



Medical Assistance with Smoking and Tobacco Use Cessation

Tobacco use is the leading cause of preventable disease, disability and death in the United States. Over 16 million people live with at least one disease caused by smoking, and 58 million nonsmoking Americans are exposed to secondhand smoke.¹ The Centers for Disease Control and Prevention estimated one in five adults used at least one tobacco product in 2020. The most commonly used tobacco products were cigarettes, e-cigarettes and cigars.²

Medical Assistance with Smoking and Tobacco Use Cessation (MSC) is an important HEDIS quality measure that uses the following three components to assess different aspects of providing medical assistance with smoking and tobacco use cessation in adults 18 years or older.³

Advising Smokers and Tobacco Users to Quit	The percentage of members who are current smokers or tobacco users and who received cessation advice
Discussing Cessation Medications	The percentage of members who are current smokers or tobacco users and who discussed or were recommended cessation medications
Discussing Cessation Strategies	The percentage of members who are current smokers or tobacco users who discussed or were provided cessation methods or strategies

The following are formulary smoking cessation medications for OneCare and OneCare Connect. Over-the-counter coverage for OneCare follows the Medi-Cal Rx formulary.^{4,5}

Drug Name	Strength	Dosing Regimen	Recommended Duration
Chantix tablet (varenicline)	0.5 mg, 1 mg	Start 1–4 weeks before target quit date Days 1–3: 0.5 mg QD → Days 4–7: 0.5 mg BID → then 1 mg BID	12 weeks (up to 6 months)
Zyban tablet (bupropion SR)	150 mg	Start 1–2 weeks before target quit date Days 1–3: 150 mg QAM → Day 4: 150 mg BID	7–12 weeks (up to 6 months)
Nicorette lozenge (nicotine polacrilex) (OTC)	2 mg, 4 mg	1st cigarette ≤30 minutes after waking: 4 mg 1st cigarette >30 minutes after waking: 2 mg Weeks 1–6: 1 piece Q1-2H → Weeks 7–9: 1 piece Q2-4H → Weeks 10–12: 1 piece Q4-8H. Max: 20 pieces/day	Up to 12 weeks
Nicorette gum (nicotine polacrilex) (OTC)	2 mg, 4 mg	1st cigarette ≤30 minutes after waking: 4 mg 1st cigarette >30 minutes after waking: 2 mg Weeks 1–6: 1 piece Q1-2H → Weeks 7–9: 1 piece Q2-4H → Weeks 10–12: 1 piece Q4-8H. Max: 24 pieces/day	Up to 12 weeks
NicoDerm CQ patch (nicotine transdermal system) (OTC)	7 mg, 14 mg, 21 mg	>10 cigarettes/day: Weeks 1–6: 21 mg/day → Weeks 7–8: 14 mg/day → Weeks 9–10: 7 mg/day ≤10 cigarettes/day: Weeks 1–6: 14 mg/day → Weeks 7–8: 7 mg/day	8–10 weeks
Nicotrol NS spray (nicotine)	10 mg/mL	1–2 sprays in each nostril Q1H Max: 5 sprays/nostril/hour (40 sprays/nostril/day) Quantity limit: 120 mL/30 days	12 weeks
Nicotrol inhaler (nicotine)	10 mg/cartridge	6–16 cartridges/day (20 minutes of continuous puffing) Max: 16 cartridges/day Quantity limit: 504 cartridges/30 days	12 weeks (up to 6 months)

CalOptima Health offers members tobacco cessation services through telephone, face-to-face counseling or referral to group classes at no cost. Services are available in languages such as English, Spanish, Chinese (Cantonese, Mandarin), Vietnamese and Korean. Members can obtain more information from the following resources:

- CalOptima Health’s Health and Wellness Library: www.caloptima.org/en/HealthAndWellness.aspx
- Orange County Tobacco Education: 1-866-NEW LUNG (639-5864) or www.1866newlung.com
- Kick It California (formerly California Smokers’ Helpline) 1-800-300-8086 or www.kickitca.org

References

1. Centers for Disease Control and Prevention. Office On Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion. www.cdc.gov/tobacco/about/osh/. Accessed May 2, 2022.
2. Centers for Disease Control and Prevention. Tobacco Product Use Among Adults—United States, 2020. Morbidity and Mortality Weekly Report 2022;71(11).
3. HEDIS MY 2022 Volume 2. National Committee for Quality Assurance (NCQA). Medical Assistance With Smoking and Tobacco Use Cessation (MSC)
4. IBM Micromedex Solutions. Truven Health Analytics Inc. <http://micromedex.com>. Accessed May 2, 2022.
5. California Department of Health Care Services. Medi-Cal Rx Contract Drugs List – Over-the-Counter Drugs, May 1, 2022. <https://medi-calrx.dhcs.ca.gov>. Accessed May 2, 2022.

Medi-Cal Rx Contract Drug List: <https://medi-calrx.dhcs.ca.gov/home/cdl/>

OneCare Formulary: www.caloptima.org/en/ForProviders/PharmacyInformation/OneCareMedicarePartD.aspx