



Asthma Program

What is Asthma?

Asthma is an inflammation of the air passages resulting in the temporary narrowing of the airways that transport air from the nose and mouth to the lungs. Asthma symptoms can be caused by allergens or irritants that are inhaled into the lungs, resulting in inflamed, clogged and constricted airways. Symptoms include difficulty breathing, wheezing, coughing tightness in the chest. In severe cases, asthma can be deadly.

What is the Asthma Disease Management program?

The Asthma Disease Management program helps reduce unnecessary hospitalizations and health care costs, reduce missed days of work or school and seeks to improve your quality of life. The program helps you:

- Avoid triggers that induce or aggravate asthma attacks
- Reduce or eliminate your risk factors, such as smoking
- Manage your condition by following a medication plan, peak flow meter use, and other physician treatment plans
- Monitor your asthma so you can recognize warning signs of an attack and take appropriate actions to resolve them

How does the Asthma Disease Management program help me?

You will work with a specially trained nurse who will do a comprehensive assessment to determine the right treatment for you. Our program is based on the best practices and clinical guidelines of the National Jewish Medical and Research Center and the National Heart, Lung, and Blood Institute. Your care may include getting you medications to help you breathe better, telephone reminder calls to make sure you get regular checkups and tests, and education materials to assist you in pursuing a healthy lifestyle.

How do I participate?

If you have sought or received treatment for asthma – such as an emergency room visit, hospitalization or your doctor prescribes drugs for specific asthma conditions – a registered nurse or health coach may contact you to participate in the program. The Asthma Disease Management program is entirely voluntary and rest assured, your health information will be kept private in accordance with your health plan's privacy policy.

Will this program cost me any money?

No. The Asthma Disease Management program is offered at no additional cost to you and your family.