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**Be part of the \$400,000,000 health care solution.  
Make Helping Benefit Oregon Smokers (HBOS) the Oregon standard  
of care and help tobacco users quit.**

**Oregonians save \$400 million in medical costs every time we reduce the Oregon smoking rate by one percent.<sup>1, 2</sup> Oregon has a unique opportunity to leverage the state requirement to cover smoking cessation into reduced smoking and lower health care costs by making covered benefits more effective. More effective benefits yield better results.**

## **We are on our way**

In 2010, nearly 50% of Oregon smokers tried to quit, stopping for one day or longer. Over 45% of these smokers tried an over-the-counter nicotine medication to quit and 25% tried a prescription medication to quit. But, only 11% got the recommended help from a program.<sup>3</sup> Aligning benefits with the HBOS Benefit Recommendations can help improve the effectiveness of tobacco cessation benefits. By improving benefits available for smokers **ALREADY TRYING TO QUIT**, Oregon could see positive results and a positive return on investment.

## **Join In**

All health plans, employers, brokers, health care purchasers and advocates are needed to Join In.

Start by comparing your benefit to the HBOS Recommendations (see sidebar).

- **Health Plans:** align benefits with the Recommendations and consider using the Recommendations as the basis for a standard benefit offered to all clients.
- **Employers, brokers, and purchasers:** consider using the Recommendations to guide benefit decisions.
- **Advocates:** help by promoting the Recommendations as the basis for services for all tobacco users.

## **Want more information?**

Go to [www.smokefreeoregon.com/policy](http://www.smokefreeoregon.com/policy) for more information and resources. You can also contact us directly to answer questions and to arrange a presentation for your organization.

Helping Benefit Oregon Smokers  
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## **HBOS Recommendation Highlights**

### **Outreach to tobacco users.**

- Health plans – ask about tobacco use at every visit – 15 years+ and refer tobacco users to programs.
- Employers – Identify smokers (e.g health risk appraisals) and promote use of benefits.

### **Apply evidence-based best practices.**

- Effective treatment is evidence-based and flexible.
- Have several options available alone or in combination.
- Counseling – individual, group, quit line, online services.
- Medications – prescription & non-prescription.
- Offer programs and medication benefits separately.
- Cover 16 or more program sessions annually.
- Cover 20-24 weeks of medications annually.

### **Limit barriers**

- Limit copayment to same as routine medical services or waive.
- Eliminate prior authorization to access medications.
- Eliminate program enrollment and other requirements to access medications.

### **Measure Outcomes.**

- Track quit rates for enrolled members/employees.
- Measure provider performance and member participation rates.

Download at  
[www.smokefreeoregon.com/policy](http://www.smokefreeoregon.com/policy)

## Helping Benefit Oregon Smokers (HBOS)

In 2010, a consortium of Oregon health plans and representatives from the health care community agreed on a common set of benefit design recommendations for tobacco cessation. The Helping Benefit Oregon Smokers Benefit Design Recommendations are a response to Senate Bill 734 requiring that Oregon based health plans offer at least a minimum of \$500 in coverage for tobacco dependence treatment. With this legislation, about 70% of Oregonians became eligible to receive help to quit through their health insurance plans. The Recommendations show how to bring smoking cessation benefits in line with the best science and established standard of care for tobacco cessation.

### Why an Oregon standard of care?

The science for helping people quit has advanced but not all health care benefits are aligned with what is known to be effective. Having a common set of recommendations and encouraging all health insurers and purchasers of health insurance to use them can:

- Establish a community standard that helps both doctors and patients know what treatment will be covered regardless of insurance plan.
- Increase benefit effectiveness. Smokers receiving effective treatment are 2 to 3 times more likely to quit.<sup>4</sup>
- Yield an average savings of \$1900 from the cost of cigarettes per year for tobacco users who quit and save hundreds or thousands of dollars on potential medical care costs.<sup>5</sup>
- Reduce days of work missed due to illness.<sup>6</sup>
- Lead to healthier, smoke free communities.

### Having a standard benefit works: MassHealth

In 2006, Massachusetts passed health care reform giving low income residents access to a standard tobacco cessation benefit. The benefit was easy to access and widely promoted. Results show that 37% of MassHealth smokers used the benefit, smoking prevalence declined by 26%, and cardiovascular claims decreased by nearly half.<sup>8,9</sup>

### Tobacco Facts<sup>7</sup>

- Today, more than 400,000 Oregon adults still smoke.
- Smoking costs Oregonians \$2.2 billion in health care expense and lost productivity every year and causes untold suffering.
- Most people who smoke want to quit and about half seriously try every year. Only about 10% succeed.

### Quitting is hard

- Tobacco causes a complex dependency that affects people's ability to function, making hard to stop.
- Treatment is like a chronic disease; it takes effort and help over time to find the right combination.
- A few people find quitting easy; most don't.

### Getting help, helps.

- People who get the right treatment are 2-3 times more likely to quit and stay quit.<sup>4</sup>
- To succeed, treatment needs to be evidence-based, designed using best practices, and be easy to access.
- Making quitting easy is smart business. When people quit, health improves, costs go down, and productivity goes up.
- While treatment is cheap compared to all the costs associated with smoking, treatment has not been affordable for many Oregonians before the new law.

## Endorsing Organization

### Endorsing Health Plans

**Aetna®**

Seattle, WA

**Kaiser Permanente®**

Portland, OR

**LifeWise Health Plan of Oregon**

Portland, OR

**The ODS Companies**

Portland, OR

**Providence Health Plans**

Portland, OR

**Regence BlueCross Blue Shield of Oregon**

Portland, OR

**Aligning With Recommendations**

**CIGNA® HealthCare**

Seattle, WA

**PacificSource Health Plans**

Springfield, OR

### Endorsing Organizations

**American Lung Association® of the Mountain Pacific**

Tigard, OR

**Oregon Coalition of Health Care Purchasers**

Portland, OR

**Oregon Health Authority**

Portland, OR

**Tobacco-Free Coalition of Oregon, Inc.**

Portland, OR

## References

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## HELPING BENEFIT OREGON SMOKERS

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