Asthma Education is Available for Your Alliance Patients

Alliance members may access comprehensive asthma self-management education through Alliance-approved local education programs. Education includes learning about the disease and its daily management to how to avoid hospitalization and possible complications.

Education Programs Include:

- Asthma action plan
- Daily care of asthma and its symptoms
- Proper use of inhaler and spacer
- Proper use of peak flow meter
- How to avoid triggers
- Proper use of medications
- When to call a doctor

Members can select from the following Alliance-Approved Asthma Education Providers:

**Breathe California Central Coast**
Santa Cruz and Monterey
(831) 422-7306
www.breathecentral.org

**Central Valley Allergy & Asthma**
Merced, Turlock & Los Baños
(209) 354-4675
www.centralvalleyallergyasthma.com

Provider Please Note: Programs with an (*) require a PCP referral; please include relevant medical history when referring patients. These are approved education programs that follow the National Institutes of Health (NIH) guidelines for asthma management.

For more information about this benefit, please call the Alliance Health Education line at **(800) 700-3874 ext. 5580**