

UT SELECT Smoking Cessation: Make A Commitment, Be Successful and Be Healthy!

UT SELECT's smoking cessation benefit provides coverage for programs which include visits with a cessation coach or that feature a structured routine in an outpatient/office setting (excluding hypnosis and acupuncture).

Smoking Cessation Benefits

Participants receiving treatments from qualified programs:

- can receive up to 20 smoking cessation program visits per plan year
- pay the lesser of the office visit co-payment or the allowable charge
- do not have to meet the annual \$250 deductible or pay co-insurance for the program

Medication Coverage:

UT SELECT (through Medco) also covers certain smoking cessation program prescription medications:

- Chantix - a maximum of 180 day supply allowed in any 365 day period. Chantix is currently listed as a formulary medication and will charge out at the lower preferred brand co-payment.
- Nicotrol Inhaler - a maximum of 90 day supply allowed in any 365 day period. The Nicotrol Inhaler is currently listed as a formulary medication and will charge out at the lower preferred brand co-payment.
- Zyban - a maximum of 90 day supply allowed in any 365 day period. Zyban is currently listed as a non-formulary medication and will charge out at the highest patient co-payment.
- Nicotrol Nasal Spray - a maximum of 90 day supply allowed in any 365 day period. Nicotrol Nasal Spray is currently listed as a non-formulary medication and will charge out at the highest patient co-payment.

While UT SELECT does not provide coverage for over-the-counter smoking cessation aids, your UT FLEX plan will. Learn more about UT FLEX at <http://www.utsystem.edu/benefits/utflex>

How To Get Started

To locate available smoking cessation programs, check with your physician, contact the American Lung Association or search the internet for smoking cessation programs in your community.

Once you have identified a specific program, contact Blue Cross Blue Shield Customer Service at (866) 882-2034 to determine how benefits will be applied to your program. Have the specific details available when you call BCBSTX so that the Customer Service Representative can provide you with comprehensive assistance.

Additional Resources

American Lung Association Freedom From Smoking Online: www.ffsonline.org

American Cancer Society: www.cancer.org

Smoke Free: www.smokefree.gov