



Help Patients Better Understand Asthma Medication Ratio

Are your asthmatic patients experiencing an increase in asthma exacerbations? Are they visiting the Emergency Room or Urgent Care more frequently and being admitted to the hospital as a result?

This may indicate that the patient's asthma may not be well controlled due to lack of adherence to their asthma care plan, which often includes an increased use of short-acting inhalers and decreased use of long-term controller medications. In these cases, we recommend having a conversation with the patient to better understand why he/she has a tendency to use their rescuer more often than their controller medication. During the conversation, take the opportunity to explain how the patient might better manage and improve their asthma status through controller medication by reinforcing the patient's understanding of your instructions and the treatment plan.

Following up with patients

UnitedHealthcare can provide you with a list of your patients that have an asthma medication ratio of greater than 0.50, which you can use to schedule an office visit to discuss his/her medication usage.

We understand that some patients may face barriers to care and adherence. For health plan assistance, you may refer these patients to Member Services at **800-318-8821, TTY 711** or a Special Needs Coordinator at **443-896-9081, TTY 711**.