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.
- Asthma action plan—if you don’t have one, create one with your doctor.
- Inhaler technique—at least once a year.
- Medication list—including the names, strengths, instructions, and difference between your rescue and controller.

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.