



## I have fewer limits.

The Asthma Support Program. Call to start today.

If you find it difficult to manage your asthma, the Asthma Support Program may be right for you.

Connect one-on-one with a personal nurse who will work with you over the phone to help you improve your health. This program is available to you at no additional cost as part of your benefits.

See how small steps can lead to meaningful results by working with your nurse to:

- Identify and avoid your asthma triggers
- Reduce or eliminate your risk factors, such as smoking
- Help your doctor effectively manage your condition by creating a personalized action plan



1-866-202-0434

[myuhc.com](http://myuhc.com)



**This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.** The material provided through this program is for your information only. Program nurses and other representatives cannot diagnose problems or suggest treatment. This program is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law.

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