

DEPARTMENT OF DEFENSE TOBACCO CESSATION DEMONSTRATION

1.0. PURPOSE

This demonstration will allow the Department of Defense (DoD) to determine the efficacy and acceptability of a telephone-based tobacco cessation quitline and pharmacotherapy in producing and maintaining tobacco cessation. The Tobacco Cessation Demonstration (hereby referred to as the Demonstration) will also provide information that will enable DoD to determine whether to authorize telephone-based tobacco cessation counseling alone or with pharmacotherapy as part of the TRICARE benefit.

2.0. BACKGROUND

2.1. Tobacco use is the leading cause of preventable death in the United States. It is responsible for 440,000 deaths annually nationwide, including 14,000 in the DoD. The case for an expanded and comprehensive approach to DoD tobacco cessation is compelling. With estimated medical costs from tobacco use that exceed \$1.6 billion per year and the observation of an alarming increase in smoking prevalence among young active duty, the need for a global and effective DoD strategy has never been greater.

2.2. Research indicates tobacco use has a negative impact on readiness during wartime (e.g., 20-50 percent reduction in night vision; rapid nicotine withdrawal affects cognitive functioning and visual acuity; significant decrement in tracking and longer reaction times). Tobacco use also (1) puts individuals at greater risk for pneumonia, asthma, and lung disease; (2) results in more hospitalization and lost work in young active duty; (3) degrades performance on physical fitness tests; and (4) increases likelihood of sustaining musculoskeletal injuries.

2.3. Substantial research confirms that pharmacotherapy, proactive telephone quitlines, and individual/group counseling are effective interventions. According to the Centers for Disease Control and Prevention (CDC), smokers are more likely to utilize telephone counseling than group and individual counseling. High intensity interventions are more effective than lower intensity ones. The tobacco cessation demonstration will provide the opportunity to test the effectiveness of potential benefit changes in the DoD population.

2.4. One of the priorities of the Assistant Secretary of Defense for Health Affairs (ASD(HA)) is to establish a uniform tobacco cessation program for TRICARE Prime enrollees in the Military Health System (MHS). Therefore, on July 6, 2005 (Vol 70, No 38888), the Federal Register announced a demonstration project in which the DoD will provide TRICARE reimbursement for tobacco cessation services for TRICARE beneficiaries who meet the eligibility requirements outlined in [paragraph 3.1](#) below. The scope of services available through this demonstration will include: (1) the availability of a proactive toll-free telephone quitline; (2) the availability of a web-based tobacco cessation information resource; (3) prescription pharmacotherapy and physician visits, with normal co-pays; and (4)

unlimited numbers of quit attempts. This demonstration project is being conducted under the expanded HMO Uniform Benefit of the [32 CFR 199.18\(b\)\(2\)](#).

***2.5.** The Tobacco Cessation Demonstration project is planned for three years and is currently funded for one year. Evaluation for additional funding will be prepared as needed. The Demonstration will continue based on outcome measures related to utilization rates, quit rates, and success of pharmacotherapy.*

3.0. POLICY AND ELIGIBILITY

***3.1.** Effective October 1, 2005, the Demonstration is authorized for TRICARE eligible beneficiaries enrolled in Prime, 18-64 years of age, and who are non-Medicare entitled and reside in the identified zip code areas of the demonstration. The demonstration area includes an area greater than 40 miles from inpatient military treatment facilities (MTFs) in Colorado, Minnesota, Missouri, and Kansas.*

***3.2.** The Demonstration does not apply to those TRICARE-eligible beneficiaries enrolled in special programs (e.g., ECHO) available through TRICARE.*

4.0. MANAGED CARE SUPPORT CONTRACTOR (MCSC) RESPONSIBILITY

***4.1.** The MCSC shall enroll eligible beneficiaries into the Tobacco Cessation Demonstration through Defense Online Enrollment System (DOES) based on applications received from the Demonstration contractor. The MCSC is not required to verify or validate enrollment information. Rather, the MCSC is simply the data entry portal for reporting the enrollment to Defense Enrollment Eligibility Reporting System (DEERS). The MCSC shall accomplish the required data entry within 7 calendar days of receiving an approved enrollment application from the demonstration contractor. Enrollments that cannot be effected because of ineligibility on DEERS or because of invalid or incomplete information shall be returned to the demonstration contractor with an explanation of the problem within 7 calendar days of receipt of the application.*

***4.2.** The MCSC shall provide the Pharmacy Data Transaction Service (PDTs) with a weekly list of all enrollments completed during the week. The list will include: beneficiary's name, beneficiary's social security number (SSN), sponsor's name, sponsor's SSN, beneficiary's address, and date of enrollment into the Demonstration. The weekly list shall be e-mailed to LTC Don DeGroff at donald.degroff@amedd.army.mil or his designee.*

***4.3.** DoD will cost-share all medical care required as a result of participation in the tobacco cessation demonstration. This includes physician visits for medical management and prescription pharmacotherapy through the TRICARE Mail Order Pharmacy (TMOP).*

***4.4.** The MCSC shall process claims and allow TRICARE benefits for otherwise covered health care services (i.e. physician visits, medication management visits, prescription pharmaceuticals, etc.) related to tobacco cessation. Normal TRICARE Prime co-pays for provider visits and prescription pharmacotherapy will apply under this Demonstration. No co-pays will be assessed for Quitline services or web-based tobacco cessation information.*

***4.5.** The MCSC shall disenroll demonstration participants upon notification of loss of eligibility by DEERS (due to a change in DEERS status or relocation outside of the demonstration area), upon*

notification of completion of treatment, or upon termination of the demonstration (whichever comes first).

4.6. *The MCSC shall notify the demonstration contractor of any DEERS status changes for demonstration participants which could affect eligibility for the demonstration.*

5.0. APPLICABILITY

The provisions of this demonstration are limited to those TRICARE-eligible beneficiaries and active duty service members as stated above in [paragraph 3.1](#).

6.0. ASD(HA) RESPONSIBILITIES

ASD(HA) is the designated Executive Agent for the Demonstration project. They shall designate a project officer in the Office of the DASD (Clinical Services) for the Demonstration. The project officer shall provide clinical oversight and ongoing program management of the Demonstration.

7.0. EFFECTIVE DATE

This Demonstration is effective for claims for services provided on or after October 1, 2005.

