

Single Maintenance And Reliever Therapy (SMART), Pharmacy Pearls
Ohio Department of Medicaid, December 2024

Overview

SMART, or Single Maintenance and Reliever Therapy, is a treatment strategy recommended for patients four years of age and older with moderate to severe asthma.¹ This approach involves the use of an inhaled corticosteroid (ICS) and long-acting beta-agonist (LABA)—specifically formoterol—in a single inhaler formulation prescribed for both maintenance and rescue therapy. Currently, there are two products marketed in the United States that qualify for SMART.

Marketed Combination Product	Notes
Symbicort™ (budesonide/formoterol)	Preferred for SMART; extensively studied ²
Dulera™ (mometasone/formoterol)	Optional for SMART; not currently studied

Guideline-directed Therapy

Both the *Asthma Management Guidelines* (2020) from the National Heart, Lung, and Blood Institute (NHLBI) and the Global Initiative for Asthma's (GINA) *Global Strategy for Asthma Management and Prevention* (2024) recommend the use of SMART for patients with moderate to severe asthma, particularly in patients prescribed an ICS-LABA plus as-needed short-acting beta-agonist (SABA) who are not well-controlled.^{1,2} SMART is intended to replace dual product therapy, significantly reducing medication burden in patients with asthma.

When considering whether to initiate SMART, clinicians should bear the following in mind.

- Traditionally, asthma management strategies involved at least two inhalers—one for maintenance and one for rescue therapy—**whereas SMART uses a single inhaler for both.**
- SMART may improve outcomes by removing the risk of mistaking one inhaler for the other, especially in children.
- SMART is included as part of the National Asthma Education and Prevention Program (NAEPP), and its use is supported in the NHLBI and GINA guidelines as highlighted above.
- SMART is not recommended for patients with well-controlled asthma, even if prescribed a separate maintenance and rescue inhaler.

Helpful Billing Information

- Brand Symbicort™ and Dulera™ are covered without prior authorization by the Ohio Department of Medicaid.
- Extended days supplies (up to 102 days) are allowed for maintenance/controller inhalers.
- SMART is covered without prior authorization. Two ICS/formoterol inhalers can be billed per month. Depending on fill history, inhalers may reject at point-of-sale (POS) for other edits:
 - Early Refill: Edit 7073 (Call Gainwell Help Desk if override needed)
 - High Dose: Edit 7079 (Pharmacist to review and enter DUR PPS codes, if appropriate, at POS)
- Quantity limits were recently increased to allow for two spacers every 365 days.



For more information, please visit <https://allergyasthmanetwork.org/news/asthma-smart-therapy/> or <https://medicaid.ohio.gov/stakeholders-and-partners/phm/unified-pdl>.

References

1. U.S. Department of Health and Human Services. National Heart, Lung, and Blood Institute. 2020 Focused Updates to the Asthma Management Guidelines: A Report from the National Asthma Education and Prevention Program Coordinating Committee Expert Panel Working Group, 2020. Available from: <https://www.nhlbi.nih.gov/health-topics/asthma-management-guidelines-2020-updates>
2. Global Initiative for Asthma. Global Strategy for Asthma Management and Prevention, 2024. Updated May 2024. Available from: www.ginasthma.org
3. National Committee for Quality Assurance: Healthcare Effectiveness Data and Information Set (HEDIS). Asthma Medication Ratio (AMR), 2024. Available from: <https://www.ncqa.org/hedis/measures/medication-management-for-people-with-asthma-and-asthma-medication-ratio/>