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# FEHB Program Carrier Letter

## Health Maintenance Organizations (New)

U.S. Office of Personnel Management  
Insurance Services Program

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**Letter No. 2010-12(b)**

**Date: May 17, 2010**

Fee-for-Service [n/a] Experience-rated HMO [9] Community-rated HMO [8]

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**Subject: Additional Information and Instructions on the Technical Guidance for the 2011 Contract Year**

This letter provides additional information on our guidance regarding benefit changes for the 2011 contract term. It addresses preventive care, smoking cessation benefits and annual and lifetime limits.

**Preventive Care** – While we continue to expect carriers to cover in-network preventive services, screenings, and immunizations with no cost sharing requirements, i.e., office visits; we will allow carriers to offer proposals for incremental changes so that cost sharing reductions are amortized over a two to three year contract term.

**Smoking Cessation** – Beginning in 2011, carriers must offer smoking cessation programs without copayments or coinsurance and which are not subject to deductibles, annual or lifetime dollar limits. The programs must include at least two quit attempts per year with up to four smoking cessation counseling sessions of at least 30 minutes each, including proactive telephone counseling, group counseling and individual counseling. In addition to the smoking cessation programs, drugs (over-the-counter (OTC) and prescribed) approved by the FDA to treat tobacco dependence for smoking cessation should be available with no copayments or coinsurance and not subject to deductibles, annual or lifetime dollar limits (a list of covered OTC drugs is attached). Plans should include OTC drugs in their smoking cessation programs.

Plans must follow the FDA guidelines for all approved drugs. Enrollees who use drugs with multiple purposes, such as Zyban which may be used to treat smoking cessation or depression, must be carefully monitored by a health care professional.

For further information regarding tobacco cessation treatment, please reference the Clinical Practice Guideline, Treating Tobacco Use and Dependence 2008 Update, U.S. Department of Health and Human Services Public Health Service, May 2008. Here is a link to the Guideline:  
[http://www.surgeongeneral.gov/tobacco/treating\\_tobacco\\_use08.pdf](http://www.surgeongeneral.gov/tobacco/treating_tobacco_use08.pdf)

**Annual and Lifetime Maximums** – Under the Affordable Care Act, health plans may not have annual or lifetime limits on the dollar value of benefits; however, prior to January 1, 2014, plans may establish a restricted annual limit on the dollar value of benefits with respect to the scope of benefits that are essential health benefits. “Essential health benefits” described in the Act will be further defined by the Department of Health and Human Services. In the meantime, plans are allowed to establish restricted annual limits on the current benefits offered.

If you have any questions, please contact your Contract Specialist. Again, we look forward to working closely with you to ensure a successful Open Season.

Sincerely,

Kathleen M. McGettigan  
Acting Associate Director  
for Retirement and Benefits

Attachments

**Smoking Cessation**  
**Table 1: Covered Non-Prescription Drugs**

**List of FDA approved cessation medications:**

<b>Prescription Smoking Cessation Products</b>	
<b>Proprietary Name Formulation</b>	<b>NDA</b>
Nicotrol NS (nicotine nasal spray, 0.5 mg/spray) (Pfizer)  Generics – No	020385
Nicotrol Inhaler (nicotine inhalation system, 4 mg/cartridge) (Pharmacia) (n.b., despite the name this product delivers via oral transmucosal route)  Generics- No	020714
Chantix(varenicline tartrate0 (Pfizer)  Generics – No	021928
Zyban(bupropion hydrochloride sustained release) (GSK)  Generics – YES	020711
<b>Proprietary Name</b>	
Bupropion hydrochloride  Applicant – Actavis	77-475
Bupropion hydrochloride  Applicant – IMPAX Laboratories	75-914
Bupropion hydrochloride  Applicant – Sandoz	76-834
<b>Proprietary Name Formulation</b>	
Nicorette Gum	018612
Nicorette DS Gum	020066
Habitrol Transdermal film	020076
Nicoderm CQ Transdermal system	020165
Commit lozenge	021330
Nicorette lozenge	022360

<b>Proprietary Name</b>	<b>ANDA</b>
Nicotine Film, Extended Release, 14MG Nicotine Film, Extended Release, 21MG Nicotine Film, Extended Release, 7MG  Applicant - Aveo	74611 74612 74645
Nicotine Polacrilex, Gum, Chewing; Buccal, EQ 2MG Nicotine Polacrilex, Gum, Chewing; Buccal, EQ 4MG  Applicant – Ivax Pharmaceuticals	76880 77850
Thrive (Nicotine Polacrilex) Gum, Chewing; Buccal, EQ 2MG Thrive (Nicotine Polacrilex) Gum, Chewing; Buccal, EQ 4MG  Applicant – Novartis	77658 77656
Nicotine Polacrilex, Gum, Chewing; Buccal, EQ 2MG Nicotine Polacrilex, Gum, Chewing; Buccal, EQ 2MG Nicotine Polacrilex, Gum, Chewing; Buccal, EQ 2MG Nicotine Polacrilex, Gum, Chewing; Buccal, EQ 4MG Nicotine Polacrilex, Gum, Chewing; Buccal, EQ 4MG Nicotine Polacrilex, Gum, Chewing; Buccal, EQ 4MG  Applicant – Perigo	76777 76777 76775 76789 76778 76779
Nicotine Polacrilex, Gum, Chewing; Buccal, EQ 2MG Nicotine Polacrilex, Gum, Chewing; Buccal, EQ 2MG Nicotine Polacrilex, Gum, Chewing; Buccal, EQ 2MG Nicotine Polacrilex, Gum, Chewing; Buccal, EQ 4MG Nicotine Polacrilex, Gum, Chewing; Buccal, EQ 4MG Nicotine Polacrilex, Gum, Chewing; Buccal, EQ 4MG  Applicant – Perigo Research and Development	78325 78967 78547 78546 78968 78326
Nicotine Polacrilex, Gum, Chewing; Buccal, EQ 2MG Nicotine Polacrilex, Gum, Chewing; Buccal, EQ 2MG Nicotine Polacrilex, Gum, Chewing; Buccal, EQ 2MG Nicotine Polacrilex, Gum, Chewing; Buccal, EQ 4MG Nicotine Polacrilex, Gum, Chewing; Buccal, EQ 4MG Nicotine Polacrilex, Gum, Chewing; Buccal, EQ 4MG  Applicant – Watson Laboratories	74507 78699 76569 74707 76568 78697
Nicotine Polacrilex, Trocher/Lozenge, EQ 2MG Nicotine Polacrilex, Trocher/Lozenge, EQ 4MG	77007

**For OTC Products:**

- **All of the OTC smoking cessation products are approved for OTC use in adults 18 years of age and older.**
- **Users under the age of 18 are to ask a doctor before use.**
- **People who continue to smoke, chew tobacco, use snuff or use a nicotine patch or other nicotine containing products should not use.**
- **All OTC products have the same indication.**

## Smoking Cessation

**Table 2: FDA Approved Smoking Cessation Medications**  
**Recommended Courses of Treatment**

<b>Medication</b>	<b>Course of Treatment</b>
Bupropion SR (prescription)	150 mg to 300 mg per day for up to 9 months
Nicotine Gum (both regular and flavored) (over the counter)	2-mg and 4-mg (per piece) up to 24 pieces per day for up to 12 weeks
Nicotine Inhaler (prescription)	4 mg cartridge 6–16 cartridges per day for up to 6 months
Nicotine Lozenge (over the counter)	2-mg and 4-mg (per piece) up to 20 lozenges per day for up to 12 weeks
Nicotine Nasal Spray (prescription)	.5 mg spray up to 40 doses a day for up to 6 months
Nicotine Patch (over the counter or prescription)	21 mg, 14 mg or 7 mg per day for 8 weeks
Varenicline (prescription)	0.5 mg to 1 mg per day for up to 6 months