



“I have fewer limits.”

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

The Asthma Support Program



Call myNurseLineSM for more information about this program.

1-800-681-3849

All quotes used herein are fictitious and are intended to illustrate typical member experiences.

The information provided through this program is for your information only. Our nurses cannot diagnose problems or recommend specific treatment and are not a substitute for your doctor's care. In an emergency or urgent care situation, call 911 or go to the nearest emergency room. Your personal health information is kept private based on your plan's privacy policy. Some services may not be covered under your benefit plan. Please check your benefits.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

©2013 United HealthCare Services, Inc. OA100-8633 21620-112012

