



Disease Management – Asthma...

Abri Health Plan works in collaboration with the Asthma Care Center at St Joseph Regional Medical Center to provide you with a better understanding of asthma.

The primary goals of the program are to help you:

- Breathe easier
- Reduce your ER visits
- Increase your activity level
- Improve nighttime symptoms
- Improve work/school attendance

The Asthma Awareness Clinic Team consists of a Medical Director, Respiratory Therapy, Pharmacy, a Pulmonary Rehab Nurse, an exercise therapist, and dietary services, all dedicated to serving you and your asthma needs.

The Asthma Awareness Clinic will provide:

- Complete patient education
- Lung function testing
- Clinical assessment
- An evaluation of your asthma
- Equipment to manage your asthma
- Written materials
- Exercise testing and monitoring
- Pharmacy consultation
- Asthma related medications
- A personalized treatment plan
- Nutrition consultation
- Follow-up phone calls
- Prescription refills for inhaler and nebulizer medications
- Self management skills training
- An opportunity to improve the quality of your life

You qualify for the program if:

- You have asthma
- You are a child, teen, or adult
- You are an Abri member
- You have a strong desire to learn how to take control of your asthma

St. Joseph's Asthma Awareness Clinic hours are by appointment only. Day, evening and weekend hours are available.

Abri Health Plan, Inc.

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