

Asthma Control and Your Medicaid

How is your family's asthma control?



Good Control

- **Able to sleep, play and be active** without coughing, wheezing or chest feeling tight.
- Little need for rescue puffers, steroid pills, shots or syrup.



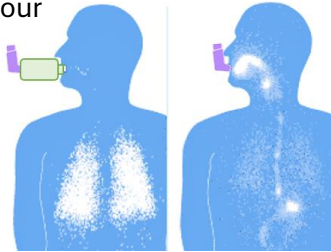
Poor Control

- Need to use your rescue puffer **more than two times a week.**
- Refilled your rescue puffer **more than two times in the last year.**
- Wake up at night with asthma **more than two times a month.**
- Needed steroid pills, syrup or shot **more than two times in the last year.**

Talk to your doctor about asthma control. Here are some ways that Medicaid can help:

Use a Spacer

- This plastic tube with valves helps the **puffer mist go into your lungs**, not your mouth or stomach.
- Medicaid allows **four spacers per year** from the pharmacy or medical supply store. It covers many brands, and masks for babies and young kids.
- Ask your doctor to show you how and when to use your puffers with a spacer. Bring your spacer and your puffers to every doctor visit.
- Keep the spacer with your puffers, so you are ready when you need it.



Get 90-day Asthma Medicine Refills

- Your asthma **maintenance (daily)** puffers can be prescribed in 90-day amounts.
- This can help you go to the pharmacy less often and still get all the medicine you need. Ask your doctor for a 90-day supply.

Use a Single Maintenance and Reliever Therapy (SMART) Puffer

- A SMART puffer has both reliever (rescue) and maintenance (daily) medicines. This means you have **just one puffer to use and keep track of.**
- SMART puffers work great to give fast relief during asthma flare-ups and bring down the airway swelling that keeps the flare-up going.
- The puffers used for SMART are Symbicort, Dulera and Breyana. They are all covered by the Medicaid Common Formulary for people with asthma aged five years and older.
- Ask your doctor if SMART puffers will work for you.

Help With Rides

- Medicaid plans **pay for rides** to and from doctor visits, the pharmacy and the medical supply company.
- You can call or email your plan to set up rides.



More help

Children's Special Health Care Services (CSHCS)

- CSHCS offers **medical care and other help** to some families of children (up to age 26) with asthma.
- There is **no fee to join** CSHCS if the person is on Medicaid.
- Your doctor can help you find out if CSHCS is right for your family.

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