

Here's what you can do to prevent asthma flare-ups:

- Avoid your asthma “triggers,” or those things or circumstances that prompt an asthma flare-up.
- 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 flows and watch for asthma symptoms, which help you to recognize when a flare-up is coming.
- Learn exactly what to do when a flare-up begins. With proper training, medication, and confidence, you can usually handle an acute episode at home.
- 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 a pneumonia vaccine is needed.

For more information on the Adult Asthma Care Management Program, call:

“The information presented here is not intended to diagnose health problems or to take the place of medical care and information you receive from your physician or health care professional. If you have persistent health problems, or if you have further questions, please consult your physician or health care professional.”



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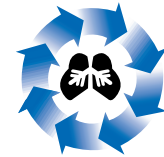
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The Adult Asthma Care Management Program

Improving the Quality of Life for Asthma Patients



What is the Adult Asthma Care Management Program?

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

Is the Adult Asthma Care Management Program for you?

Your physician or nurse practitioner may have referred you to this program because you have been having difficulty with your asthma. Your asthma care manager will work with you to develop a personalized care program to help you learn the skills you need to control your asthma. With these skills, you can take care of most situations at home. Participation in this program is entirely up to you.

What can you expect from the program?

A specially trained nurse, respiratory therapist, or clinical pharmacist will be your personal care manager, who will work in partnership with your physician to manage your asthma in the best way possible.

Your asthma care manager will work with you for up to six months. Your first visit with your care manager will take place at the medical center. Follow-up visits, in most cases, can be done by telephone.

At each visit, you and your care manager will see how well your asthma is controlled. You will work on ways to help you better manage your asthma, such as reducing your exposure to allergens, irritants, and infections that may trigger your asthma; monitoring your peak flows and asthma symptoms; making the best use of your medications; and managing 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.

What will it cost?

The appropriate copayment will be charged for each clinic visit with your care manager. There is no charge for telephone calls. Laboratory tests, prescription drugs, and specialist appointments, if needed, are covered according to your benefits plan.

What can you do?

This program will best work if you take an active part in managing your asthma. Before you start the program, think about how ready you are to make the changes you need to take control of your asthma. You and your care manager will work together to set goals and actively work towards them. Your care manager will be a partner in helping you learn the skills you need to self-manage your asthma.