

October 6, 2023

**IMPORTANT NOTICE: Patients With Poor Control of Their Asthma**

Dear provider,

Through medical claims data, the Health Plan of San Mateo (HPSM) has determined that one or more of your patients has had an asthma-related emergency department or inpatient stay visit within this past year.

**If you have not done so already, HPSM recommends that you consult with this member and TAKE THE FOLLOWING ACTION:**

- Initiate appropriate pharmacologic therapy.
- Stress adherence w/ controller meds.
- Educate the patient regarding the appropriate use of rescue inhalers.
- Assess inhaler technique.
- Re-evaluate current treatment regimen:
  - Determine the need for “step up” therapy.
  - Consider using budesonide/formoterol (i.e., Symbicort) alone for BOTH controller and rescue therapy needs if the patient is  $\geq 4$  years of age with moderate to severe asthma (based on the recently updated 2020 EPR-3 guidelines).

You may disregard this letter in the event you no longer provide care for this patient.

If you have any questions about this letter or the patient information provided, please do not hesitate to contact the HPSM Pharmacy Department at **650-616-2088**.

The Health Plan of San Mateo