix	0.5mg	Yes w/ Rx	Yes w/PA	Yes w/PA	Yes w/ Rx	Yes w/ Rx	Yes w/ Rx
	1.0mg	Yes w/ Rx	Yes w/PA	Yes w/PA	Yes w/ Rx	Yes w/ Rx	Yes w/ Rx
		Providers	should review specific health	plans for quantity limits v	which vary and are subject to c	hange.	

Billing Codes

In accordance with Public Health Service 2008 Guidelines, Kentucky Medicaid will allow two (2) individual tobacco cessation counseling attempts per year and each attempt can include up to four (4) intermediate or intensive sessions, for a maximum benefit of eight (8) sessions per year.

HCPCS/CPT Code	Type of Counseling	Description		
99407	Intensive	Smoking and tobacco use cessation counseling visit is greater than ten (10) minutes		
99381-99397	Preventive medicine services	Comprehensive, preventive evaluation based on age and gender to include appropriate history, examination, counseling/anticipatory guidance, risk factor reduction interventions, and related plan of care		
99078	Physician educational services	Group setting (e.g., prenatal, obesity, diabetes)		

Suggested Tobacco-related ICD-10 CM Diagnosis Codes	Description			
F17.20	Tobacco use disorder			
099.33	Tobacco use disorder complicating pregnancy, childbirth, or puerperium			
T65.2	Toxic effect of tobacco and nicotine			

Recommendations to Enhance Services

- Tobacco treatment programs that often work for individuals without MI, may not fully support individuals living with MI.
 - Tailored tobacco treatment programs with longer durations (greater than 3 months) combining pharmacotherapy with behavioral therapy are necessary to optimize success.
- Increase access and availability of tobacco treatment services for people living with MI.
 - Currently, tobacco cessation coverage and reimbursement allows up to two cessation attempts per year (eight sessions total). However, on average, more than six quit attempts are necessary for successful cessation. We recommend increasing the allowances for cessation attempts to at least eight counseling sessions per quit attempt for those living with MI.
- We recommend recognizing all certified Tobacco Treatment Specialists as providers who can bill for their services.
 - Currently, tobacco treatment specialists are not among the list of clinicians who can bill for tobacco treatment services.
- We recommend that Medicaid require tobacco treatment services be billed separately, decoupled from bundled services in mental and behavioral healthcare systems.

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