

BCBSRI ASTHMA CARE MANAGEMENT PROGRAM

Asthma is a chronic condition that hinders your ability to breathe, which can limit your daily activities and diminish your quality of life. Asthma attacks can be frightening or, in extreme cases, life-threatening. Even mild asthma could lead to long-term lung problems.

Here's some good news.

The **BCBSRI Asthma Care Management Program** is a personalized program that provides the tools and support you need to help manage your asthma effectively. Keeping your asthma under control can really improve your quality of life—and often reduce your need for urgent care or emergency services.

You can participate in the program whether you've just been diagnosed with asthma or have dealt with your condition for years.

A plan to put you in control

Through the **BCBSRI Asthma Care Management Program**, you'll learn about:

- Asthma symptoms and ways to manage them
- Asthma triggers—how to identify and avoid them
- Controller and quick-relief medicines, inhalers, and spacers
- Peak flow meters—why you need one and how to use it
- Your asthma action plan—and how it works for you

The program is run by a dedicated team of healthcare specialists—including case managers, registered nurses, registered dietitians, behavioral health specialists, and health advocates—and includes:

- Telephonic support, along with reminder texts and emails
- Educational materials for handy reference
- A toolkit to help you manage your condition independently

We're with you every step of the way

Each month we'll focus on different topics and skills. You'll build confidence and feel more empowered and able to manage your asthma successfully.

Month	BCBSRI Health Team Outreach	Program Goal
1	Weekly	Start strong
2	Every other week	Build your confidence
3-6	Monthly	Prepare to manage more effectively on your own

And if you need extra help along the way, your care manager will provide the necessary resources and referrals.

All-in-one support in one convenient place

As a BCBSRI health plan member, you're never alone. You also have access to the **State of Rhode Island Employee CARE Center**. Here, BCBSRI's customer service team will work alongside your clinical team to provide all-in-one support. Together, they will help you:

- Get answers to medical benefits questions
- Learn how to maximize your benefits
- Coordinate care with your primary care provider (PCP)/pulmonologist
- Manage physical and/or behavioral health conditions
- Close any gaps in care
- Use digital tools

LIVING WITH ASTHMA? RECENTLY DIAGNOSED?

You are invited to join the **BCBSRI Asthma Care Management Program**.

Call the **State of Rhode Island Employee CARE Center** to speak with a care manager today.

(401) 429-2104 or **1-866-987-3705**

CARE Center hours are Monday – Friday, 8:00 a.m. – 8:00 p.m., and Saturday, 8:00 a.m. – noon.

Make the most of your benefits

Take a few minutes to connect with us and learn how to make the most of your health plan.

Register your account at myBCBSRI.com and enjoy convenient access to your personal health plan information—and a quicker online experience—from your phone or computer.

Text BCBSRI to 73529 to sign up for Your Blue Wire mobile messaging. We'll send occasional health reminders and plan updates to help you stay informed*.

*Standard mobile phone carrier and data usage charges apply.