

# Information for Providers about the MassHealth

## Tobacco Cessation Program Benefit

### Other Counseling Options

- Since face-to-face counseling may not be available immediately or in all locations, and to accommodate patient preferences, MassHealth providers may also assist members in quitting by:
  - > enrolling patients in the free telephone-based **QuitWorks** program, offered by the Massachusetts Department of Public Health and all major health plans. Download an enrollment form from [www.quitworks.org](http://www.quitworks.org).
  - > referring patients to the **Massachusetts Quitline** at **1-800-QUIT-NOW** (1-800-784-8669) and in Spanish at 1-800-8-DÉJALO (1-800-833-5256).

### Medications and Counseling Covered

- **All FDA-approved medications, two 90-day treatment regimens per year.** The pharmacotherapy benefit allows a 90-day supply of medication for Nicotine Replacement Therapy (NRT) per cessation attempt (patch, gum, lozenge), with a maximum of two 90-day treatment regimens per year. Higher amounts of medications are available with prior authorization from MassHealth.
- The pharmacotherapy benefit also covers other medically necessary drugs for tobacco cessation such as bupropion (the generic form of Zyban) and the recently FDA-approved medication Chantix (generic drug name varenicline). These medications are covered for a maximum of two 90-day treatment regimens per year (roughly two 12-week courses of treatment, for a total of 24 weeks of coverage). Higher amounts of medications are available with prior authorization from MassHealth.
- **Up to 16 face-to-face counseling sessions per 12-month cycle.** Members may receive up to 16 face-to-face counseling sessions per year. These 16 sessions can include any combination of two 45-minute intake/assessment sessions per year and 14 sessions of either individual or group counseling. More counseling may be available with prior authorization from MassHealth.

### Covered Medications

#### Is prior authorization required to prescribe tobacco cessation medications?

- Prior authorization is not required to prescribe the nicotine patch, gum, lozenge, Chantix, or bupropion/Wellbutrin. With prior authorization, the lesser-used nicotine inhaler and nasal spray may also be covered. Prior authorization is also required for additional NRT or medication beyond the two 90-day treatment regimen limitations covered without prior authorization.
- For more information on the pharmacotherapy benefit, see the MassHealth Drug List at [www.mass.gov/druglist](http://www.mass.gov/druglist). It can also be accessed from the MassHealth Pharmacy home page at [www.mass.gov/masshealth/pharmacy](http://www.mass.gov/masshealth/pharmacy).

#### How do members access medications for tobacco cessation?

- The member's MassHealth provider (may be a physician, nurse practitioner, or physician assistant) may write a prescription for the tobacco cessation medication. Even though some of these medications (the patch, gum, or lozenges) are available over-the-counter, MassHealth members must present the prescription to their pharmacy in order for the cost of the medications to be covered by MassHealth. MassHealth co-payment requirements apply to tobacco cessation medications. Co-payments vary from one to three dollars depending on the medication.

#### Will MassHealth cover a combination of tobacco cessation medications?

- Yes. MassHealth will cover a combination of medications (for example, patch and gum; bupropion and patch) as part of the tobacco cessation benefit.

#### Where can I find a quick reference/dosing guide for tobacco cessation medications?

- A current pocket dosing guide (including the newest medication, Chantix) can be downloaded at [www.quitworks.org](http://www.quitworks.org) (click on "Tools") or call 1-800-QUIT-NOW to order pocket cards. Bulk orders are accepted.

## Who is eligible for the benefit?

- MassHealth members enrolled in the following coverage types are eligible for the tobacco cessation benefit under MassHealth: MassHealth Standard, Prenatal, CommonHealth, and Family Assistance for persons with HIV and for members who get direct coverage (not premium assistance) for MassHealth Basic, MassHealth Essential, and Family Assistance for children.
- Members covered by MassHealth Limited are only covered for emergency services and therefore are not eligible for tobacco cessation services. See 130 CMR 450.105 for more information about MassHealth coverage types.

## Do all MassHealth plans offer the same benefit?

- Yes. All MassHealth plans, including the Primary Care Clinician (PCC) Plan, and the four managed care organizations (MCOs) that currently serve MassHealth members – Fallon, Neighborhood Health Plan, Boston Medical Center HealthNet Plan, and Network Health – offer the same counseling and medication benefit. Some MCOs may also offer additional services.

## Are telephone counseling or alternative medicine treatments covered?

- Telephone counseling and alternative medicine treatments (for example, hypnotherapy and acupuncture) are not covered under this benefit.

## Tobacco Cessation Counseling

### Where can providers refer MassHealth members for tobacco cessation counseling services?

- Members may be referred to a MassHealth-qualified tobacco cessation counselor within the same facility, or to another facility with a qualified MassHealth provider where the member's desired counseling option (group or individual counseling) is available.
- Any Massachusetts healthcare provider may enroll his/her patients who use tobacco in the state-funded QuitWorks cessation program. QuitWorks is a telephone-based tobacco cessation counseling program available free of charge to providers and patients. It is currently in use in many hospitals and health centers in Massachusetts. More than 2,000 providers have enrolled 11,000 patients to date. Enrollment forms can be downloaded from [www.quitworks.org](http://www.quitworks.org), or call 1-800-QUIT-NOW for assistance to get started.

### Are brief provider interventions covered?

- The MassHealth tobacco cessation benefit includes individual counseling provided for at least 30 minutes (See Table 1 enclosed). Individual counseling provided for less than 30 minutes is not covered by the benefit. MassHealth strongly encourages providers to briefly discuss the benefit with members when reviewing the counseling and pharmacotherapy options that members have. This could include asking about the patient's smoking status, encouraging them to quit, and offering a combination of pharmacotherapy and counseling services.

### What is the intake and assessment component of the counseling benefit and why is it 45 minutes?

- A structured intake and assessment session specific to tobacco treatment is a key to effective treatment planning and can take 45 minutes. Such an assessment typically includes a smoking, medical, and psychosocial history, and incorporates review of coping skills, barriers to quitting and collaboration on treatment planning. A tobacco cessation intake and assessment protocol is available from UMass Medical School. UMass Medical School will also develop online and in-person training options to assist providers with this component. For information e-mail Elena List, at UMass Medical School, Center for Tobacco Prevention & Control, [elena.list@umassmed.edu](mailto:elena.list@umassmed.edu).

### Can tobacco cessation counseling be offered and billed on the same day that a patient presents for other procedures, office visit, or appointments?

- Yes. MassHealth-qualified providers can provide and bill tobacco cessation counseling on the same day that an office visit or procedure is billed for the same patient.

## Providers Qualified To Offer Cessation Counseling

### Who can bill MassHealth for providing tobacco cessation counseling?

- Community health centers (CHC), physicians (PHY), and acute outpatient hospital departments (OPD) can bill MassHealth for providing tobacco cessation counseling services to covered members. Included within the category of physician are any MassHealth-enrolled MDs, such as primary care physicians, psychiatrists, and specialty physicians.
- Specific clinical providers eligible to provide the counseling service are physicians, nurse practitioners, nurse midwives, registered nurses, physicians' assistants, and qualified tobacco cessation counselors. All non-physician providers must be under the supervision of a physician, except independent nurse practitioners and independent nurse midwives providing the tobacco cessation counseling services directly.

## What is a “qualified” tobacco cessation counselor?

- A “qualified” tobacco cessation counselor is someone who has completed at least eight hours of training in tobacco cessation services from an accredited institute of higher education.

## Can substance abuse and mental health facilities participate in this new benefit?

- Eligible MassHealth members may access tobacco cessation medications by having their primary care provider or other qualified MassHealth physician write a prescription. Substance abuse facilities and mental health clinics may not obtain payment from MassHealth for tobacco cessation counseling services at this time. Members may receive counseling from their primary care clinician or a qualified member of the clinical team in their community health center, physician’s office, or outpatient hospital department.
- For more information from MassHealth about the overall tobacco cessation benefit, call MassHealth Customer Service at 1-800-841-2900 or e-mail [providersupport@mahealth.net](mailto:providersupport@mahealth.net).

## Where can staff receive training to become qualified counselors?

- A 12-hour CEU program, Basic Skills for Working with Smokers, is available on-line through the University of Massachusetts Medical School Center for Tobacco Prevention & Control. The cost is \$125. The Center also offers intensive five-day certification training for tobacco treatment specialists. Please see the Center’s website for more information [www.umassmed.edu/behavmed/tobacco/](http://www.umassmed.edu/behavmed/tobacco/).

**Table 1: MassHealth Tobacco Cessation Counseling Benefit Table**

Component	Duration	Limits
<b>Intake/Assessment/Planning</b> Face-to-face intake, assessment and treatment planning as a component of treatment	At least 45 minutes	Maximum of one intake, assessment, and treatment planning per course of treatment. Two such sessions are permitted per 12-month cycle*
<b>In-Depth – Individual</b> Face-to-face behavioral counseling for tobacco cessation	At least 30 minutes	Maximum 16 sessions per 12-month cycle*
<b>In-Depth – Group</b> Face-to-face group behavioral counseling for tobacco cessation	Minimum 60–90 minutes per group sessions, minimum of 3, maximum of 12 members per group session	Maximum 16 sessions per 12-month cycle*

\* A total of 16 face-to-face counseling sessions, using any combination of intake/assessment/ planning, in-depth individual, or in-depth group counseling sessions are permitted for each member per 12-month cycle without prior authorization.

## Help for Providers: Training and Other Resources

### What If I have questions about the benefit?

- For more information about the overall tobacco cessation benefit, call MassHealth Customer Service at 1-800-841-2900 or e-mail [providersupport@mahealth.net](mailto:providersupport@mahealth.net).

### How can I obtain training or technical assistance to implement this benefit in my clinic or practice?

- Training and technical assistance for implementing this benefit is available through the University of Massachusetts Medical School. For information on upcoming training (for example, conference calls, in person, or on-line trainings) e-mail Elena List, UMass Medical School, Center for Tobacco Prevention and Control, [elena.list@umassmed.edu](mailto:elena.list@umassmed.edu).

**Table 2: Tobacco Cessation Counseling Service Rates**

Service Code (modifiers)	Mid-Level Practitioner Rate (85%)		Physician Rate	
	NFAC Rate(\$) *	FAC Rate(\$) *	NFAC Rate(\$) *	FAC Rate(\$) *
99407 (SA,SB,HN,TD,U1) Individual Counseling, 30 minutes	\$42.10	\$41.39	\$49.53	\$48.69
99407 (TF or U2), Individual Counseling Intake, 45 minutes	\$63.20	\$62.08	\$74.30	\$73.04
99407 (HQ or U3), Group Counseling, 60 to 90 minutes**	\$25.26	\$24.83	\$29.72	\$29.21

\* NFAC is the abbreviation for non-facility and the rates below represent the non-facility rate as established by the Division of Health Care Finance and Policy (DHCFP). FAC is the abbreviation for facility and represents the facility rate set by DHCFP.

\*\* Rates are per person, per session.

Tables 1, 2, and 3 Source: MassHealth, Transmittal Letters PHY-111; CHC-74 (Attachment 2); PHY-120 and AOH-16.

**Table 3: MassHealth Tobacco Cessation HCPCS Code and Modifiers**

Servicing Provider	Tobacco Cessation Counseling Services		
	Service Code + Modifier	Service Code + Modifier	Service Code + Modifier
Physician, Independent Nurse Practitioner, Independent Nurse Midwife, Community Health Center (CHC), Outpatient Hospital Department (OPD) *	99407	99407 TF	99407 HQ
Employed by physician or CHC, CHC or physician billing:			
Nurse Practitioner	99407 SA	99407 U2	99407 U3
Nurse Midwife	99407 SB	99407 U2	99407 U3
Physician's Assistant	99407 HN	99407 U2	99407 U3
Registered Nurse	99407 TD	99407 U2	99407 U3
Tobacco Cessation Counselor	99407 U1	99407 U2	99407 U3

\* OPDs will receive the PAPE (clinic visit rate/facility rate) for this service. OPDs cannot bill separately for services provided by mid-level providers, this will be included in the facility rate. This means they will use only Service Code 99407 with TF and HQ modifiers.

Modifiers:

TF = intermediate level of care  
SB = nurse midwife

HQ = group setting  
HN = bachelor's degree level (used for physician assistant)

SA = nurse practitioner  
TD = RN

U1 = defined for use by "tobacco cessation counselor"

U2 = defined for use as "intake assessment, non-physician provider employed by physician"

U3 = defined for use as "group visit, non-physician provider employed by physician"

