



KEY POINTS

Be aware of your asthma triggers

Keep yourself healthy; see your doctor regularly

Follow your asthma action plan

Know when your asthma is getting out of control

Know what to do if your asthma is out of control

For more information on asthma call 1-888-437-0606 and ask for Disease Management or visit our website at www.hpmich.com

Any HPM member who has been diagnosed with Asthma is automatically enrolled in our Asthma Disease Management Program. If you do not wish to receive our newsletters and educational materials, please call 1-888-437-0606, ext. 1345.

Asthma Disease Management Program

Health Plan of Michigan is committed to offering our members the best services and care. As a result, we have expanded our Asthma Disease Management Program.

What does this mean to you as a member with HPM who also has asthma?

The benefits of this program for asthma members are :

1. It can decrease the risks that come with asthma.
2. Improvement in your health.
3. Members will be able to better manage their asthma.



Our Asthma Disease Management Program helps members by:

- Encouraging the member/doctor to work together on asthma action plans.
- Getting members into local asthma education classes.
- Teaching members about asthma triggers and making healthy life choices.
- Reminding members of needed tests, labs, and vaccinations by the phone and mail.
- Providing peak flow meters so that members can check their asthma at home.
- Keeping members up to date on the latest information with our Asthma newsletter "Breathe Easy".
- Teaching members to self-manage and control their asthma.

**Did you get your flu shot yet?
People with asthma are at high risk.
Talk to your doctor.**