

• • • • ▶ **Questions to Ask Your Health Insurance**

To find out how your health insurance plan can help you quit smoking, call the customer service number on the back of your health insurance member card.

When you call, here are some questions to ask:

▶ *Is stop-smoking medicine covered by my insurance plan?*

If the answer is **yes**, some follow-up questions to ask are:

- ▶ If so, are prescriptions covered?
- ▶ If so, are over-the-counter medicines, like the nicotine patch, covered?
- ▶ Is there a limit to the amount of medicine that is covered?
- ▶ What is the co-pay?

▶ *Is counseling (support) to quit smoking covered by my insurance plan?*

If the answer is **yes**, some additional questions to ask are:

- ▶ Is group counseling covered?
- ▶ Is one-on-one, in-person counseling covered?
- ▶ Are local quit-smoking services available?
- ▶ Is there a limit to the amount of counseling that is covered?
- ▶ Is there a co-pay or reimbursement for services used?



Massachusetts Department
of Public Health

Make smoking history.

For more information about quitting smoking, go to **www.MakeSmokingHistory.org**