



## Optum Tooele County

### Quality Assurance and Performance Improvement

#### Resource Guide

May 6, 2026

#### Smoking/nicotine cessation resources



“Nicotine addiction may not appear as harmful as many other addictions. This is likely because tobacco products are legal and easy to get, and the worst side effect of abusing them takes time to develop. Tobacco use claims more lives than any other addictive substance. Many smokers cannot quit despite knowing smoking’s impact on their health. Wanting to quit but being unable to, is a telltale sign of addiction.”

[addictioncenter.com](https://addictioncenter.com) sourced from Center for Disease Control and Prevention CDC)

Smoking Cessation services include, among others, prescription drugs, insurance programs, nicotine over-the-counter products, and quit lines. Smokers who take part in cessation programs are more likely to successfully quit smoking—defined as abstinence for six months or more—than those who attempt quitting on their own.

The Utah Office of Substance Use and Mental Health mandates that providers screen all members for nicotine use. When clinically appropriate, providers must assign a corresponding DSM-5 diagnosis and offer cessation services. Documentation of the screening, diagnosis, and any offered cessation services must be included in the member’s record. If a member declines cessation services, this must also be documented. All Optum Tooele County (TCO) network providers are required to maintain policies supporting this initiative.

The following are some smoking/nicotine cessation resources you can use to help Optum TCo members:

The **Utah Medicaid Tobacco Cessation Program** provides support and information to help pregnant women quit using tobacco. Women are given an opportunity to participate in this program without cost. If you are pregnant and use tobacco, please talk to your HPR about this program at 1-866-608-9422.

[medicaid.utah.gov/tobacco-cessation-program](https://medicaid.utah.gov/tobacco-cessation-program)

Access the resources available through the **CDC National Behavioral Health Network for Tobacco and Cancer Control** operated by the National Council for Behavioral Health.

[thenationalcouncil.org/thenationalcouncil.org/our-work/focus-areas/public-health/tobacco/](https://thenationalcouncil.org/thenationalcouncil.org/our-work/focus-areas/public-health/tobacco/)

### **Waytoquit.com**

Thinking of quitting tobacco? You've come to the right place. Because life's better tobacco free.

[waytoquit.org/](https://waytoquit.org/)

### **Tobacco Use Prevention** (Tooele County)

1-435-277-2483

[Tobacco Use Prevention – Tooele County Health Department](#)

### **Smokefree.gov**

On this site you'll find support, tips, tools, and expert advice to help you or someone you love quit smoking.

[smokefree.gov/](https://smokefree.gov/)

Information regarding diagnostic criteria can be found in *the Diagnostic and Statistical Manual of Mental Disorders* (DSM-5-TR).