



SMART Therapy

Standard treatments for asthma have been aimed at treating symptoms rather than preventing them, with options relying on inhaled corticosteroids (ICS) and short-acting beta agonist (SABA) or bronchodilators. Updated guidelines now support Single Maintenance and Reliever Therapy (SMART).

What is SMART Therapy?

In 2020, the **National Asthma Education and Prevention Program** supports Single Maintenance and Reliever Therapy (SMART) for people with moderate to severe asthma. SMART is:

- The use of a single combination inhaler with an ICS and a long-acting beta agonist (specifically formoterol) as the preferred daily controller and as-needed rescue therapy option.
- Similar to albuterol in that bronchodilation happens within 5 minutes; however, research shows the effects are longer lasting
- Proven to be more effective in reducing ED visits and hospitalizations without an increase in side effects.

Prescribing SMART to Patients

SMART guidelines are aligned with those of the **Global Initiative for Asthma** and their preference is to use a low dose inhaled ICS-formoterol inhaler as a rescuer and daily controller treatment for asthma management. This regimen reduces the risk of severe exacerbations compared with using a SABA as the rescuer. To make it easier to prescribe SMART for their patients, MO HealthNet has the following preferred products available without a prior authorization for both maintenance and rescue use:

DRUG	STRENGTH	PDL STATUS
Dulera (mometasone/formoterol)	100mcg/5mcg 200mcg/5mcg	Preferred - Open Access
Symbicort (budesonide/formoterol)	80-4.5mcg 160-4.5mcg	Preferred - Open Access

Our Goal for Asthma Patients

In Missouri, 69.6% Medicaid adults and 64.8% Medicaid children were dispensed the appropriate asthma controller medications. While this percentage is encouraging, MO HealthNet aims to increase this measure. In fiscal year 2021, MO HealthNet paid for 333,252 inhalers for 85,692 participants with almost 2,000 participants experiencing an asthma exacerbation related ED visit or inpatient stay. While albuterol inhalers will continue to be available, MO HealthNet hopes as SMART is implemented more widely, albuterol inhaler prescriptions will decrease as Dulera and Symbicort prescriptions increase and that we will see a decrease in asthma-related ED visits and hospitalizations.