

Breathe easy, relief is here

ConditionCare: Asthma

Our nurse care managers can help you control your asthma

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 your covered family members keep asthma under control.

Our ConditionCare nurse care managers 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.

There's no added cost for you to join ConditionCare. You 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 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 help managing your asthma

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

