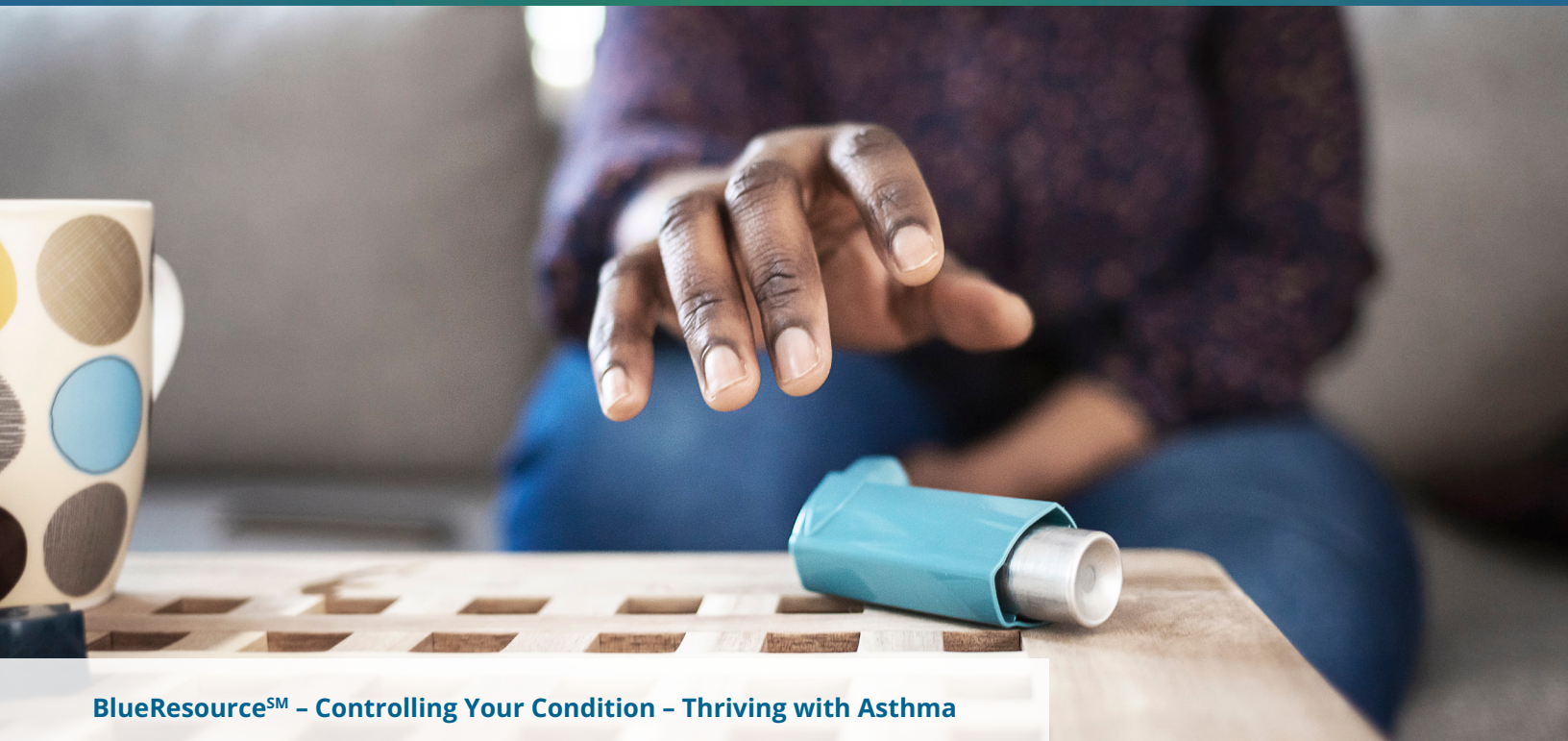




BlueResourceSM – Controlling Your Condition – Thriving with Asthma

Breathe Easier. Help Is Here.

You can enjoy a healthy, active life with asthma. Free, expert advice is always at your fingertips. Try the tips at these sites:

- **The American Lung Association.** Find fact sheets, guidelines and videos full of helpful tips. Connect with others who live with asthma, too. lung.org/asthma
- **Centers for Disease Control and Prevention.** Make an asthma action plan or watch a video on inhalers. Download the “Breathing Easier Guide.” cdc.gov/asthma/faqs.htm
- **American Academy of Allergy, Asthma and Immunology.** Take the Asthma Quiz. Read free articles by trained specialists. aaaai.org/conditions-treatments/asthma
- **National Heart Lung and Blood Institute.** Help your child learn to manage their asthma. Enjoy colorful activity books, games and guides in English and Spanish. nhlbi.nih.gov/LMBBasthma



Tap into free tools to better control your asthma.

Sources: *Learn About Asthma.* American Lung Association. 2020.
Learn How to Control Asthma. Centers for Disease Control and Prevention. 2022.
Asthma. American Academy of Allergy, Asthma and Immunology. 2020.
Asthma: Learn More Breathe Better. National Heart, Lung and Blood Institute. 2022.

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