

Date: June 28, 2024

To: All WellSense Providers

From: WellSense Health Plan

Subject: **Managing Asthma this Allergy Season**

Product:  MassHealth  Clarity plans (formerly QHP)  Senior Care Options

## Managing Asthma this Allergy Season

Asthma and allergies have the potential to impact patients across all demographics and income levels. Here at WellSense, we want you to have all the tools you need to ensure your patients with asthma understand asthma triggers, medications and treatment.

### How you can improve patient outcomes

- Create an asthma action plan with your patients so they understand their triggers and the appropriate medication to take. See below for resources.
- Provide culturally relevant resources in the language preferred by your patient.
- Use shared decision-making with patients to gain deeper insight into their individual care preferences and concerns, fostering a stronger patient-provider relationship.
- Ask the patient about any difficulties filling their prescriptions.
- Explain the difference between controller and reliever medications and discuss why controller adherence is important.
- Prescribe a long-term controller medication and provide patient reminders for refills.
- Limit the number of refills on reliever medications to no more than two refills. If a member requests additional refills, contact them to ensure they're taking their controller as prescribed and that it's working.
- Refer patients to WellSense Care Management at 866-853-5241 or complete a [Care Management Referral Form](#).

## Resources

# Provider Communications

Massachusetts

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- [Massachusetts Department of Public Health Adult Asthma Action Plan](#)
- [Massachusetts Department of Public Health Child Asthma Action Plan](#)
- [Massachusetts Asthma Prevention and Control](#)

## Questions?

Contact us at [QualityDept@wellsense.org](mailto:QualityDept@wellsense.org) with any questions.