



Ready to Kick As-thma?

Coughing, wheezing, an uncomfortable tightness in your chest, shortness of breath – they're the most common symptoms of asthma. And if you are one of the nearly 25 million people in the United States who suffer from this chronic disease, you know how bad it can make you feel.

Put the **Asthma Program** in your corner. We can help you control your asthma! Our dedicated and knowledgeable respiratory nurse team will work with you one-on-one by phone or secure e-mail – whatever is most convenient for you. We'll help you:

- Recognize the early symptoms
- Identify your "asthma triggers" – like dust, mold, cold air, allergies, cigarette smoke and exercise
- Learn how to avoid triggers and prevent future attacks
- Know what to do when you have an asthma attack
- Understand your medications and when to take them
- Know when to carry a rescue inhaler
- Follow your doctor's asthma action plan

Best of all, we're here when you need us – even during night and weekend hours. The Asthma Program is completely confidential, and there is no out-of-pocket cost for you to participate.

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Sources: Centers for Disease Control and Prevention, Asthma and Allergy Foundation of America

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through the program is for informational purposes only and provided as part of your health plan. The wellness team cannot diagnose problems or recommend treatment and is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. The program is not an insurance program and may be discontinued at any time.

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