



# Adult Asthma Care Management Program

## Improving the Quality of Life for Members with Asthma

### What is the Adult Asthma Care Management Program?

The Asthma Care Management Program is a special Kaiser Permanente program designed to provide the highest quality care to our members with asthma. Our goal is to help you succeed in managing your asthma so that you can lead a healthy, active life.

### What can you expect from the program?

A specially trained registered nurse, respiratory therapist, or clinical pharmacist will be your personal care manager, who will partner with your doctor to help you manage your asthma in the best way possible.

You and your care manager will communicate through a combination of in-person visits, telephone calls, and secure e-mail messages. Together, you will work to improve your ability to manage your asthma. You will learn ways to reduce your exposure to allergens, irritants, and infections that may trigger your asthma; monitor your peak flow readings and asthma symptoms; make the best use of your medications; and manage asthma flare-ups. Your care manager will help you improve your asthma control in ways that fit your lifestyle.

### How will this program help you?

This program will help you gain the self-care skills you need to be able to live a healthy and active life. Better control of your asthma can mean a better quality of life for you and your family. Once your asthma is in better control, you may need to take fewer medicines and you will feel healthier overall.

### What will it cost?

There is no fee for office visits with your care manager or for telephone calls. If you are enrolled in one of our deductible plans, some classes or groups may require a fee. You may check your Evidence of Coverage (EOC) to confirm the services offered under your plan, or call the Member

### Here's what you can do to keep your asthma in good control:

- Avoid your triggers and limit your exposure to those you cannot avoid. This may mean you will need less medicine to keep your asthma in control.
- Learn to use your inhalers and spacers correctly so that you are getting the most benefit from your asthma medicines.
- Take your “controller” medicines regularly, or as directed by your health care provider.
- Check your peak flow readings and watch for asthma symptoms so that you can recognize when a flare-up is starting.
- Learn exactly what to do when a flare-up begins. Follow the instructions in your written asthma action plan.
- Avoid smoking and exposure to smoke.
- Reduce your risk of colds and flu by washing your hands often and getting a flu shot every year. Ask your doctor if you would benefit from a pneumonia vaccine.

Services Call Center at 1-800-464-4000 for an estimate of any charges that may apply before you come to a class, individual or group appointment, or support group. Member Services can also send you a copy of your Evidence of Coverage if you need one.

## What can you do?

This program works best for people who take an active part in managing their asthma. Before you start the program, think about how ready you are to make the changes that will help you take control of your asthma. If you have concerns, discuss them with your care manager to help ensure that you are ready to participate in improving your self-care. You will work with your care manager to set goals and actively work towards them. Your care manager will be a partner in helping you learn the skills to successfully self-manage your asthma.

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## Other resources

- Visit your doctor's home page at [kp.org/mydoctor](http://kp.org/mydoctor) for links to online tools such as asthma videos, podcasts and interactive programs.
- Connect to our Web site at [kp.org/asthma](http://kp.org/asthma) for more information about managing asthma, including access to health and drug encyclopedias.
- Contact your Kaiser Permanente Health Education Center or department for health information, programs and other resources.
- Some conditions, like asthma, can be seriously affected by violence or abuse. If you are hit, hurt, or threatened by a partner or spouse, there is help. Call the National Domestic Violence Hotline at 1-800-799-7233 or connect to [ndvh.org](http://ndvh.org).

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.