

Nicotine & Tobacco Dependence Treatment Coverage for Hennepin County Residents



This is an overview of health insurance coverage for tobacco* treatment. To find out what your individual plan offers, call the number on your insurance card and ask **“What coverage do I have for tobacco use treatment such as counseling and medications?”**

The Affordable Care Act (ACA) requires that all preventative services, including FDA approved tobacco treatment medications and all forms of counseling (individual, group, and phone), are covered and free to the consumer. Services will vary by health plan.

For the best chance of success, use counseling and medications approved by the Food and Drug Administration (FDA):

COUNSELING

- Individual counseling
- Group counseling
- Telephone counseling



NICOTINE REPLACEMENT THERAPY (NRT)

- Patch
- Gum
- Nasal spray
- Lozenge

OTHER MEDICATIONS

- Varenicline (Chantix®)
- Bupropion (Zyban®)

HENNEPIN HEALTH, MEDICAL ASSISTANCE AND MNCARE

For **FREE**, these programs cover:

- ☒ Nicotine Gum
- ☒ Nicotine Patch
- ☒ Nicotine Nasal Spray
- ☒ Nicotine Lozenge
- ☒ Varenicline (Chantix®)
- ☒ Bupropion (Zyban®)
- ☒ Group Counseling
- ☒ Individual Counseling
- ☒ Phone Counseling

These plans:

- have no limits on the type, duration, dosing frequency, or frequency of tobacco and nicotine treatment services;
- do not prohibit the simultaneous use of multiple treatment services, such as simultaneous use of counseling and drugs;
- do not require counseling before receiving drugs or as a condition of receiving drugs;
- do not require step therapy;
- do not require or utilize prior authorization

Legend

- ☒ = Covered
- ☒ = Coverage Varies by Plan

MNSURE / PRIVATE INSURANCE

All plans in the Health Insurance Marketplace and Private Insurance Coverage are required to cover tobacco treatment counseling and medications at no cost to the consumer. Specific options may vary by plan. Check with your insurance plan to find out what options are covered.

STATE EMPLOYEE HEALTH PROGRAM COVERAGE

The State Employees Group Insurance Program covers:

- | | |
|--|---|
| ☒ Nicotine Gum | ☒ Bupropion (Zyban®) |
| ☒ Nicotine Patch | ☒ No Tobacco Surcharge |
| ☒ Nicotine Nasal Spray | ☒ Individual Counseling |
| ☒ Nicotine Lozenge | ☒ Group Counseling |
| ☒ Varenicline (Chantix®) | ☒ Phone Counseling |

COST: There will be no copayment for counseling and medications.

**tobacco refers to the use of manufactured commercial tobacco products, and not the sacred, medicinal and traditional use of tobacco by American Indians.*

FREE SERVICES TO HELP MINNESOTA RESIDENTS QUIT



In addition to support offered through health insurers, Quit Partner™ offers all Minnesota residents free help to quit commercial tobacco. Visit **QuitPartnerMN.com** or call **1-800-QUIT-NOW (784-8669)** or **1-855-DEJELO-YA (335-3569)**, or simply text “START” to 300500 to enroll.

Helpful Tools

Quit your way by choosing which free tools you'd like to try.

- Free medications like patches, gum or lozenges.
- Text messages with tips and advice.
- Helpful emails to support you along the way.
- One-on-one coaching over the phone or online from trained coaches.



Behavioral Health and Pregnancy/Post-Partum Programs

Receive all of the support above, plus extra coaching and medication:

- For people living with behavioral health conditions such as, anxiety, depression, bi-polar disorder, ADHD, PTSD, schizophrenia, and/or substance use disorder.
- For pregnant and post-partum women

**Supported by the Minnesota Department of Health
Statewide Health Improvement Partnership and
Hennepin County Public Health.**



E-cigarettes are not FDA-approved for quitting smoking or the use of other commercial tobacco products. Claims that vaping is an effective stop-smoking strategy are NOT supported by scientific evidence. Switching isn't quitting. The science is still emerging for these relatively new products and indicates risk for disease and continued dual use.



THE
AMERICAN INDIAN
QUITLINE
CALL 1-833-9AI-QUIT
AIQUIT.COM



American Indian Quitline

- American Indian coaches who understand culture and respect traditions.
- Online support, up to 10 calls with your coach, and up to 12 weeks of free lozenges, gum, or patches.
- Free, helpful tools like text messages and emails.

For Minnesota Youth: My Life, My Quit™

- For ages 13-17 to quit commercial tobacco and nicotine including vaping.
- Coaching through text message, online chat, or phone call.
- Youth-specific materials.

For more information, visit www.MyLifeMyQuit.com or text “Start My Quit” to 36072.



Truth Initiative: This is Quitting

- For ages 13-24 to quit commercial tobacco and nicotine including vaping.
- Coaching through text message or phone call.
- Daily text messages with advice and support
- Inspirational stories from people who have also quit

For more information, visit www.TheTruth.com/quit or text “DITCHVAPE” to 88709.



AMERICAN LUNG ASSOCIATION

Freedom From Smoking®



The American Lung Association's Freedom From Smoking® Online can provide support and build your coping skills to help you live without nicotine. Go to Lung.org/FFS for more information.

Revised 3-2026