



MASSACHUSETTS

# ASTHMA CARE CHECKLIST

It's important for you and doctor to work together in order to keep your asthma symptoms under control, and avoid any flare-ups. Bring this checklist with you every time you see your doctor, so you can ensure that you're both doing everything you can to be healthy.

## DURING YOUR APPOINTMENT, TELL YOUR DOCTOR:

### If you've experienced any symptoms, such as:

- ☐ Coughing
- ☐ Wheezing
- ☐ Issues sleeping

### If you've noticed your symptoms worsen around triggers, such as:

- ☐ Animals
- ☐ Dust, mold, or mildew
- ☐ Pollen
- ☐ Other irritants

- ☐ Your peak flow readings—If you don't take readings, ask if you should start.

## REVIEW THESE KEY AREAS WITH YOUR DOCTOR:

- ☐ **Goals for managing your asthma and overall health**—such as, no emergency room visits, full participation in physical activities, and not missing school or work.
- ☐ **Medication list**—including the names, strengths, instructions, and difference between your rescue and controller.

- ☐ **Asthma action plan**—if you don't have one, create one with your doctor.
- ☐ **Inhaler technique**—at least once a year.

## ADDRESS ALL OTHER HEALTH NEEDS, SUCH AS:

- ☐ Available support groups and other resources
- ☐ Collaboration with additional providers or educational supports

## ASK YOUR DOCTOR IF SWITCHING TO A 90-DAY PRESCRIPTION IS RIGHT FOR YOU:

- ☐ If you're taking an asthma controller medication, you may be able to get it automatically refilled and shipped every 90-days at a lower cost through the mail order pharmacy. To get started, call Express Scripts®, an independent company that administers your pharmacy benefit on behalf of Blue Cross Blue Shield of Massachusetts, at **1-800-892-5119** (TTY: **1-800-305-5376**).

## Call Team Blue

Our Team Blue Care Managers can provide one-on-one support for asthma management, in addition to the care you receive from your doctor. Call **1-800-392-0098** (TTY: **711**), Monday through Thursday, 8:30 a.m. to 8:00 p.m. ET, and Friday, 8:30 a.m. to 4:30 p.m. ET.

## QUESTIONS FOR YOUR DOCTOR

Use this space to write down questions or concerns you want to share with your doctor.

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ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Service at the number on your ID card (TTY: 711).

ATENÇÃO: Se fala português, sãe-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).

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