



## Chronic Care Management Program Asthma Management

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 quality of life and help you understand your asthma symptoms and triggers.

### Why participate?

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

### 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

### What does the program include?

A nurse will talk to 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

### How can I join?

To learn more about asthma and how Virginia Premier can help, please call our Chronic Care Management Nurses, Monday - Friday, 8 am - 5 pm, at 1-866-243-0937.



---

Virginia Premier is an HMO and HMO SNP organization with a Medicare contract. Enrollment in any Virginia Premier plan depends on contract renewal.

This information is not a complete description of benefits. Contact the plan for more information. Limitations, co-payments, and restrictions may apply. Benefits, premiums and/or co-payments/co-insurance may change on January 1 of each year.

Virginia Premier complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Call Member Services at 1-877-739-1370 (TTY: 711). October 1 to February 14, we are open daily from 8:00 am to 8:00 pm, 7 days a week. From February 15 through September 30, we are open Monday through Friday, 8 am to 8 pm. On certain holidays your call will be handled by our automated phone system.

This information is available for free in other languages.

Virginia Premier is a registered trademark of Virginia Premier Health Plan, Inc. All other trademarks/service marks remain the property of their respective companies. All rights reserved. Virginia Premier Health Plan, Inc. is a fully-owned subsidiary of VCU Health. Other Pharmacies/Physicians/Providers are available in our network.