

# Be **SMART** with your asthma

Do you have multiple inhalers for asthma and often struggle to remember when and how to use each one? New asthma guidelines (SMART) recommend using just one inhaler that includes both a daily asthma controller medicine (maintenance) AND a quick-relief medicine (reliever). You can use this inhaler every day to control asthma and also for quick relief when you need it.



**SMART** has been shown to reduce emergency room visits and hospitalizations, while improving asthma control and quality of life.



## What is SMART?

- SMART stands for **S**ingle **M**aintenance and **R**eliever Therapy.
- Patients use one inhaler for both their everyday asthma control AND as needed relief treatments.
- Inhalers used for SMART are Symbicort (most commonly used) and Dulera.



## Why SMART?

- Studies show that using a single inhaler reduces the risk of asthma flare-ups by about 30%, compared to using one daily maintenance inhaler plus a separate, quick-relief inhaler as needed.
- With only one inhaler, it's easier for patients to keep track of their medicines and use them as directed by their provider.



## Buckeye Can Help You Manage Your Asthma

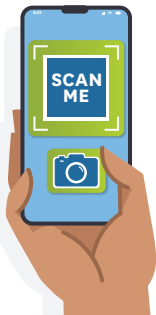
Buckeye's care management program helps members with asthma by providing frequent check-ins with members to be sure they are sticking to their medical plans. We also offer guidance around doctor appointments and directions for care. Members can call Buckeye to arrange transportation to and from doctor appointments, if needed.



Get connected to Buckeye programs and asthma resources at [bit.ly/BHP-TC-Asthma-Inhaler-LP](https://bit.ly/BHP-TC-Asthma-Inhaler-LP)



**SCAN TO  
LEARN MORE!**



## Contact Us

*We can help if you have questions about your health plan or benefits.*

Call Member Services with questions related to your benefits, services and claims: 1-866-246-4358 (TTY:711)

Call our 24/7 nurse advice line for answers to your health questions: 1-866-246-4358 (TTY:711)

Get detailed information at [BuckeyeHealthPlan.com](https://BuckeyeHealthPlan.com)



Get health tips and information at [facebook.com/BuckeyeHealthPlan](https://facebook.com/BuckeyeHealthPlan) or at [Instagram.com/buckeyehealthplan/](https://Instagram.com/buckeyehealthplan/)



BHP-MM-051325