

Goals and Resources

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 doctor or other provider. Our program offers additional support to your doctor's treatment plan to help you manage your asthma.

Resources include:

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

If you are interested in receiving educational materials about asthma or would like to speak with an Asthma Management Health Coach, please call **1.866.430.ALL1 (2551)** or **(TTY) 1.877.720.7771**, weekdays, 8 a.m. to 8 p.m. EST, or visit www.myallonehealth.com.

AllOne Health is here to help you.
Find out how you can get started today!

Your health is important to us and we know your privacy is important to you! Rest assured that information shared on your Health Assessment or with your Health Coach is kept private and confidential. **We will not share your personal information with your employer or anyone else (unless required by law).** We use the information you share through our Health Management programs only to help you meet your goals for better health and a healthier lifestyle!

HEALTH MANAGEMENT

Asthma



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Are you one of the millions of children and adults affected by asthma? Know that with medication and good symptom control, you can take charge of your asthma.

When you are informed and have the right tools, you can make choices that lead to a healthier, more active life.

AllOne Health® offers programs that make it easier 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 U.S., asthma affects millions 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, family history is usually associated with this condition. There is no cure for asthma, but it can be controlled with proper medication and good symptom management.

Management takes 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
- Chest tightness

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.

Actions lead to better control.

Controlling asthma starts with you. By teaming up with your doctor 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 doctor 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 doctor.
- 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 doctor.
- Know your triggers and avoid them.
- Keep regularly scheduled appointments with your doctor.