



# ConditionCare: Asthma

*Breathe easy, relief is here*

If you have asthma, breathing is far from easy. You can't afford to take this simple action for granted. There's no cure for asthma, but our **ConditionCare** program can help you and covered family members keep your asthma under control.

Our ConditionCare nurses are trained to work with kids and adults who have asthma. The nurses help you:

- Spot and avoid asthma triggers.
- Use inhalers and peak flow meters the right way.
- Stick to your medications to avoid asthma attacks and trips to the ER.

Plus, the ConditionCare program is already part of your benefits, so there's no added cost to join. Members get:

- Educational guides, newsletters and tools to help you learn more about your condition.
- A health screening and follow-up calls. Our nurses can call upon a team of pharmacists, doctors and other health experts to get more information about asthma care and more.
- A toll-free number you can call 24/7 to speak with a nurse.

We may call to find out if ConditionCare can help you and ask you to sign up. For your protection, we'll verify your address or date of birth before talking about your health.

## GET STARTED TODAY

To learn more or to join ConditionCare, call us toll-free at **800-621-2232**.



Source: National Heart, Lung and Blood Institute, [nhlbi.nih.gov](http://nhlbi.nih.gov), February 2011

Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. © ANTHEM is a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross name and symbol are registered marks of the Blue Cross Association.

MCASH3144CSI Rev. 12/11 F0084257