

## ➤ Respiratory Care program



Are you having problems controlling your asthma or COPD? We can help. Our Respiratory Care program offers you a chance to take charge of your health.

### As a participant in our Respiratory Care program, you will:

- Work one-on-one with a trained health coach over the phone or via email.
- Set goals and learn how to achieve those goals.
- Track your progress to better health.

## Meet Julia\*, a 30-year-old active woman with asthma

Julia had her first asthma problem at age 28. In her first call with Carol, her health coach, she felt that she was doing okay, but had a lot of questions about what she could do to take care of herself.

Carol sent Julia a peak flow meter and Julia worked with her to learn more about her symptoms and how to stay active.

Four months after she enrolled, Julia had a cold that made her asthma worse. With Carol's help, Julia began to keep a list of her peak flow numbers and learned when to increase her medications, and when to see her doctor.

Julia is glad that she enrolled in the Respiratory Care program. After 18 months, she is feeling better and staying active!

*\*Name has been changed.*

### Get results

Coaching is easy!  
Contact us to get started.

Phone: 503-948-5548  
877-277-7281  
(TTY users, please dial 711)

Email: [careprograms@modahealth.com](mailto:careprograms@modahealth.com)

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