

Want to Quit Tobacco?

Treatments to Help You are Covered in Health Insurance

Most health insurance plans are now required to cover medications and counseling to help you quit tobacco.

Proven-effective treatments that are covered by most plans include:

Medications

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

Counseling

- Individual quit-tobacco counseling (one-on-one with a healthcare provider)
- Group quit-tobacco counseling (a class or group clinic setting)
- Phone quit-tobacco counseling (discussion with a trained counselor over the phone)

Many plans must cover these treatments at no cost to the patient as a preventive service.

Check your plan or your potential plan's formulary or drug list to see which medications are covered. Read the member handbook or other materials to determine what counseling is covered. If you can't find this information, call the customer service number provided and ask what tobacco cessation treatments the plan covers.

If you'd like to speak to someone immediately about quitting tobacco, call the American Lung Association's LungHelpLine at 1-800-LUNGUSA or your local quitline at 1-800-QUITNOW to speak to a trained counselor. You can also visit [FreedomFromSmoking.org](https://freedomfromsmoking.org) for help online.