

In 2014, the Patient Protection and Affordable Care Act (ACA) began requiring insurance plans to cover many clinical preventive services. Two of the covered preventive services include:

- Tobacco use screening for adults and adolescents
- Tobacco cessation counseling for adults and adolescents who use tobacco, and expanded counseling for pregnant women

Medicare

Medicare Part B covers two levels of tobacco cessation counseling for symptomatic and asymptomatic patients: intermediate and intensive.

Two cessation attempts are covered per 12-month period. Each attempt may include a maximum of four intermediate or intensive counseling sessions. Therefore, the total annual benefit covers up to eight smoking cessation counseling sessions in a 12-month period.

The patient may receive another eight counseling sessions during a second or subsequent year once 11 full months have passed since the first Medicare-covered cessation counseling session took place. For counseling to qualify for Medicare payment, the following criteria must be met at the time of service:

- Patients must be competent and alert at the time the counseling is provided.
- Counseling must be provided by a physician or other Medicare-recognized health care professional.

Medicare no longer differentiates between symptomatic and asymptomatic patients as of October 1, 2016. Codes G0436 and G04037 were deleted that represented asymptomatic cessation counseling. According to the Medicare Preventive Services guide, Medicare suggests the use of codes 99406 and 99407.

Both symptomatic and asymptomatic patients are covered for care if they:

- Use tobacco, regardless of whether they exhibit signs or symptoms of tobacco-related disease
- Are competent and alert at the time of counseling

- Receive counseling furnished by a qualified physician or other Medicare-recognized practitioner

A notable change as of October 1, 2016 is that the copayment/coinsurance as well as the deductible for 99406 and 99407 are now waived. The Medicare beneficiary has a zero dollar out-of-pocket liability.

HCPCS/CPT Code	Type of Counseling	Description
99406	Intermediate	Smoking and tobacco use cessation counseling visit is greater than three minutes, but not more than 10 minutes
99407	Intensive	Smoking and tobacco use cessation counseling visit is greater than 10 minutes

ICD-10 CM Diagnosis Code	Description
F17.200	Nicotine dependence, unspecified, uncomplicated
F17.201	Nicotine dependence, unspecified, in remission
F17.210	Nicotine dependence, cigarettes, uncomplicated
F17.211	Nicotine dependence, cigarettes, in remission
F17.220	Nicotine dependence, chewing tobacco, uncomplicated
F17.221	Nicotine dependence, chewing tobacco, in remission
F17.290	Nicotine dependence, other tobacco product, uncomplicated
F17.291	Nicotine dependence, other tobacco product, in remission
T65.211A	Toxic effect of chewing tobacco, accidental (unintentional)
T65.212A	Toxic effect of chewing tobacco, intentional self-harm
T65.213A	Toxic effect of chewing tobacco, assault
T65.214A	Toxic effect of chewing tobacco, undetermined
T65.221A	Toxic effect of tobacco cigarettes, accidental (unintentional)
T65.222A	Toxic effect of tobacco cigarettes, intentional self-harm
T65.223A	Toxic effect of tobacco cigarettes, assault
T65.224A	Toxic effect of tobacco cigarettes, undetermined
T65.291A	Toxic effect of other tobacco and nicotine, accidental (unintentional)
T65.292A	Toxic effect of other tobacco and nicotine, intentional self-harm
T65.293A	Toxic effect of other tobacco and nicotine, assault
T65.294A	Toxic effect of other tobacco and nicotine, undetermined
T87.891	Personal history of nicotine dependence

continued

Medicaid

Many states offer some payment for individual cessation and treatment counseling for Medicaid patients. For example, the ACA requires states to expand Medicaid coverage of cessation services for pregnant women. You are encouraged to contact your state Medicaid office for coverage information in your specific state.

The Centers for Medicare and Medicaid Services encourage state partners to support smoking cessation by ensuring coverage of all FDA-approved smoking cessation medication (prescription and over-the-counter [OTC]) without a copayment requirement or other financial barrier.

Private/Commercial Insurance Carriers

Private insurers are required to provide evidence-based tobacco cessation counseling and interventions to all adults and pregnant women. Private payer benefits are subject to specific plan policies. Check with individual insurance plans to determine what specific interventions are included and the extent to which these interventions are covered.

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99407	Intensive	Smoking and tobacco use cessation counseling visit is greater than 10 minutes
S9453	Smoking cessation classes	Non-physician provider, per session
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)

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Self-pay Patients and Uninsured Patients

The following resources are for patients who do not have insurance, or who have limited insurance coverage:

- Quitline: 1-800-QUIT-NOW (1-800-784-8669)
- Flexible spending accounts, if smoking cessation is an allowable expense
- Employee assistance programs (EAPs), in some cases
- Community resources and support groups
- Out-of-pocket spending
- Online resources
 - Centers for Disease Control and Prevention
 - ◆ How to Quit: www.cdc.gov/tobacco/quit_smoking/how_to_quit/
 - ◆ Tips From Former Smokers: www.cdc.gov/tobacco/campaign/tips/
 - ◆ Quit Smoking: www.cdc.gov/tobacco/quit_smoking/
 - U.S. Department of Health and Human Services
 - ◆ Smokefree.gov: <http://smokefree.gov/>
 - ◆ SmokefreeTXT: <http://smokefree.gov/smokefreetxt>