



Asthma Management

Provider Resource Guide



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Thank you for being a valued provider for members in one or more of our health plans: Health Partners Plans Medicaid, Health Partners Plans CHIP, Jefferson Health Plans Medicare Advantage, and/or Jefferson Health Plans Individual and Family Plans.

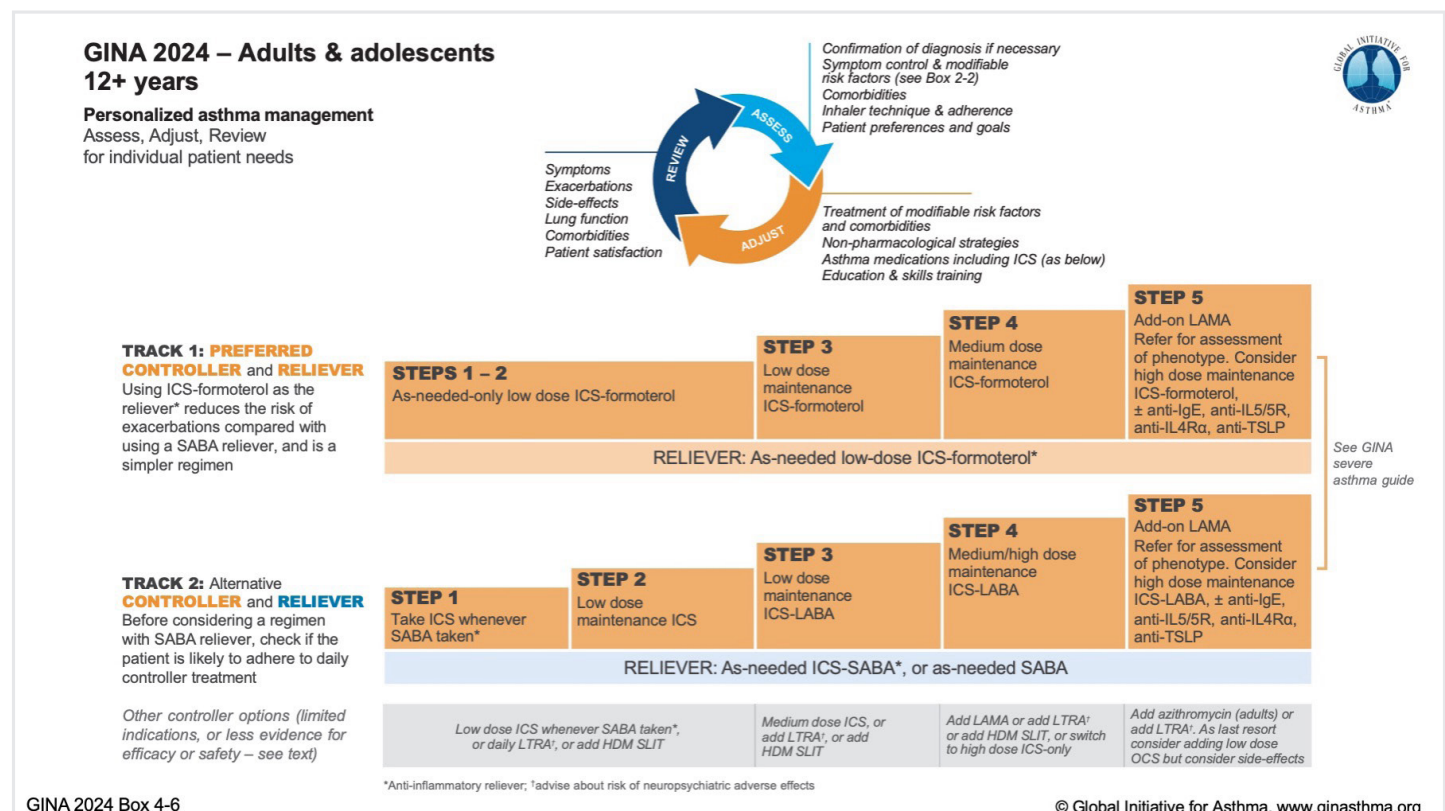
Asthma Management Resource Guide

This provider resource guide is intended to help you improve your performance in the Asthma Medication Ratio quality measure.

AMR Measure Description: The percentage of patients 5–64 years of age who were identified as having persistent asthma and had a ratio of .50 or higher of controller medications to total asthma medications during the measurement year.

GINA Guidelines

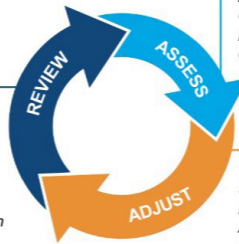
According to the GINA 2024 Guidelines, “set it and forget it” is not the appropriate approach to asthma treatment, and treatment is not solely focused on medications. The GINA Guidelines recommend reviewing and adjusting treatment based on each individual patient’s needs which can follow two potential treatment tracks, as demonstrated in the adults and adolescents 12+ years graphic below.



GINA 2024 – Children 6–11 years

Personalized asthma management:
Assess, Adjust, Review

Symptoms
Exacerbations
Side-effects
Lung function
Comorbidities
Child and parent/
caregiver satisfaction



Confirmation of diagnosis if necessary
Symptom control & modifiable
risk factors (see Box 2-2)
Comorbidities
Inhaler technique & adherence
Child and parent/caregiver preferences and goals

Treatment of modifiable risk factors
& comorbidities
Non-pharmacological strategies
Asthma medications including ICS
Education & skills training

Asthma medication options:
Adjust treatment up and down for
individual child's needs

**PREFERRED
CONTROLLER**
to prevent exacerbations
and control symptoms

Other controller options
(limited indications, or
less evidence for efficacy
or safety)

RELIEVER

STEP 1
Low dose ICS
taken whenever
SABA taken*

STEP 2
Daily low dose inhaled corticosteroid (ICS)
(see table of ICS dose ranges for children)

Daily leukotriene receptor antagonist (LTRA[†]), or
low dose ICS taken whenever SABA taken*

STEP 3
Low dose ICS-LABA,
OR medium dose
ICS, OR
very low dose
ICS-formoterol
maintenance and
reliever therapy
(MART)

Low dose
ICS + LTRA[†]

STEP 4
Refer for expert
advice,
OR medium
dose ICS-LABA,
OR low dose
ICS-formoterol
maintenance and
reliever therapy
(MART)

Add tiotropium
or add LTRA[†]

STEP 5
Refer for
phenotypic
assessment
± higher dose
ICS-LABA or
add-on therapy,
e.g. anti-IgE,
anti-IL4Rα,
anti-IL5

As last resort,
consider add-on
low dose OCS, but
consider side-effects

As-needed SABA (or ICS-formoterol reliever* in MART in Steps 3 and 4)

*Anti-inflammatory reliever; [†]advise about risk of neuropsychiatric adverse effects



GINA 2024 Box 4-12

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GINA 2024 – Children 5 years and younger

Personalized asthma management:
Assess, Adjust, Review response

Symptoms
Exacerbations
Side-effects
Risk factors
Comorbidities
Child and parent/
caregiver satisfaction



Exclude alternative diagnoses
Symptom control & modifiable risk factors
Comorbidities
Inhaler technique & adherence
Child and parent/caregiver preferences and goals

Treat modifiable risk factors
and comorbidities
Non-pharmacological strategies
Asthma medications
Education & skills training

Asthma medication options:
Adjust treatment up and down for
individual child's needs

**PREFERRED
CONTROLLER
CHOICE**

Other controller options
(limited indications, or
less evidence for efficacy
or safety)

RELIEVER

**CONSIDER
THIS STEP FOR
CHILDREN WITH:**

STEP 1
(Insufficient
evidence for daily
controller)

Consider intermittent
short course ICS at
onset of viral illness

STEP 2
Daily low dose inhaled corticosteroid (ICS)
(see Box 11-3 for ICS dose ranges for pre-school children)

Daily leukotriene receptor antagonist (LTRA[†]),
or intermittent short course of ICS at onset of
respiratory illness

STEP 3
Double 'low dose' ICS
(See Box 11-3)

Low dose ICS + LTRA[†]
Consider specialist
referral

STEP 4
Continue
controller & refer
for specialist
assessment

Add LTRA[†], or increase
ICS frequency, or add
intermittent ICS

As-needed short-acting beta₂-agonist

Infrequent viral
wheezing and no
or few interval
symptoms

Symptom pattern not consistent with asthma but wheezing
episodes requiring SABA occur frequently, e.g. ≥3 per year.
Give diagnostic trial for 3 months. Consider specialist referral.
Symptom pattern consistent with asthma, and asthma
symptoms not well-controlled or ≥3 exacerbations per year.

Asthma diagnosis, and
asthma not well-controlled
on low dose ICS

Before stepping up, check for alternative diagnosis,
check inhaler skills, review adherence and exposures

*Advise about risk of neuropsychiatric adverse effects



GINA 2024 Box 11-2

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Provider Worklists

The Reporting Calendar outlines when various provider worklists are made available to providers throughout the year. Some of these worklists are AMR-specific, and others include the AMR measure among other quality measures.

AMR Worklists

- AMR Priority Worklists identify members in the AMR denominator. There are two versions of this report: (1) Patients with no controller medications and only rescue medications, and (2) Non-compliant patients that need 1-2 more controller medication fills to become compliant.
 - **Best Practice Suggestion:** review the worklists to identify members that need a new/updated Rx or if members need to be connected to Care Management.

Care Gap and Missed Opportunity Reports

- Care gap reports are available in your provider portal, HealthTrio, and allow you to filter to your patients in the AMR denominator who are noncompliant. These reports are refreshed monthly.
- Missed opportunity reports include your patients who were engaged in care in the last 6-12 months but still have open care gaps. All HEDIS and Stars measures are included, but you can filter to the AMR measure only.

PA Preferred Drug List Link

Please follow the link below to find the preferred agents on the PA Preferred Drug List:

<https://www.papdl.com/preferred-drug-list.html>

You can also access the PA Preferred Drug List via our website: <https://www.healthpartnersplans.com/home/providers/tools-and-resources/formularies>



Contact the Provider Services Helpline at 1-888-991-9023 (Monday – Friday, 9 a.m. – 5:30 p.m.) to learn more about these reports and worklists if you aren't receiving them today.



Room2Breathe Program

Room2Breathe is an asthma program in which a CHW visits your patients over a 12-month period in their home to provide education and tips for identifying and reducing triggers in the home, supplies, and pest management services, all at no cost to your patients.

Eligible patients must meet the following criteria:

- 2-14 years old
- 2 ED visits OR 1 hospitalization for asthma in the past 12 months
- Philadelphia County resident
- Receive primary care at St. Christopher's Hospital for Children (Center for the Urban Child and Northeast Pediatrics), Temple Faculty Pediatric Associates, Jefferson Einstein Pediatrics, Ambulatory Health Services (Health Centers 5, 6 and Strawberry Mansion), Nemours Children's Health — Philadelphia, Esperanza Health Center, Delaware Valley Community Health, or Fair Hill Community Physicians

For questions, or if your provider office is interested in partnering with the Room2Breathe program, you may contact Education Plus Health (R2B service provider) via phone **267-324-5707** or email Room2Breathe@EducationPlusHealth.com.

Stellar RX



Stellar RX is a wholesale and specialty pharmacy located in Avondale, PA, that aims to help provide point-of-care asthma and family planning products to underserved populations. They offer on-site asthma devices and supplies in a secure XpeDose unit which stocks and dispenses asthma medications in outpatient settings. Inhalers, spacers, masks of various sizes, and medications are supplied at no expense to your office by Stellar.

If interested in partnering with Stellar RX, please email our Pharmacy team at PharmacyClinical@jeffersonhealthplans.com and they can facilitate an introduction and warm handoff to the Stellar team.

Medication Management Best Practices

Switch Patients to Receive Extended Day Supplies

When appropriate, write 90-day prescriptions for maintenance inhalers for your patients. This can help improve adherence, potentially reduce medication costs, and will mean less trips to the pharmacy.

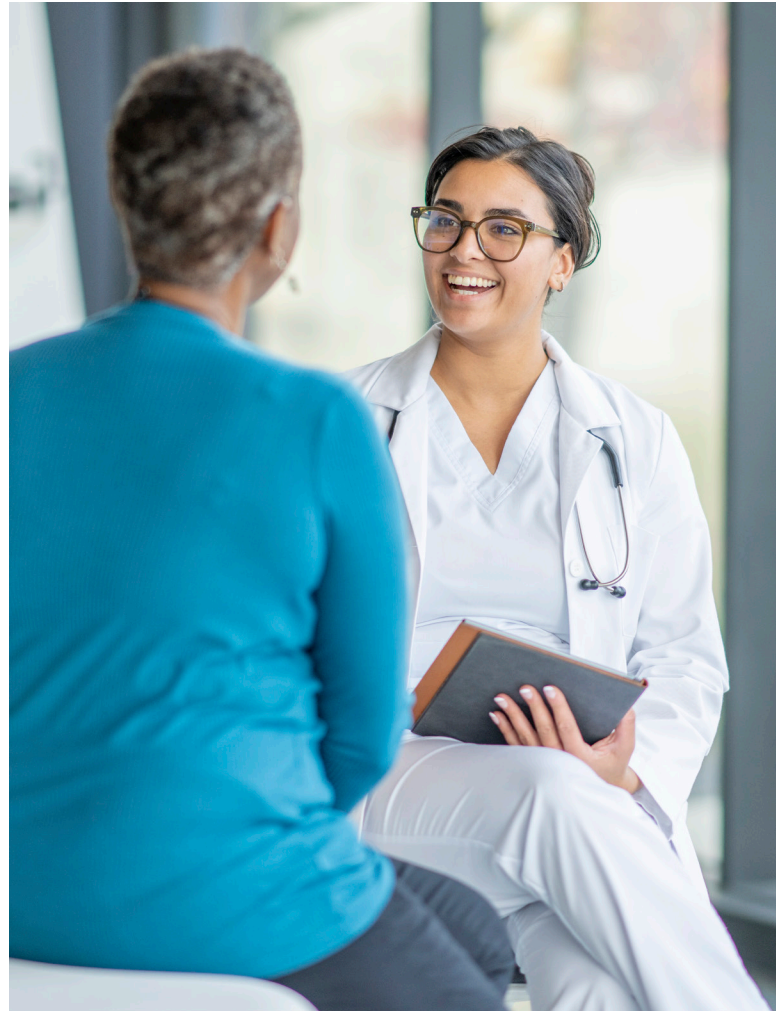
Suggest Mail Order

- A fast and convenient way to get medications delivered right to the door! To have medications filled through mail order pharmacy, prescriptions can be sent to CVS Caremark Mail Service Pharmacy. Patients can also request that CVS Caremark Mail Service Pharmacy contact their doctor and get the process started. Visit [Caremark.com/mailservice](https://www.caremark.com/mailservice) or call 1- 800-756-7186. You can also check the list of pharmacies that offer delivery here: [Disease and Medication Management](#).

Inform Patients about Pharmacies with Additional Support Services

Many local pharmacies offer accessible, clinical-backed touchpoints for patients and health teams.

- **Centennial Pharmacy Services** dispenses medications, provides medication therapy management, offers in-home services, and helps with preventive care and transition of care services. Learn more at www.centennialpharmacy.com.
- **Bright Medical Technology, Inc.** is a full-service pharmacy staffed with a team of Pharmacists, Pharmacy Technicians, and Account Managers from Monday through Friday, 9:00AM – 5:00PM. They also have a 24/7 answering service that will allow you to speak with one of their pharmacists at any time. They specialize in providing medications and related supplies to asthmatic patients of all ages, including those with complex conditions and comorbidities. All new requests will be filled and delivered directly to the patient by their delivery team the same day the order is received to their location of choice. All



patients will have the option to enroll in their automatic refill program to eliminate the worry of running out of vital medications. They help maximize patient compliance through ongoing education, routine follow-up calls from their pharmacists, and punctual, reoccurring deliveries of acute and long-term control medications, as well as respiratory supplies. To learn more about how Bright Medical can help you and your patients, contact them at 215-725-6337 or visit their website at www.brightmedi.com.

Contact the Provider Helpline to get connected to our Pharmacy Team if you would like additional information about Centennial, Bright Medical, or other pharmacies that offer home delivery, pill packing, or other clinical programs.



Asthma Spacers

Adding a spacer to a metered-dose inhaler can help the medicine move past the mouth and throat and get deep into the lungs. It can also help avoid problems with spraying and breathing at the same time, especially in the pediatric population. Patients can receive asthma spacers via their Health Partners Plans Medicaid or Health Partners Plans CHIP pharmacy benefit. For your pediatric patients, you may prescribe two spacers, one for home and one for school. A prescription can be sent to the Pharmacy for the following brand of spacers: Aerochamber, Compact Space Chamber, Easivent, Optichamber, Prochamber, and Vortex Valved Holding Chamber.

Smoking Cessation

Refer your patients to a smoking cessation program to help alleviate their asthma symptoms or apply to become Tobacco Cessation Counseling (TCC) certified.

Become TCC Certified

- Complete the DHS “Every Smoker, Every Time” online training and “Pre-Approved Tobacco Cessation Registry Application” and be approved by DOH as a Tobacco Cessation Provider (TCP).
- DOH’s training, application, and contact information are located at: [Registry | Department of Health | Commonwealth of Pennsylvania](#)

Refer Patients for Assistance

- Share the PA Free Quitline (1-800-QUIT-NOW), PA’s telephone-based tobacco cessation counseling service with free coaching.
- Contact our Clinical Programs Team at 866-500-4571. They can assist with connecting your patients to tobacco counseling services.



Additional Support

Clinical Programs

Our Clinical Programs Department has a team of dedicated case managers who can help your patients achieve their asthma-related health goals. Case managers will work with your patients to provide coordination of care services that can help support their healthcare goals and treatment plan, as well as reduce or eliminate any barriers to care. If you have patients who may benefit from case management services, please refer them to our care management team by calling 1-866-500-4571 and selecting option #2.

Pharmacy

If you wish to prescribe a non-preferred medication, a prior authorization can be requested. Using the appropriate form will help to ensure that we have the information necessary to make a decision about your request. Fax all completed Medicaid and CHIP prior authorization request forms to 1-866-240-3712.

<https://www.healthpartnersplans.com/home/providers/prior-authorizations/>

Health Partners Plans, Inc. (HPP), uses Jefferson Health Plans as the marketing name for some of its lines of business. Current lines of business are: Jefferson Health Plans Individual and Family Plans, Jefferson Health Plans Medicare Advantage, Health Partners Plans Medicaid, and Health Partners Plans CHIP. All communications will specify the impacted line of business within the content of the message.

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