

# helping benefit Oregon smokers

## Benefit Policy Development: Compare with HBOS Recommendations

### Benefit Design

Points **Evidence-based treatment best practices modeled on chronic disease management.**  
(28 points)

- 4  More than one program option is covered: individual and/or group sessions, telephone quitline sessions, online programs.
- 4  Programs that are offered are provided by professionals trained in tobacco cessation
- 4  Multiple choices of prescription and over the counter FDA approved medications are covered to create options for finding one that works.
- 4  Medications and programs are covered separately and also in combination to create flexible options.
- 4  Medication combinations are covered (e.g. nicotine patches and gum together) for flexibility and increased effectiveness.
- 4  Two or more program enrollments are covered annually.
- 4  20-24 weeks of single or combination medication treatment are covered annually.

### Reducing/eliminating barriers for easier access. (21 points)

- 6  Prior authorization is not required for medications.
- 6  Program enrollment is not required to access medications.
- 3  Cost sharing is limited to usual co-payments for other routine medical services.
- 6  Cost sharing is waived to increase participation.

### System Delivery Design

#### Outreach to tobacco users. (27 points)

- 4  Incentives are offered for enrollment.
- 4  Tobacco use is asked at every clinic visit for patients 15 or older.
- 6  Patients who use tobacco are referred to programs for treatment.
- 4  Tobacco users are identified through other sources e.g: health risk appraisals, case management, claims data.
- 6  Patients who use tobacco receive follow-up invitations for program enrollment.
- 3  Program enrollment and incentives are promoted through member communications.

### Reducing/eliminating barriers for easier access. (12 points)

- 6  Program enrollment is easy to access (e.g. one phone call or online registration).
- 6  Access to medications is easy (e.g. facilitated through program).

### Measuring and reviewing outcomes to help reach goals. (12 points)

- 4  Participation rates in stop smoking programs are measured and reviewed.
- 4  Pharmacy benefit utilization rates are measured and reviewed.
- 4  Employee quit rates through 6 months are measured and reviewed.

Total Points

Scoring Key: 85-100 points = Excellent • 75-84 points = Good • 50-74 points = Average •  
<50 points = Below Average

#### HELPING BENEFIT OREGON SMOKERS

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