



Asthma Management Program

Virginia Premier is committed to helping you take control of your health. If you have asthma, our asthma management program will aim to:

- Help you become active in your own care
- Improve your health and quality of life
- Help you understand your asthma symptoms and triggers

Why participate in the Asthma Disease Management Program?

- To get the most current health information about your asthma to help prevent flare ups
- To get support from a Registered Nurse

What does the program include?

A nurse will talk with you about:

- How asthma affects you
- Your overall health
- Your feelings about asthma
- Any asthma medications you are taking
- Using a spacer device with your inhaler and a peak flow meter
- The importance of seeing your doctor
- Any other support services you may need

Follow-Up Calls

After the first call, we will sometimes check in to see how you are doing and to answer your questions. We will give you information and support to help you live a healthy lifestyle. In addition to your asthma, we may give you information about:

- Healthy weight
- Exercising
- Planning meals
- Quitting smoking

About Asthma

To learn more about asthma, click on the links below:

[CDC- Asthma Facts http://www.cdc.gov/asthma/faqs.htm](http://www.cdc.gov/asthma/faqs.htm)

[Asthma prevention when you have allergies](http://www.webmd.com/asthma/guide/asthma-prevention-with-allergies)

<http://www.webmd.com/asthma/guide/asthma-prevention-with-allergies>

We partner with:

[The Central Virginia Asthma Coalition-http://www.centralvirginiaasthma.org/](http://www.centralvirginiaasthma.org/)

Virginia Premier Health Plan, Inc.

P.O. Box 5307 | Richmond, VA 23220-0307 | (800) 727-7536 | f (804) 819-5187 | www.vapremier.com