

Asthma in kids

Make an appointment with your child's primary care provider (PCP) today

Kids with asthma can have a normal life. If their asthma is controlled, kids can go to school, play with their friends and be active in sports or other activities.



See your child's PCP, it's important

- Your child's asthma can be managed with a PCP's help.
- Talk to your child's PCP about your child's health.
- Together, you can start or update your child's care plan.



This visit is covered by UnitedHealthcare

- See your child's in-network PCP for this visit.
- Your child's PCP is the main provider your child sees for most of his or her care.
- Remember to bring your child's member ID card to the visit.



Get help with your child's appointment

- From scheduling your child's next checkup appointment to finding a PCP, count on us to help your child get the care they need, as soon as they need it.
- Call **Member Services at 1-800-903-5253 TTY 711**, Monday – Friday, 8 a.m. – 5 p.m. for help making an appointment or finding a PCP.



What to expect at your child's visit.

1. Your PCP will go over your child's Asthma Action Plan to make sure it's up-to-date. If you don't already have an Asthma Action Plan, your PCP will help you write one.
2. Bring your child's asthma medicines to the appointment. Be sure your child is using his or her medicines exactly as the PCP says.
3. Talk to your PCP about exercise that's right for your child and how to avoid attacks.
4. Know the signs of a serious asthma attack and when to get emergency medical help.

See the back side to learn more

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Other important steps for your child's health.

- Know the triggers that make your child's asthma symptoms worse.
- Keep track of asthma attacks. This can help you spot patterns and warning signs.
- Share your child's Asthma Action Plan with your child's school, day care, sports group and anyone else who spends time with your child.



More ways we can help

- **Well visits.** Routine shots and tests can help keep your child healthy.
- **Virtual Visits.** 24/7 access to doctors by phone or video.
- **Need a ride?** We provide rides to and from medical visits.

myuhc.com/CommunityPlan



UnitedHealthcare does not discriminate on the basis of race, color, national origin, sex, age or disability in health programs and activities.

We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free member phone number listed on your health plan member ID card, TTY 711, 8:30 a.m.–5:30 p.m., Monday–Friday.

ATENCIÓN: si habla español, hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al número de teléfono gratuito que aparece en su tarjeta de identificación.

تنبيه: إذا كنت تتحدث العربية، فتتوفر خدمات المساعدة اللغوية مجاناً. اتصل على الرقم المجاني المدون على بطاقة هويتك.