

Asthma Care

Do you or a family member have asthma or a breathing problem? The **Asthma Care** program may help you breathe easier.

The program is made for members with asthma who are five to 56 years old. It can help you lead a more normal life. We teach you about asthma and how to control it.

What is asthma?

Asthma, a treatable lung disease, affects 14.6 million people in the United States. One third of those affected are children¹. With proper education and treatment, people with asthma can lead active lives.

Asthma cannot be cured, but you can control it. Asthma causes your airways to tighten, swell, and become clogged with mucus. Even when you feel good, the swelling and mucus are there and you can have an asthma attack. You can learn the early warning signs of an asthma attack and how to help prevent attacks.

How can I manage my asthma?

Talk with your doctor and work together to create an Asthma Self-Management Action Plan (ASMA).

This plan will help you know what medicines to take and when to call your doctor. If you can't follow the asthma action plan, tell your doctor and discuss choices. Talking with your doctor is the first step toward managing the disease. Don't be afraid to ask questions. Write down your questions before your doctor's visit. Learning about your asthma puts you in control. There are new medicines to relax your airways and reduce swelling. It is important to take the correct medicines and know what to do when you have an attack. Many things may cause an asthma attack. Examples are dust, animals, mold, pollen, and changes in the weather.

If you do not have a written Asthma Self-Management Action Plan, click [here](#) (**PDF**). Print it and take to your next doctor's appointment.

What is the Asthma Program?

Members in the Asthma Care program have free resources available. They include nurse case managers, who offer counseling and treatment guidance. They also have educational materials and pamphlets about asthma.

How do I sign up for the Asthma Program?

To enroll in the Asthma Care program, do any one of the following:

- Call your doctor.
- Call your local UnitedHealthcare Office.
- Call the customer service number on your ID card.

¹Vital and Health Statistics, December 1995; 10(193): table 62.