

Tobacco Cessation Factsheet and Q&A DoD Effort

- Successful use of tobacco cessation programs will improve the health of the Federal workforce and families.
- The Federal Employees Health Benefits (FEHB) Program covers 8.2 million Federal employees, retirees and their family members. Approximately 65% of DoD Federal Employees use one of the FEHB health plans as their source of health insurance.
- Since 2011, the FEHB has provided 100% coverage of tobacco cessation treatment options, with no charge for medications and counseling.
- According to the 2013 Federal Employees Benefits Survey, 6 out of 10 current users of tobacco want to quit permanently. However, only 10.2% of them were aware of the FEHB tobacco cessation benefit.
- Most employees learn about their health benefits through email from their Agency. Federal government leaders can help spread the word about tobacco cessation benefits and all FEHB beneficiaries can contact their health plan or consult their plan's brochure for benefit details.

Q: What is the FEHB tobacco cessation benefit?

A: All FEHB plans cover:

- Four tobacco cessation counseling sessions of at least 30 minutes for at least two quit attempts per year. This includes proactive telephone counseling, group counseling and individual counseling.
- All Food and Drug Administration (FDA) approved tobacco cessation medications with a doctor's prescription.
- These benefits must be provided with no copayments or coinsurance and not subject to deductibles, annual or life time dollar limits.

Q: Does an individual have to be covered under an FEHB Program health plan to have access to the benefit?

A: Yes. Anyone covered under an FEHB Program health plan (including covered family members for those with a Self and Family enrollment) can take advantage of the benefit.

Q: Does the benefit cover smokeless tobacco?

A: Yes. The benefit covers treatment for all forms of tobacco use, including cigarettes, snuff, and chewing tobacco.

Q: Where do I find more information about the FEHB tobacco cessation benefit?

A: More information can be found at <http://www.opm.gov/healthcare-insurance/special-initiatives/quit-smoking/> and in Section 5, Educational Classes and Programs of plan brochures.