

Keeping UP with Asthma

Asthma management is an ongoing process. Knowing how to best care for yourself can help you avoid problems. Taking care of yourself means you can live a more active and healthy life.

UPHP has a program to help people control their asthma. The program works with you and your doctor to:

- ◆ Provide educational materials.
- ◆ Promote self-management.
- ◆ Inform about covered asthma services and supplies.

This program and the educational materials are free for our UPHP members with asthma.



Upper Peninsula Health Plan
228 West Washington Street
Marquette, MI 49855

Web Site:
www.uphp.com

Phone:
1-800-835-2556
1-906-225-7500

Asthma Brochure
MDCH Approved: October 2007

Keeping



with Asthma



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KNOW THAT YOU ARE DOING ALL YOU CAN TO TAKE GOOD CARE OF YOURSELF BY KEEPING UP WITH YOUR ASTHMA !

Program benefits:

- ◆ Free educational materials are mailed throughout the year on the care of your asthma.
- ◆ Free access to a contact person to help you with questions about services and supplies related to Asthma.



The program recommends:

- ◆ Regular use of medicines that control asthma.
- ◆ Use of a short-acting rescue medicine during acute episodes.
- ◆ Smoking cessation and avoiding second-hand smoke.
- ◆ A yearly flu vaccine.
- ◆ Avoiding asthma triggers .
- ◆ A written plan for self-management.

The main goals of the program are to:

- ◆ Help you understand asthma.
- ◆ Help you learn self-management skills.
- ◆ Keep your asthma in control.

Eligibility and Enrollment:

- ◆ All Upper Peninsula Health Plan (UPHP) members with asthma are eligible for the “Keeping UP with Asthma” program.
- ◆ Members with asthma service claims (provider visits and drugs) are automatically entered in the program.
- ◆ If you choose not to be part of the program, call UPHP to take your name off the list.

Please call if you:

- ◆ Have any questions.
- ◆ Want to know more about the program.
- ◆ Want to make sure that you are enrolled in the program.



**UPHP Customer Service
1-800-835-2556**