

Asthma

The goals of proper asthma management include the ability to:

- Control asthma symptoms.
- Prevent recurrent asthma attacks.
- Eliminate the need for emergency treatment.
- Maintain normal activity, including exercise and other physical activities.
- Minimize the effects of airway remodeling and maintain lung function.

AllOne Health wants to help you breathe easier for a better quality of life. We provide resources that are just right for you. This program is not meant to replace the care of your physician or other provider, but to partner with them. With your doctor's involvement, our program can offer additional support to his/her treatment plan and help you manage your asthma.

Resources include:

- Educational materials;
- Telephonic support by a Health Coach;
- Coordination of care with your physician; and
- Access to individualized education on asthma-related topics including:
 - Disease knowledge, symptom management and trigger awareness;
 - Medications;
 - Use of a peak flow meter; and
 - The purpose of an asthma action plan.

If you are interested in receiving additional asthma education materials or would like to enroll in our Asthma Management Program, please call **1-866-430-2551** or (TTY) 1-877-720-7771, weekdays, 8 a.m. to 8 p.m. EST.



1.866.430.2551
www.myallonehealth.com

Please be sure to check your health care plan contract or employer group benefit summary to determine what health care expenses are covered.

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If you are one of millions of Americans who is affected by asthma, know that you can take control to work toward better health. When you are informed, and have the right tools, you can make the choices that lead to a healthier, more active life.

AllOne HealthSM offers programs that make it easy for you to better manage your health. Through the AllOne Health Asthma Management Program, you will receive education and support from program Health Coaches, who are registered nurses with specialized training in asthma management. And, a Health Coach is just a phone call away.



Management begins with awareness.

Asthma is a chronic inflammatory lung disease that interferes with normal breathing. In the United States, asthma affects million of people. It is the most common chronic disease of childhood. Without proper management, asthma can be a disabling condition that can prevent a person from performing the simplest daily routines and functions. Asthma can affect anyone; however, there is a recognizable family history that is associated with this condition. There is no cure for asthma, but it can be controlled with proper medication and good symptom management.

Management includes understanding.

Asthma involves an inflammatory response in bronchial tubes (small airways) within the lungs. The small airways become inflamed due to exposure to a variety of “triggers” including: respiratory infection, allergens, pollutants, foods, perfumes, etc. This inflammatory response causes the airway to swell and narrow and produce excess mucus that is thicker than normal. As a result, normal breathing is affected.

Classic symptoms experienced by someone with asthma include:

- Coughing;
- Wheezing;
- Shortness of breath; and
- Chest tightness.

Actions lead to better control.

Controlling asthma starts with you. By teaming up with your physician and playing an active role in the management of your asthma, you can take control for better health.

When you are diagnosed with asthma, your physician should teach you about the disease and determine what treatment plan is best for you.

Treatment of asthma is most effective when you take the time to understand the disease and what you can do to keep it under control.

Take the following actions.

- Understand what asthma is and how it affects you.
- Know your medications and take them as prescribed by your physician.
- Use a peak flow meter on a regular basis to monitor your lung function.
- Understand how to use inhalers appropriately and correctly.
- Develop an asthma action plan with your physician.
- Know your triggers and avoid contact with them.
- Keep regularly scheduled appointments with your physician.

If asthma is left untreated or is poorly managed, permanent scarring of the lining of the airway can occur. This process is called airway remodeling and results in scar tissue permanently replacing the normal airway tissue.