

Tobacco Cessation



Each year smoking kills more people than all traffic accidents, illegal drugs, alcohol, firearms and HIV/AIDS. Smoking also causes many health issues such as:

- heart disease
- cancer
- breathing problems
- dental problems
- eye and ear problems
- bone problems, and
- reproductive problems

Quitting smoking and/or the use of tobacco can help you. It can help you with asthma, diabetes, stroke, cancer, COPD or heart disease.

When you have **asthma** and smoke, you are more likely to have an asthma attack. If you stop smoking you will be able to better control your asthma symptoms. You may also need less medicine.

Smoking when you have **diabetes** raises your risk of having a stroke. It can also cause your blood sugar medicine or shots to not work as well.

Smoking can cause cancer nearly anywhere in your body. As long as you are smoking, you are at a higher risk for cancer.

Smoking when you have **COPD** makes it much harder for you to breathe. This is because the smoke is damaging your lungs. Smoking can also cause serious lung infections like pneumonia. When you quit smoking, the smoke is not hurting your lungs anymore. Your breathing should also get better. You will also be less likely to get lung infections. If you quit smoking your risk of stroke, COPD, cancer, nerve damage and other problems improves. This is if you don't start smoking again.

Smokers with heart disease have double the risk of having a heart attack than do non-smokers. Smoking increases your blood pressure and heart rate which damages your blood vessels and increases your chance of having a stroke. If you quit smoking, your blood pressure and heart rate go down. Your risk of having a heart attack or stroke also goes down. The damage to your blood vessels starts to heal when you quit smoking.



If you feel you or someone you know would benefit from tobacco cessation services, please call **1-800-QUIT-NOW** (1-800-784-8669).

Tobacco Use Includes:

- Smoking cigarettes, cigars, pipes or hookah
- Chewing tobacco
- E-cigarettes and vaping
- Snuff



CareSource Rewards for Quitting Tobacco Use

Tobacco Cessation Activity	Reward Amount	Plan
IN Tobacco Quit Line Engagement in Cessation Coaching	\$50 1x/calendar year	HIP and HHW ages 18-64
IN Tobacco Quit Line Engagement in Cessation Coaching While Pregnant	\$80 1x/calendar year	
IN Tobacco Quit Line Additional Cessation Coaching Calls	\$10 9x/calendar year	
Behavioral Counseling Continuation at 6 Weeks for Tobacco Cessation	\$20 1x/calendar year	
Behavioral Counseling Initiation for Tobacco Cessation	\$30 1x/calendar year	
Substance Use Disorder (SUD) Intensive Outpatient Treatment (IOT) Session	\$10 10x/calendar year	
Pharmacologic Therapy for Tobacco Cessation (1st, 4th, 8th and 12th weeks)	\$20 4x/calendar year	
Total Reward Amount	\$200	

HIP – Healthy Indiana Plan

HHW – Hoosier Healthwise

Rewards based on claims are logged once claims are sent by providers and processed by CareSource. It can take a few weeks to show rewards for these activities in your MyHealth Account.

* Talk with your doctor or your Quit Coach from the Indiana Quitline about quitting tobacco use. Your doctor or Quit Coach can help decide what medications or counseling will be the best fit for you.

**You can get online tools and rewards information at MyHealth. Go to MyCareSource.com® and click the MyHealth icon under “My Plan” to get started.

Reference:

https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm

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