

California Smokers' Helpline

The California Smokers' Helpline offers a variety of services/assistance to help individuals quit tobacco such as phone counseling, online assistance and text messaging, self-help materials, and referrals to local programs. Counseling services are available in several languages including English, Spanish, Cantonese, Mandarin, Korean and Vietnamese.



If your patients are eager to stop using tobacco, they can call **1-800-662-8887**. Providers can also refer patients to this useful resource by visiting <https://www.nobutts.org> and selecting the **Provider Referral** tab at the top of the page.

Provider training

The Smoking Cessation Leadership Center is a national program that collaborates with health professionals and institutions to increase their competency in helping smokers quit. They provide various types of resources including curriculums, presentations, online training, publications, toolkits and webinars for continuing education.

If you are interested in tobacco cessation updates, please visit <https://smokingcessationleadership.ucsf.edu>.

Regional offices:

For additional information and resources on tobacco cessation, please contact your regional office:

- Northern region: **1-916-589-3030**
- Central region: **1-559-353-3500**
- Southern region: **1-866-465-2272**



<https://mediproviders.anthem.com/ca>

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Coding Guide for Tobacco Use



California's Tobacco Cessation Policy Letter

The California Department of Health Care Services released a policy letter tasking all managed care organizations with:

- Implementing a system that identifies/tracks tobacco users.
- Promoting tobacco cessation services to Medi-Cal Managed Care (Medi-Cal) members.
- Logging utilization data on tobacco cessation interventions.

Additionally, the United States Preventive Services Task Force recommends providers ask all patients 18 years of age and older and those who are pregnant about their tobacco use, offer cessation services to tobacco users and document interventions in medical records. Pregnant smokers should receive a minimum of one face-to-face counseling session per quit attempt.

Tracking tobacco users

To create a system to identify and document tobacco users, we recommend implementing one of the following processes:

- Include tobacco use as a vital sign.
- Mark charts with a stamp/sticker when a patient indicates tobacco use.
- Document tobacco use on the *Staying Healthy Assessment* or other individual health education behavioral assessment.
- Document tobacco use on the *Child Health and Disability Prevention Program Confidential Screening/Billing Report (PM160)*.
- Enter the applicable ICD-10 code for tobacco use in their medical records.

Addressing tobacco use with your patients

As a provider, you are advised to address tobacco use with your patients.

At every visit, you can implement these simple steps:

- **Ask** every patient: “Do you use tobacco?”
- **Advise** tobacco users to quit.
- **Assess** the user’s readiness to quit.
- **Assist** with locating resources and creating a plan to quit.
- **Arrange** for progress checks to help the patient quit for good.

Refer to the California Smokers’ Helpline at **1-800-662-8887** or other local tobacco cessation resources.

Quick reference

ICD-10 tobacco use codes

Codes	Description
F17.200	Nicotine dependence — unspecified, uncomplicated
F17.201	Nicotine dependence — unspecified, in remission
F17.210	Nicotine dependence (cigarettes) — uncomplicated
F17.211	Nicotine dependence (cigarettes) — in remission
F17.220	Nicotine dependence (chewing tobacco) — uncomplicated
F17.221	Nicotine dependence (chewing tobacco) — in remission
F17.290	Nicotine dependence (other tobacco product) — uncomplicated
F17.291	Nicotine dependence (other tobacco product) — in remission
Z87.891	Personal history of nicotine dependence
O99.33	Tobacco use (smoking) during pregnancy, childbirth and puerperium

