

# Asthma Awareness

*Molina Breathe with Ease®*

## Health Management Programs

Molina Healthcare offers Health Management Programs to Members with a chronic health condition. You are enrolled in Molina's **Breathe with Ease®** program. This program is for Members who have asthma.

This program offers learning materials, advice and care tips. A nurse care manager may contact you. The nurse will work with you and your provider to help you stay well. It is your choice to be in this program. If you do not want to be a part of a program, please let us know. Call us toll-free at (866) 891-2320 TTY: 711.

## Manage Your Asthma



Asthma is a chronic disease that affects the airways in your lungs. When you have an asthma attack, your airways swell. This makes it hard to breathe.

Most people with asthma should take a **controller medicine**. It helps prevent asthma symptoms. You need to take it each day. A **rescue medicine** is for sudden asthma symptom relief. Talk to your provider about any medicine you take and how a controller medicine can help you.

## Medicine Refills

Talk to your provider to learn what options you have to refill your medicine. Your medicine is important to help you manage your asthma.

## Health Education

As a Molina Member, you have access to health education on our website.

Visit: <http://tinyurl.com/MolinaHealthEd>

The newsletter is on our website at [www.MolinaHealthcare.com](http://www.MolinaHealthcare.com). Find the newsletter under "Member Resources."

To get this information in your preferred language and/or accessible format, please call Member Services. The number is on the back of your Member ID card.

**MolinaHealthcare.com**



Healthy Connections 



Healthy Connections



**QI Department**

200 Oceangate, Suite 100  
Long Beach, CA 90802



## Questions about Your Health?

*Call Our 24-Hour  
Nurse Advice Line!*

English and other languages:  
(888) 275-8750

Spanish: (866) 648-3537

TTY users should dial 711.

Your health is our priority!

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



Your Extended Family.

Healthy Connections

