

<Month Day, 2024>

Parent or Guardian of
<First Name> <Last Name>
<Address 1>
<Address 2>
<City>, <State> <Zip>



Discover tools and resources for better asthma management at fepblue.org/asthma.

Dear Parent or Guardian of <First Name>,

We know it can be challenging to help your child deal with asthma. One of the best ways to properly manage it and reduce symptoms is with an up-to-date asthma action plan. If <First Name> doesn't have one, work with their doctor to make one that's right for them.

Read this letter for a quick look at the status of <First Name>'s asthma medication, and more tips for managing their condition.

<First Name>'s snapshot

Condition	Recommendation	What our records show*
 Asthma	Use controller/maintenance medication to improve asthma. Examples include: Budesonide, Fluticasone, and Montelukast.	 You're filling prescriptions as scheduled.

THREE WAYS TO HELP MANAGE YOUR CHILD'S HEALTH

1. Schedule a routine health checkup

During the visit, your child's doctor can identify health issues early and make sure your child is on track with immunizations. Plus, the doctor can help manage <First Name>'s asthma symptoms by going over the asthma action plan and medications. Call your child's doctor to see if it's time for a checkup.

2. Sign up for 90-day refills

You can refill your child's prescribed controller medication for a 90-day supply at your local retail pharmacy. And if you're a Standard Option member, you may be able to save time and money by enrolling in the Mail Service Pharmacy Program. Learn more at fepblue.org/pharmacy.

3. Get personalized support

Talk to our FEP Care Managers and Clinical Pharmacists for one-on-one support at no additional cost. They can guide you to resources and help coordinate your child's care. To get started, call **1-800-689-7219** (option 2), Monday through Friday, 8:30 a.m. to 4:30 p.m. ET.

*Our records are based on claims data through June 30, 2024. If your child is taking medications as prescribed, you can disregard recommendations noted with a question mark.

IS YOUR CHILD'S ASTHMA UNDER CONTROL?

Have <First Name>'s asthma symptoms, which may include coughing, wheezing, chest tightness, or shortness of breath, recently caused them to:

- Use a rescue/emergency inhaler more than twice per week?
Examples include: Albuterol HFA and Levalbuterol HFA.
- Wake up at night due to asthma?
- Have limitation of activity due to asthma?
- Visit the emergency room?

If you answered "yes" to any of these questions, there's a chance that your child's asthma symptoms could be improved or better controlled. Talk to their doctor about the right steps to take.

VIEW ALL YOUR BENEFITS ON THE FEPBLUE APP

Get instant digital access to your benefits, claims information, medications, member ID card, and more. Go to fepblue.org/app to download the app today.

We look forward to helping you stay healthy.

Sincerely,



Karl Laskowski, MD
Vice President and Medical Director
Clinical Programs and Strategy



**Commercial HMO
and PPO plans**

Your Privacy Is Important to Us

Your information is always treated in accordance with the Blue Cross Blue Shield of Massachusetts policy on confidentiality. For more information, or to be removed from future mailings, call us at **1-800-689-7219** (option 2) Monday through Friday, 8:30 a.m. to 4:30 p.m. ET.

The Blue Cross and Blue Shield Service Benefit Plan complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

Para obtener asistencia en español, llame al servicio de atención al cliente al número que aparece en su tarjeta de identificación.

請撥打您 ID 卡上的客服號碼以尋求中文協助。