



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<sup>®</sup>, 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.

