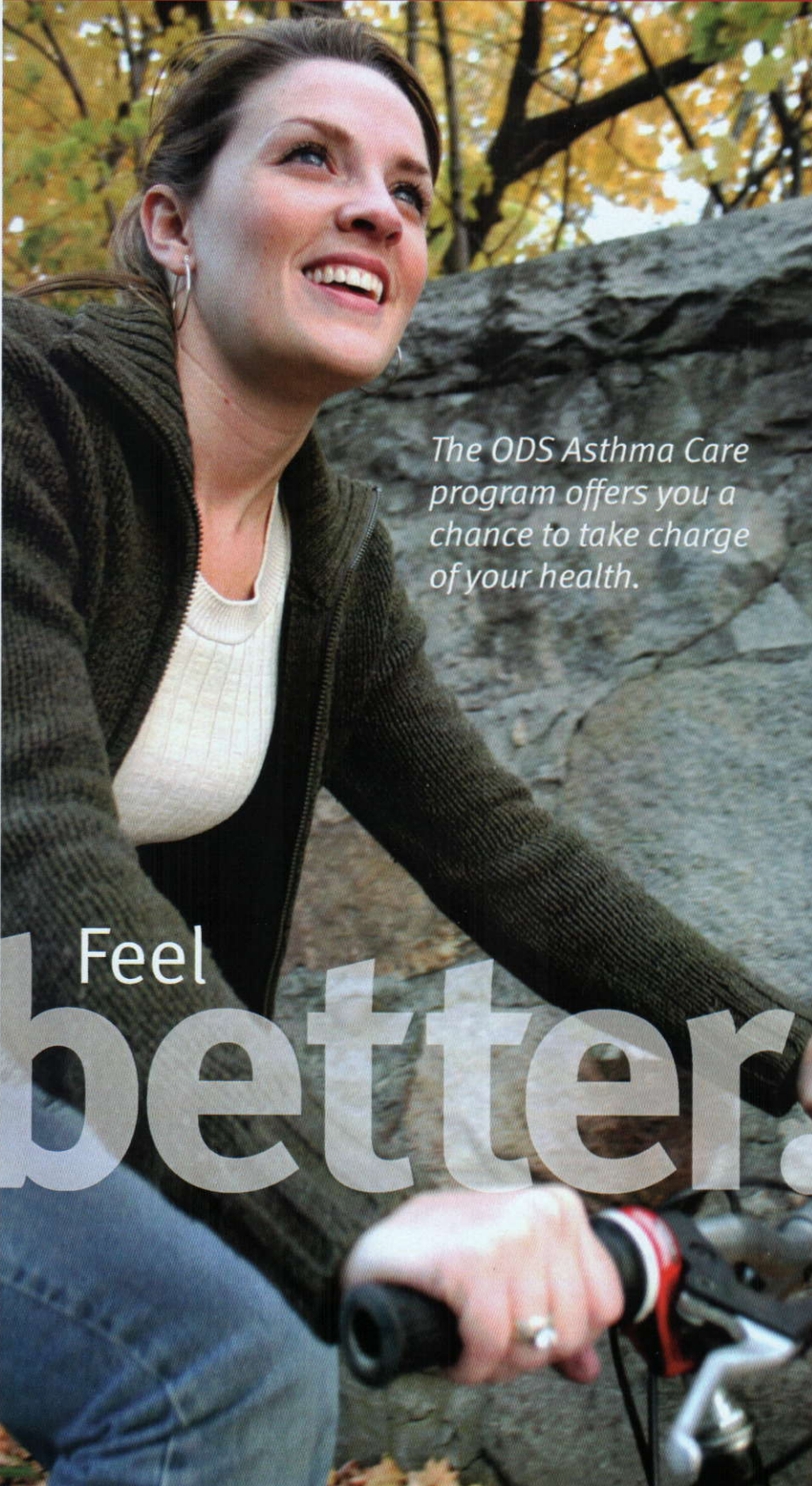




# ASTHMA CARE PROGRAM

Are you having problems controlling your asthma? We can help.



*The ODS Asthma Care program offers you a chance to take charge of your health.*

Feel  
**better.**

When you enroll in the **Asthma Care program** you will:

- » Work one-on-one with a trained health coach over the phone or via e-mail
- » Set goals and learn how to achieve those goals
- » Track your progress to better health
- » Receive a free gift

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 ODS 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, learned when she needed to increase her medications, and when she needed to see her doctor.

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

*\*Name has been changed.*

OEBB ODS DISEASE MANAGEMENT

Toll-free: **800-913-4957**

Local: **503-243-3957**

[www.odscompanies.com/oebb](http://www.odscompanies.com/oebb)