

MESSA Asthma Education and Member Support Program

A way to improve health and lower costs

The quality of life with asthma continually improves due to new medical developments. MESSA's Asthma Education and Member Support Program provides members and dependents who have asthma with current information which can empower them to make necessary changes in their lifestyle to control asthma.

Participating in the MESSA Asthma Education and Member Support Program gives you access to an Asthma Nurse Educator who will provide you with current information, encouragement, and guidance to help you reach your asthma health goals, enabling you to reduce symptoms associated with asthma. This can improve your overall health and quality of life.

How you can benefit from the Asthma Education and Member Support Program

Asthma health education offers a practical, proven approach to effectively manage asthma-related health issues. Our program is designed to help you:

- ▶ understand what asthma really is.
- ▶ identify common asthma triggers and learn how to control them.
- ▶ learn methods for monitoring asthma control.
- ▶ recognize the warning signs.
- ▶ develop an action plan with your doctor.
- ▶ learn about asthma medications—their use and purpose.

All of our materials are free to members and dependents and are age specific. For more information contact MESSA Member Education by calling 800.336.0022 and selecting prompt 3, or e-mail: membereducation@messa.org.



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DISEASE MANAGEMENT**