

AsthmaCare

A Health and Wellness program for SummaCare members with asthma

AsthmaCare is a chronic disease prevention and management program that provides tools, health coaching and resources to help you manage your asthma and live a healthier life. Participation and activities in this voluntary program are tailored according to your disease severity and needs.

As an AsthmaCare participant, you will receive:

- A letter explaining the program
- Educational information with advice on managing asthma
- Access to a SummaCare nurse to answer questions or provide health coaching support and materials
- Help finding a doctor, obtaining community services and care in the SummaCare network
- Follow-up after any hospitalization for asthma to help with post-discharge care or services
- Advice and reminders regarding preventive and self-care

If you qualify for additional AsthmaCare services, you will be contacted by a SummaCare registered nurse and invited to participate in personalized health coaching. If you agree to health coaching, you will receive:

- An asthma assessment conducted over the telephone
- A personalized asthma self-management plan tailored to your goals and needs (some information to help with this plan may be provided by your doctor)
- Easy-to-use educational materials specific to your self-management and treatment plan
- Ongoing telephone contact with a nurse to help you achieve your health goals

- A peak flow meter for daily use to help predict an asthma episode before symptoms appear



You may also receive:

- Access to the SummaCare WebMD portal featuring an online library of asthma and other health information, symptom tracking tools and educational videos about managing asthma
- A 24-hour phone number to speak with a nurse about asthma or other health questions

If you would like more information about the AsthmaCare program, please call SummaCare at **877.888.1164** (TTY 800.750.0750) or visit **summacare.com**.

SummaCare is an HMO and HMO-POS plan with a Medicare contract. Enrollment in SummaCare depends on contract renewal.