

HEALTH BENEFITS E-NEWS

*Department of Human Resource Management
Office of Health Benefits*

July 1, 2007

State Health Plan Members Offered Another Quit Smoking Option

Smokers who have been unable to kick the tobacco habit can now find help at the drug store. Beginning July 15, the COVA Care and COVA HDHP state health plans will cover smoking cessation prescription drugs under the outpatient prescription drug benefit. Drugs for smoking cessation such as *Chantix*, *Zyban* or *Nicotrol* may be purchased at either an outpatient retail pharmacy or through mail order. **Please post the attached flyer in visible locations at your agency on or after July 16.**

COVA Care members will pay a copayment based on the applicable drug tier and COVA HDHP members will pay 20 percent coinsurance after the deductible is met. The state health plans **will not cover** office visits related to smoking cessation, stop smoking aids such as nicotine gum and nicotine patches, over-the-counter therapies, or services provided at stop smoking clinics. The Kaiser Permanente HMO plan already covers certain smoking cessation drugs and some over-the-counter therapies.

Contact the plans directly for a list of covered smoking cessation drugs and other plan information.

COVA Care:

- www.medco.com
- 1-800-355-8279

COVA HDHP:

- www.anthem.com/cova
- 1-800-552-2682

Kaiser Permanente:

- <http://my.kaiserpermanente.org/mida/commonwealthofvirginia/>
- 1-800-777-7902 or (301) 468-6000 in Washington, D.C.

Additional resources to quit smoking also are available from CommonHealth's "Breaking Free from Tobacco" smoking cessation program at www.commonhealthva.com or 1-800-394-6380. Need even more support? State co-workers are yet another resource. See the "Diary of a Smoker" at www.commonhealthva.com/commonhealth/breaking_free.htm.

Open Enrollment Report Available Soon Online

The final report on Open Enrollment for health benefits and Flexible Reimbursement Accounts will be available and posted on the DHRM Web site within the next week. A summary of results and a detailed breakdown by agency are included in the report.