



Support for Your Asthma

Great Expectations®
for health

You can breathe easier knowing BlueChoice HealthPlan can help you learn to manage your asthma! Great Expectations® for Asthma is tailored to you so you can meet your health goals. You will have access to resources to help you better manage your asthma and improve your quality of life.

Enrolling

If you are identified for the program, we will enroll you at no charge. Or you can self-enroll by calling **855-838-5897**.

As a member of the program, you have free access to a personal care manager. To connect with a care manager, call us at **855-838-5897** and select option 2.

Your care manager will:

- Help you spot barriers to reaching and maintaining your health goals.
- Customize your plan for better health.
- Help you find a doctor if you don't have one.
- Help you get the most out of your health benefits.

You will also:

- Get educational materials about asthma, including seasonal newsletters.
- Have access to great information in the Asthma and Allergy centers on our website.
- Get a free peak flow meter by request.

To learn more and meet some of our care managers, visit www.BlueChoiceSC.com/GreatExpectations.

Focus on life. Focus on health. *Stay focused.*



BlueChoice HealthPlan is an independent licensee of the Blue Cross Blue Shield Association.

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