



IMPERIAL INSURANCE COMPANIES



IMPERIAL HEALTH PLAN  
OF THE SOUTHWEST

## Asthma Management Program

Take control of your asthma and live a healthier, happier life with our support program! Whether you have mild symptoms or frequent flare-ups, we're here to help with tools, tips, and guidance to make managing asthma easier.

### Did You Know?

- Asthma is a common condition that affects people of all ages.
- Not managing asthma well can lead to serious problems, like hospital visits.
- Good asthma care can help you avoid triggers and have fewer attacks.

### Why Join the Asthma Management Program?

- Breathe better and have fewer symptoms.
- Enjoy more activities without asthma getting in the way.
- Lower your chances of asthma attacks and ER visits.
- Learn how to find and manage what triggers your asthma.

### Who Can Join?

- You've reported having asthma in your health check-up or on your health risk assessment.
- A case manager has noticed you've been to the ER or hospital for asthma flare-ups.
- Your medical or pharmacy records show signs of uncontrolled asthma.

### How to Use the Program and What's Included

You'll get a personalized asthma management plan created by a team of health experts, including:

1. Chief Medical Officer
2. Clinical Services Director
3. Case Managers (LVN, RN)
4. Clinical Pharmacist



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5. Behavioral Case Managers

6. Nurse Practitioner

7. Health Education Specialist



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**What's included:**

- Learning how to use inhalers the right way.
- Understanding what makes your asthma worse and how to avoid those triggers.

**Want to Join?**

To opt-in to the program, call us at **(626) 788-0178** Monday–Friday, 8:30am to 5pm and ask to speak to a Pharmacy Technician, from the Population Health and Pharmacy Services Team.

**More Resources**

- Visit [www.aafa.org/asthma](http://www.aafa.org/asthma) for more information.
- Call **1-800-ASTHMA (1-800-278-462)** for advice and support.

Let's work together to help you breathe easier and enjoy life to the fullest!