

# A breath of fresh air



## Breathe easier and enjoy life more

When you have trouble breathing, life can feel like an uphill battle. Conditions like asthma or COPD can get in the way of everyday activities, making it harder to do the things you love.

### A program just right for you

Let us help. Our Respiratory Care program gives you the information you need to manage your lung health throughout the year. When you enroll, you'll get free one-on-one access to a health coach. Your coach will give you advice and encourage you every step of the way.

Together, you'll make a plan to manage the everyday challenges so you can start feeling better.

### Talk with your health coach over the phone or email to:

- > Get answers to your questions
- > Learn healthy lifestyle habits
- > Set reachable goals
- > Track your progress to better health

Keeping your lungs healthy is an important part of an overall healthy lifestyle. When you sign up for health coaching you'll learn more about:

- > Finding a medication routine
- > Avoiding allergens
- > Understanding asthma triggers
- > Staying healthy during cold and flu season
- > Creating a healthy living space
- > Managing stress
- > Living longer and feeling better every day!

### Call a health coach today:

Call toll-free at 877-277-7281 or email [careprograms@modahealth.com](mailto:careprograms@modahealth.com). TTY users, please call 711.



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