



Support For Your Asthma

You can breathe easier knowing that BlueChoice HealthPlan can help you learn how to manage your asthma! Great Expectations for Asthma is tailored to you and your needs 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 automatically enroll you at no charge. Or you can self-enroll by calling [855-838-5897](tel:855-838-5897).

As a member of the program, you have FREE access to a personal health coach. To connect with a coach, call us at [855-838-5897](tel:855-838-5897) and select option 2.

Your health coach will:

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

You will also:

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

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

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

