



North Carolina
State Health Plan
FOR TEACHERS AND STATE EMPLOYEES



Tobacco Cessation Support through NC Quitline

Board of Trustee's Meeting

May 24, 2013

A Division of the Department of State Treasurer

Current Tobacco Cessation Supports and Benefits

QuitlineNC Supports

- FREE one-on-one support from a Quit Coach® by telephone
 - 24 hours a day, 7 days a week
 - English/Spanish
- FREE web coaching at www.QuitlineNC.com
- FREE Quit Kit (self-help manual and educational materials)
- FREE nicotine replacement patches available to members enrolled in the multi-call program
 - Nicotine Replacement Patches: Habitrol (generic) - 7, 14, 21 mg
 - Maximum four, 4-week shipments of NRT patches per year
 - \$48per shipment, up to \$192 per year

Medical and Pharmacy Benefits

- In-person counseling with a doctor or behavioral therapist
- Prescription coverage for generic over-the-counter nicotine patches--\$5*/30 day supply
- Preferred formulary coverage for all tobacco cessation prescription medications
 - Bupropion (generic for Zyban)--\$12 (Tier 1)
 - Nicotine Nasal Spray and Nicotine Inhaler--\$40 (Tier 2)
 - Varenicline (Chantix)--\$40 (Tier 2)

**Requires a prescription*

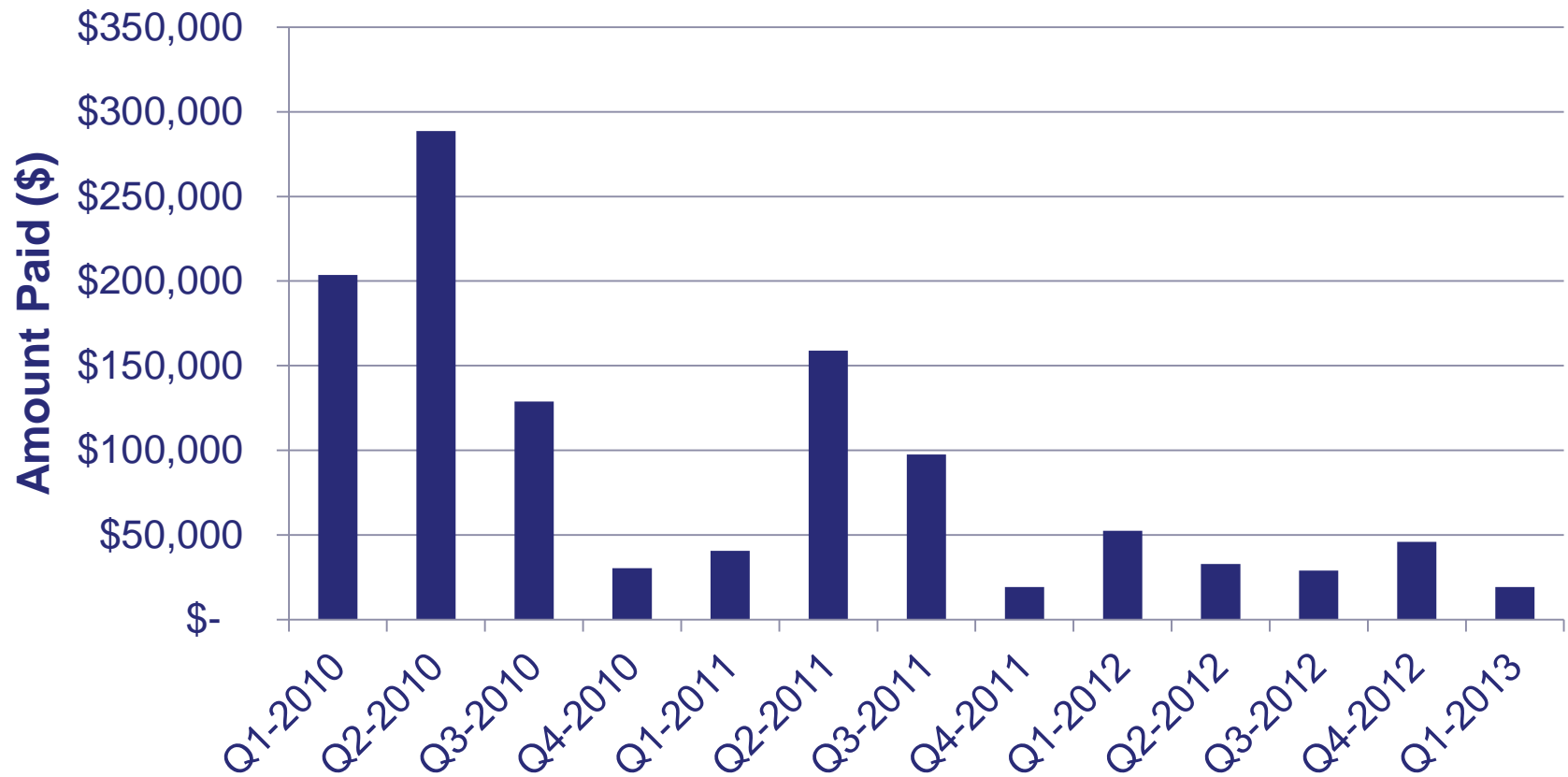
Expansion of Tobacco Cessation Supports

- Add nicotine gum as a single-use NRT option
- Offer combination NRT (patch plus gum) to members who smoke 9+ cigarettes per day
- All NRT options will remain free for the member
- NRTs will be sent in two, 4 week shipments

Quitline NRT Option	Shipment #1 4 weeks	Shipment #2 4 weeks
Patches only	28 patches	28 patches
Gum only	3 boxes (110 pieces per box)	1 box (110 pieces per box)
Combo NRT (patch + gum)	28 patches + 1 box of gum	28 patches (no gum)

- Eligible members may re-enroll in multi-call program to receive up to two 8-week NRT courses per Plan year

Cost Trends for QuitlineNC

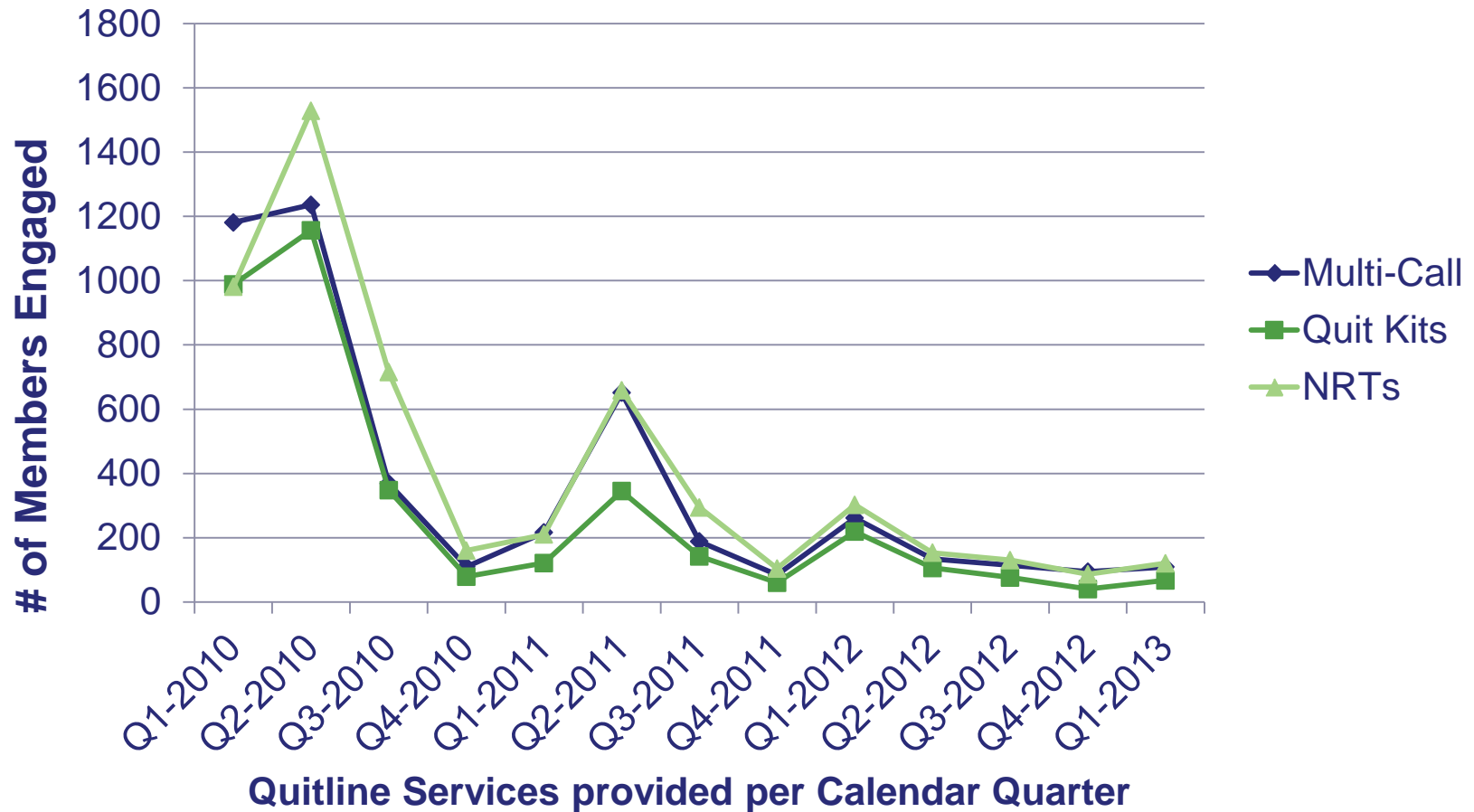


Quitline Services Paid per Calendar Quarter

- **2012 per member per year cost = \$182.85**

Source: Data includes services provided between 10/01/10 and 03/31/2013 as reported by the NC DHHS – Division of Public Health.

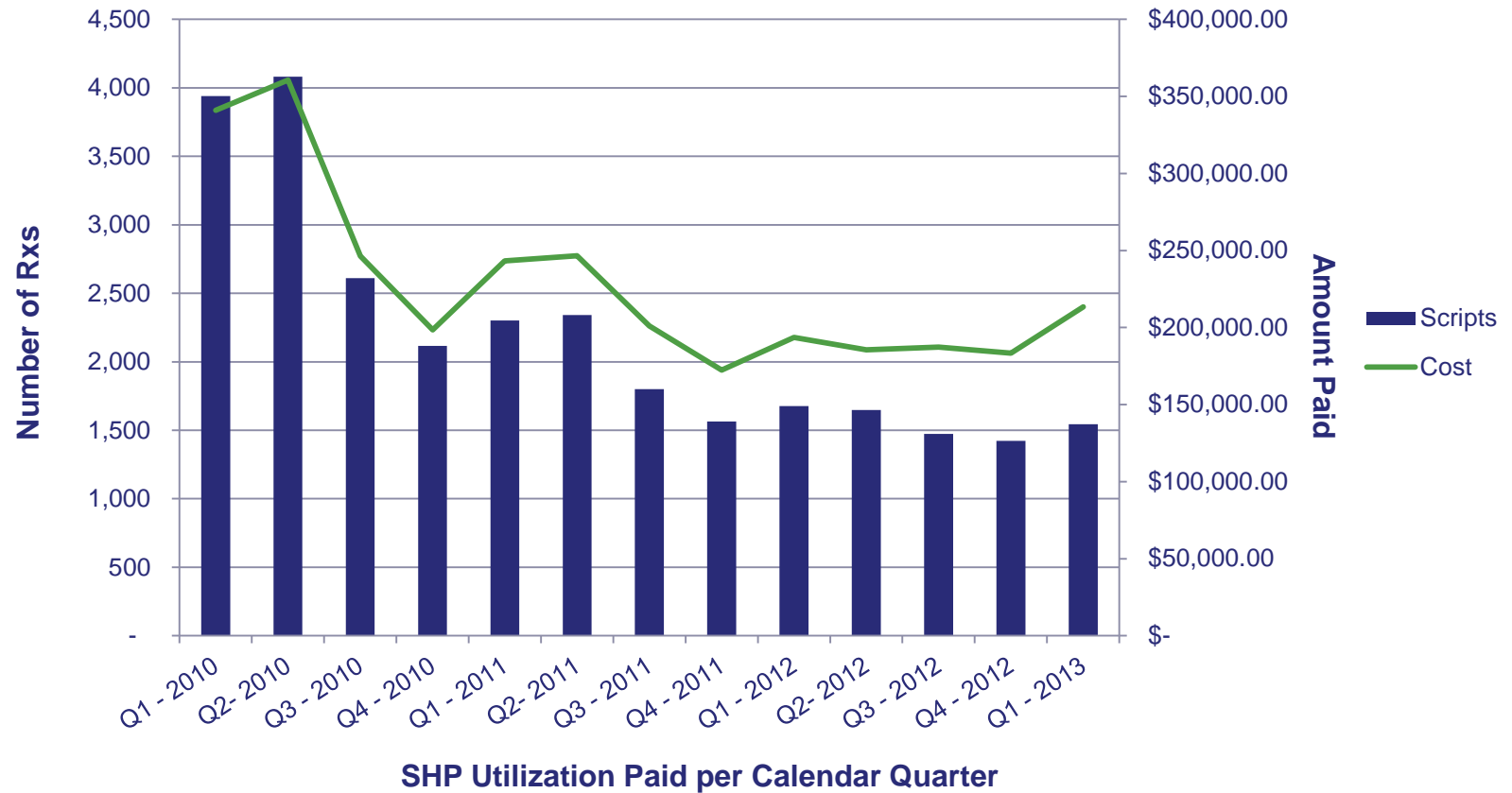
Engagement of SHP Members in Quitline Services



- **2010-2011 SHP Quit Rate = 41.8%; All NC Quitline Quit Rate = 23.1%**

Source: Data includes services provided between 01/01/10 and 03/31/2013 as reported by the DHHS – Division of Public Health.

Cost Trends for Rx Benefit



Claims Data 03/01/2010 - 03/31/2013 *Source: Express Scripts' Expert

Supporting Evidence

➤ **U.S. Public Health Service Clinical Guideline (2008)**

Certain combinations of first-line medications have been shown to be effective smoking cessation treatments. Therefore, clinicians should consider using these combinations of medications with their patients who are willing to quit.¹

Effective combination medications for long-term (>14 weeks) are:

- Nicotine patch + other Nicotine Replacement Therapy (gum or spray)¹

➤ **Wisconsin study - Enhancing Tobacco Quitline Effectiveness: Identifying a Superior Pharmacotherapy Adjuvant (2012)**

Compared clinical effectiveness of different Quitline enhancements (n=987):

- Combination NRT (Nicotine patch only vs. patch plus nicotine gum)
- Longer duration of NRT (2 vs. 6 weeks)²

Clinical Results:

- 6 weeks of combination NRT yielded the highest 6-month abstinence rate (51.6%) vs. 6 weeks of the patch alone (46.2%)
- 2 weeks of combination NRT (48.2%) vs. 2 weeks of the patch (38.4%)²

Recommendation: Combination NRT (nicotine patch plus gum) for 6+ weeks²

¹ *Treating Tobacco Use and Dependence: 2008 Update. Rockville (MD): U.S. Department of Health and Human Services, Public Health Service; 2008 May. p.118*

² Smith, S. S., Keller, P. A., Kobinsky, K. H., Baker, T. B., Fraser, D. L., Bush, T. et al. (2012). *Nicotine & Tobacco Research*, 3, 718-2

NRT Options	Plan Cost per Member per Year (2014)	5% of Smokers
Current Patches through QuitlineNC	\$193.00	\$919,286
Combo NRT: Patch + Gum through QuitlineNC	\$204.71	\$970,676
Single NRT with Options: Patch or Gum through QuitlineNC	\$209.00	\$948,140
All-Inclusive NRT: Combo OR Patch OR Gum through QuitlineNC	\$214.00	\$984,050
OTC Gum	\$428.60	\$1,714,400

KEY:

- Cost for all members (99,750 SHP members use tobacco)
- Cost for actives and early retirees ONLY (80,000 SHP members use tobacco)