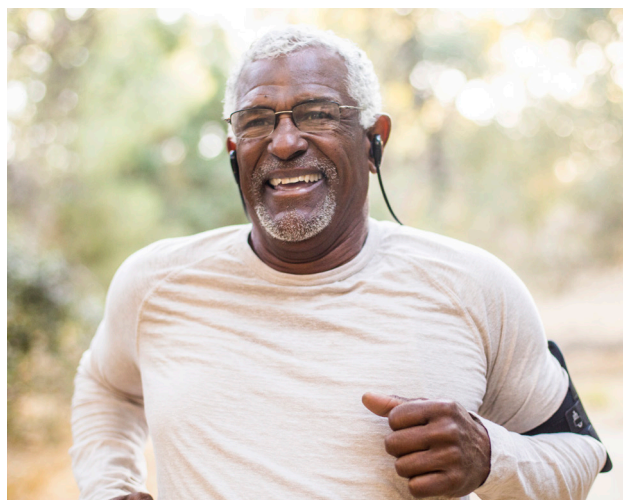


# AsthmaCare

## A Health and Wellness program for SummaCare members with asthma

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



### As an AsthmaCare participant, you will receive:

- A letter explaining the program
- Educational information with advice on managing asthma
- Access to a SummaCare registered nurse to answer questions or provide health coaching support and materials
- Help finding a healthcare provider, 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 healthcare provider)
- 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

### As a SummaCare member you have access to:

- SummaCare's WebMD® Health Manager 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 registered nurse about asthma or other health questions

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**If you would like more information about the AsthmaCare program, please call SummaCare at 877.888.1164 (TTY 711) or visit [summacare.com](https://summacare.com).**

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