



MASSACHUSETTS



<Month Day, 2019>

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

**Parent or Guardian of <First Name> <Last Name>,**

Too much to do and not enough time to do it? We get it, and we want to help—especially when it comes to your family’s health. The chart below can help you keep track of your child’s asthma medication refills.

<First Name> <Last Name>’s Snapshot

Condition	Recommendation	What Our Records Show
 Asthma	Steroid inhaler or controller medication to improve asthma (this is different from a rescue inhaler)	 Filling prescription as scheduled

### Is Your Child's Asthma Under Control?

Asthma, when it’s under control, can have almost no symptoms. Have symptoms of your child’s asthma (coughing, wheezing, chest tightness, or shortness of breath) meant he or she has recently:

- Missed school?
- Woken up at night?
- Been unable to play sports or outside games?

If you answered “yes” to any of these questions, there’s a chance your child could feel better with his or her asthma under control, so talk to your pediatrician.

### 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 **1-800-392-0098**. Thank you for being a member.

To your family’s health,

Katherine Dallow, MD, MPH  
Vice President and Medical Director, Clinical Programs and Strategy



Commercial HMO and PPO plans

Enclosure: Nondiscrimination Notice

101 Huntington Avenue | Suite 1300 | Boston, MA 02199-7611 | [www.bluecrossma.com](http://www.bluecrossma.com)






<Month Day, 2019>

<First Name> <Last Name>  
<Address 1>  
<Address 2>  
<City>, <State> <Zip>

Dear <First Name> <Last Name>,

Your health is important to us. That’s why we provide you with tools, like the ones below, to help you stay current with the medical tests, visits, and medications to manage your condition. Please review the information on the front and back of this letter.

### Ways to Manage Your Health

 Health Chart (see back)	 Blue Care Connection® 1-800-392-0098	 MyBlue <a href="http://bluecrossma.com/myblue">bluecrossma.com/myblue</a>
Review your health chart to: <ul style="list-style-type: none"> <li>• See if you need to fill a prescription</li> <li>• Check the status of important lab tests</li> <li>• Find out if you need to schedule an appointment</li> </ul>	Talking to a registered nurse can help you: <ul style="list-style-type: none"> <li>• Learn how to better manage your condition</li> <li>• Follow your doctor's care plan</li> </ul>	Registering for MyBlue lets you: <ul style="list-style-type: none"> <li>• Review your plan information, including benefits and claims</li> <li>• See your health financial accounts</li> <li>• Access helpful tools</li> </ul>

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To your health,

Katherine Dallow, MD, MPH  
Vice President and Medical Director, Clinical Programs and Strategy

Enclosure: Nondiscrimination Notice

*Continued >*

<First Name> <Last Name>'s Health Chart

Condition	Recommendation(s)	What Our Records Show <sup>1</sup>
 <b>Heart Disease</b> (also known as coronary artery disease)	<ul style="list-style-type: none"> <li>Take cholesterol lowering medication.</li> </ul>	✓ Continue to take your medication as prescribed.
 <b>Diabetes</b>	<ul style="list-style-type: none"> <li>Take cholesterol lowering medication.</li> </ul>	? Check with your doctor. We don't manage your pharmacy benefits.
	<ul style="list-style-type: none"> <li>Get your blood glucose control test at least once a year (HbA1C) or more frequently if appropriate.</li> </ul>	✗ You've completed at least one earlier this year, but may need another. Check with your doctor.
	<ul style="list-style-type: none"> <li>Get a retinal eye exam.</li> </ul>	✓ You're up to date with this test.
	<ul style="list-style-type: none"> <li>Get a urine test for kidney function.</li> </ul>	✓ You're up to date with this test.
 <b>Asthma</b>	<ul style="list-style-type: none"> <li>Use a steroid inhaler or controller medication (this is different from a rescue inhaler).</li> </ul>	? Check with your doctor. We don't manage your pharmacy benefits.
Screening	Why It's Recommended	What Our Records Show <sup>1</sup>
 <b>Mammogram</b>	<ul style="list-style-type: none"> <li>Helps with the early detection of breast cancer.</li> </ul>	✓ You're up to date with this test.
 <b>Colon Screening</b>	<ul style="list-style-type: none"> <li>Detects polyps or cancer before you have symptoms.</li> </ul>	? Check with your doctor. You may need an appointment.

1. Our records are based on claims data. If you recently received a service or are taking medications as prescribed, you can disregard the recommendations noted with a question mark.



Commercial HMO and PPO plans