

Asthma in adults

Make an appointment with your primary care provider (PCP) today

If you have asthma, you'll always have it, even when you don't feel sick. Medicine can't cure it, but there are things you can do to help you deal with asthma.



See your PCP, it's important

- Asthma can be managed with a PCP's help.
- You can talk to your PCP about your health.
- Together, you can start or update your care plan.



This visit is covered by UnitedHealthcare

- See your in-network PCP for this visit.
- Your PCP is the main provider you see for most of your care.
- Remember to bring your member ID card to the visit.



Get help with your appointment

- From scheduling your next checkup appointment to finding a PCP, count on us to help you get the care you need, as soon as you need it.
- Call **Member Services at 1-800-903-5253 TTY 711**, Monday – Friday, 8 a.m. – 5 p.m. for help making an appointment or finding a PCP.



What to expect at the visit

1. Your PCP will go over your Asthma Action Plan to make sure it's up-to-date. If you don't already have an Asthma Action Plan, your PCP will help you write one.
2. Bring your asthma medicines to your appointment. Be sure to use your medicines exactly as the PCP says.
3. During the visit, tell your PCP about any other health concerns you may have.

See the back side to learn more

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Other important steps for your health

- Know the triggers that make your asthma symptoms worse.
- Keep track of any asthma attacks. This can help you spot patterns and warning signs.
- Keep your Asthma Action Plan handy. Share it with people close to you.



More ways we can help

- **Preventive care.** Routine health tests, a seasonal flu shot and other vaccines are covered.
- **Need a ride?** We provide rides to and from medical visits.

myuhc.com/CommunityPlan



UnitedHealthcare does not discriminate on the basis of race, color, national origin, sex, age or disability in health programs and activities.

We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free member phone number listed on your health plan member ID card, TTY 711, 8:30 a.m.–5:30 p.m., Monday–Friday.

ATENCIÓN: si habla español, hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al número de teléfono gratuito que aparece en su tarjeta de identificación.

تنبيه: إذا كنت تتحدث العربية، فنتوفر خدمات المساعدة اللغوية مجاناً. اتصل على الرقم المجاني المدون على بطاقة هويتك.