

# Breathe easy, relief is here

## ConditionCare: asthma

### You can take control of your asthma. We'll help.

Most people take the simple acts of inhaling and exhaling for granted. With asthma, every breath can be a real struggle.

If you or a covered family member has asthma, ConditionCare can help. It's a no-cost health and wellness program that connects you to nurse care managers for asthma-management support and resources.

### Our nurse care managers can show you how to:

- Spot and avoid asthma triggers.
- Use inhalers and peak flow meters correctly.
- Stick to your medications to avoid asthma attacks and trips to the emergency room.

### Plus, ConditionCare provides:

- 24/7, toll-free phone access to nurses who can answer health questions.
- Guidance from nurse care managers, pharmacists, dietitians and other health care professionals to help you reach your health goals.
- Educational guides, electronic newsletters and tools to help you learn more about asthma and your health.

You might get a call from us to see if the program is a good fit for your needs. Before discussing your health on the phone, we'll verify your address or date of birth to be sure we're speaking only with you and protecting your privacy. Any information you share will be kept confidential.



### Get support managing your asthma

For more details or to join ConditionCare,  
call us toll free at 866-962-1071.

