

# UnitedHealthcare Community Plan of Indiana

## Clinical Practice Guidelines for Smoking Cessation

### Our Position:

In 2023, it was found that 20.3% of Indiana adults smoke<sup>i</sup>. Based on the most recent survey results, 40% of high school students are currently using e-cigarettes including a five-fold increase in use since 2012.<sup>ii</sup> According to the Centers for Disease Control, smoking leads to disease and disability and harms nearly every organ of the body.<sup>iii</sup> Helping our members quit use of tobacco products is a high priority for UnitedHealthcare Community Plan of Indiana.

### Our Goal:

Support our providers with the tools and assistance surrounding member tobacco cessation.

[IN State Tobacco Activities Tracking and Evaluation \(STATE\) Highlights | Centers for Disease Control \(CDC\)](#)

### Indiana Resources:

[Providers, You Can Help | Quit Now Indiana \(QNI\)](#)

[IN Substance Use Prevention: Tobacco | IN Family & Social Services Administration \(FSSA\)](#)

[IN "State of Tobacco Control" Report 2025 | American Lung Association \(ALA\)](#)

[Indiana Adult Tobacco Survey \(ATS\) Highlights Report | IN Department of Health \(IDH\)](#)

[IN Tobacco Prevention & Cessation Quitline | IN Department of Health \(IDH\)](#)

[Helping Hoosiers Quit Smoking | Quit Now Indiana \(QNI\)](#)

[Vape-Free Indiana: Home](#)

### National Resources:

[Expert Consensus Decision Pathway on Tobacco Cessation Treatment | American College of Cardiology \(ACC\)](#)

[Tobacco Use Clinical Practice Guidelines | United Healthcare \(UHC\)](#)

[Treating Tobacco Use and Dependence | Agency for Healthcare Research and Quality \(AHRQ\)](#)

[Clinical Cessation Tools - Smoking and Tobacco Use | Centers for Disease Control \(CDC\)](#)

[Medications for Smoking Cessation Guidelines | American Academy of Family Physicians \(AAFP\)](#)

### How We Reward Efforts:

UnitedHealthcare Community Plan of Indiana rewards members for completing any tobacco cessation program by offering a \$25 gift card. Providers who bill for tobacco cessation counseling receive \$10 per billed claim.

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<sup>i</sup> [State of Tobacco Activities Tracking and Evaluation \(STATE\) | CDC](#)

<sup>ii</sup> [Highlights from the 2024 Indiana Youth Tobacco Survey PDF | IDOH](#)

<sup>iii</sup> [Chronic Diseases: Health and Economic Benefits of Tobacco Use Interventions | CDC](#)