

KENTUCKY

Tobacco Cessation Performance Improvement Project



As a healthcare professional, you play a critical role in helping people quit tobacco successfully using these seven steps.

Tobacco addiction is a chronic condition, often requiring multiple quit attempts. The combination of counseling and medication is found to be the most effective according to the Centers for Disease Control and Preventive (CDC). It's important to continue to provide support and offer continued assistance in cases of tobacco use relapse (CDC, 2016).

- 1 Ask** every patient about their tobacco or electronic cigarette use at every visit.
- 2 Advise** patients who use tobacco that quitting is a crucial step to better their health.
 - Ensure to document using **CPT code 99406 to indicate greater than 3 minutes, but not more than 10 min or CPT code 99407 for three to 10 minutes of brief tobacco cessation counseling.**
 - **ICD-10 code Z71.6: tobacco use counseling, used with tobacco use F codes (see list below).**
- 3 Assess** willingness to quit and set a quit date within 30 days. (Allow a few days for quitting preparation, but not so long that a patient loses motivation).
- 4 Assist** the quit attempt by discussing, prescribing, and documenting tobacco cessation medication(s) and counseling.
- 5 Make** a referral to additional in-depth, evidence-based tobacco cessation counseling and support line using the following resources:
 - **Adult Quitline** (for ages 18 and older) may call **1-800-QUIT-NOW 1-800-784-8669 or text QUITNOW to 333888.**
 - **Adolescent Quitline** (for ages 17 or younger) can call **My Life, My Quit at 1-855-891-9989 or text START MY QUIT to 36072.**
 - An **electronic referral** can be made at: **quitnowkentucky.org/en-us/health-professionals/make-a-referral/**.
- 6 Educate** about the incentives for quitting with the WellCare My Health Pays Program. Enrollees ages 12 and older who use tobacco products should be advised to register and complete a Kentucky tobacco prevention and cessation program and quit for at least six consecutive months. (Once per calendar year).
- 7 Arrange** follow up with your patient in two to four weeks from the initial visit to increase cessation success.

(continued)



Quitting is a JOURNEY!

- ✓ Every quit attempt is a step closer to quitting and achieving better health outcomes
- ✓ Help patients with every quit attempt by trying different strategies like a new medication or a different medication combination. Offer advice for new approaches to handling triggers and offering additional coaching resources.
- ✓ Discuss with patients what did and did not work from their attempts at quitting to include in a patient-centered care plan.
- ✓ **Remind patients not to give up!** Quitting is possible and three out of five American adults who ever smoked have quit (DHS, 2019).



WellCare enrollees get rewarded for taking steps in the Kentucky Tobacco Prevention and Cessation Program. They can join the **My Health Pays Program** and get rewarded for taking steps towards living a healthier life, such as tobacco cessation. Eligible enrollees who register and complete a Kentucky Tobacco Prevention and Cessation Program will be eligible for select merchandise. If you have any questions about this program and for complete program details, please go online at **wellcareky.com** or call the My Health Pays Customer Service Center at **1-888-392-1185** (TTY: **711**).

Required information needed for My Health Pays 2025 incentives include:

- Smoking cessation program information.
- Program completion date.
- Date of program registration.
- Smoking quit date.

Tobacco Use F Codes:

Additional Codes to Consider:

F17.2	Nicotine dependence	F17.223	Nicotine dependence, chewing tobacco, with withdrawal
F17.20	Nicotine dependence, unspecified	F17.228	Nicotine dependence, chewing tobacco, with other nicotine-induced disorders
F17.210	Nicotine dependence, cigarettes, uncomplicated	F17.229	Nicotine dependence, chewing tobacco, with unspecified nicotine-induced disorders
F17.200	Uncomplicated	F17.290	Nicotine dependence, other tobacco product chewing tobacco, uncomplicated
F17.210	Nicotine dependence, cigarettes, uncomplicated	F17.293	Nicotine dependence, chewing tobacco, with withdrawal
F17.213	Nicotine dependence, cigarettes, with withdrawal	F17.298	Nicotine dependence, chewing tobacco, with other nicotine-induced disorders
F17.218	Nicotine dependence, cigarettes, with other nicotine-induced disorders	F17.299	Nicotine dependence, chewing tobacco, with unspecified nicotine-induced disorders
F17.219	Nicotine dependence, cigarettes, with unspecified nicotine-induced disorders		
F17.220	Nicotine dependence, chewing tobacco, uncomplicated		

(continued)

Pregnancy Tobacco Use Codes:

O99.33	Tobacco use disorder complicating pregnancy, childbirth, or puerperium/Smoking (tobacco) complicating pregnancy, unspecified trimester
O99.331	Smoking (tobacco) complicating pregnancy, first trimester
O99.332	Smoking (tobacco) complicating pregnancy, second trimester
O99.333	Smoking (tobacco) complicating pregnancy, third trimester
O99.334	Smoking (tobacco) complicating childbirth
O99.335	Smoking (tobacco) complicating the puerperium (postpartum period)

Toxic Effect Codes:

T65.211	Toxic effect of chewing tobacco, accidental (unintentional)
T65.211A	Toxic effect of chewing tobacco, accidental (unintentional) initial encounter
T65.211D	Toxic effect of chewing tobacco, accidental (unintentional) subsequent encounter
T65.211S	Toxic effect of chewing tobacco, accidental (unintentional) sequela
T65.212	Toxic effect of chewing tobacco, intentional self-harm
T65.212A	Toxic effect of chewing tobacco, intentional self-harm initial encounter
T65.212D	Toxic effect of chewing tobacco, intentional self-harm subsequent encounter
T65.212S	Toxic effect of chewing tobacco, intentional self-harm sequela
T65.213	Toxic effect of chewing tobacco, assault
T65.213A	Toxic effect of chewing tobacco, assault initial encounter
T65.213D	Toxic effect of chewing tobacco, assault subsequent encounter
T65.213S	Toxic effect of chewing tobacco, assault sequela
T65.214	Toxic effect of chewing tobacco, undetermined initial encounter
T65.214A	Toxic effect of chewing tobacco, undetermined subsequent encounter
T65.214D	Toxic effect of chewing tobacco, undetermined sequela
T65.214S	Toxic effect of chewing tobacco, undetermined
T65.221	Toxic effect of tobacco cigarettes, accidental (unintentional)
T65.221A	Toxic effect of tobacco cigarettes, accidental (unintentional) initial encounter
T65.221D	Toxic effect of tobacco cigarettes, accidental (unintentional) subsequent encounter
T65.221S	Toxic effect of tobacco cigarettes, accidental (unintentional) sequela
T65.222	Toxic effect of tobacco cigarettes, intentional self-harm
T65.222A	Toxic effect of tobacco cigarettes, intentional self-harm initial encounter
T65.222A	Toxic effect of tobacco cigarettes, intentional self-harm subsequent encounter
T65.222A	Toxic effect of tobacco cigarettes, intentional self-harm sequela
T65.223	Toxic effect of tobacco cigarettes, assault
T65.223A	Toxic effect of tobacco cigarettes, assault initial encounter
T65.223D	Toxic effect of tobacco cigarettes, assault subsequent encounter
T65.223S	Toxic effect of tobacco cigarettes, assault sequela

(continued)

Toxic Effect Codes:

T65.224	Toxic effect of tobacco cigarettes, undetermined
T65.224A	Toxic effect of tobacco cigarettes, undetermined initial encounter
T65.224D	Toxic effect of tobacco cigarettes, undetermined subsequent encounter
T65.224S	Toxic effect of tobacco cigarettes, undetermined sequela
T65.29	Toxic effect of other tobacco and nicotine
T65.291	Toxic effect of other tobacco and nicotine, accidental (unintentional)
T65.291A	Toxic effect of other tobacco and nicotine, accidental (unintentional) initial encounter
T65.291D	Toxic effect of other tobacco and nicotine, accidental (unintentional) subsequent encounter
T65.291S	Toxic effect of other tobacco and nicotine, accidental (unintentional) sequela
T65.292	Toxic effect of other tobacco and nicotine, intentional self-harm
T65.292A	Toxic effect of other tobacco and nicotine, intentional self-harm initial encounter
T65.292D	Toxic effect of other tobacco and nicotine, intentional self-harm subsequent encounter
T65.292S	Toxic effect of other tobacco and nicotine, intentional self-harm sequela
T65.293	Toxic effect of other tobacco and nicotine, intentional self-harm
T65.293A	Toxic effect of other tobacco and nicotine, intentional self-harm initial encounter
T65.293D	Toxic effect of other tobacco and nicotine, intentional self-harm subsequent encounter
T65.293S	Toxic effect of other tobacco and nicotine, intentional self-harm sequela
T65.294	Toxic effect of other tobacco and nicotine, undetermined
T65.294A	Toxic effect of other tobacco and nicotine, undetermined initial encounter
T65.294D	Toxic effect of other tobacco and nicotine, undetermined subsequent encounter
T65.294S	Toxic effect of other tobacco and nicotine, undetermined sequela

References:

1. Centers for Disease Control and Prevention. "Protocol for Identifying and Treating Patients Who Use Tobacco". Atlanta, Georgia, 2016.
2. U.S Department of Health and Human Services. Centers for Disease Control and Prevention. "You Can Help Your Patients Quit Tobacco Use". 2019.
3. WellCare. My Health Pays.
4. Barua RS, Rigotti NA, Benowitz NL, et al. 2018 ACC "Expert Consensus Decision Pathway on Tobacco Cessation: A Report of the American College of Cardiology Task Force on Clinical Expert Consensus Documents". *J Am Coll Cardiol.* 2018; 72(25):3332-3365.