

A photograph of a family of four sitting outdoors on a lawn. A woman with dark hair in pigtails is smiling, looking down at a young boy who is also smiling. A man with grey hair is sitting next to them, smiling and looking at the boy. The boy is wearing a plaid shirt and jeans. The background is a blurred green lawn and trees.

ARE YOU LIVING WITH ASTHMA?

Get help taking control of your asthma with our Asthma Condition Management program.

At no additional charge, the Asthma Condition Management program can help you learn how to better manage your asthma. Family Health Assistants (FHAs) provide health information and coaching telephone calls that may help you:

- Improve your asthma management skills
- Save money on prescription asthma medication
- Have fewer, milder symptoms
- Miss fewer days at work
- Communicate better with your doctor and your health plan

To enroll in a Condition Management program, or to find out how one of our many programs may help you, please call your Family Health Assistant at **866-432-7289**.

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These tips are intended as general information only. Please consult your doctor for specific medical advice.

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