

MESSA Asthma Education and Member Support Program

MESSA's Asthma Education and Member Support Program provides members and dependents who have asthma with access to an asthma nurse educator who will provide you with current information, encouragement, and guidance to help you reach your asthma health goals, enabling you to reduce symptoms associated with asthma. This can improve your overall health and quality of life.

How you can benefit from our Asthma Education and Member Support Program

Our asthma health education program offers a practical, proven approach to effectively manage asthma-related health issues. Our program is designed to help you:

- Learn the guidelines of care for asthma.
- Identify common asthma triggers and learn how to control them.
- Learn methods for monitoring asthma control.
- Recognize the warning signs.
- Develop an action plan with your doctor.
- Learn about asthma medications—their use and purpose.

All of our materials are age-specific and free to members and dependents. For more information or to enroll, contact MESSA Member Education by calling 800.336.0022 and selecting prompt 3, or log into www.messa.org and use our Member Messaging in the Contact Us area to send a secure email message.



ACCREDITED
DISEASE MANAGEMENT

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