



Uncontrolled asthma can have a negative impact on your everyday activities.



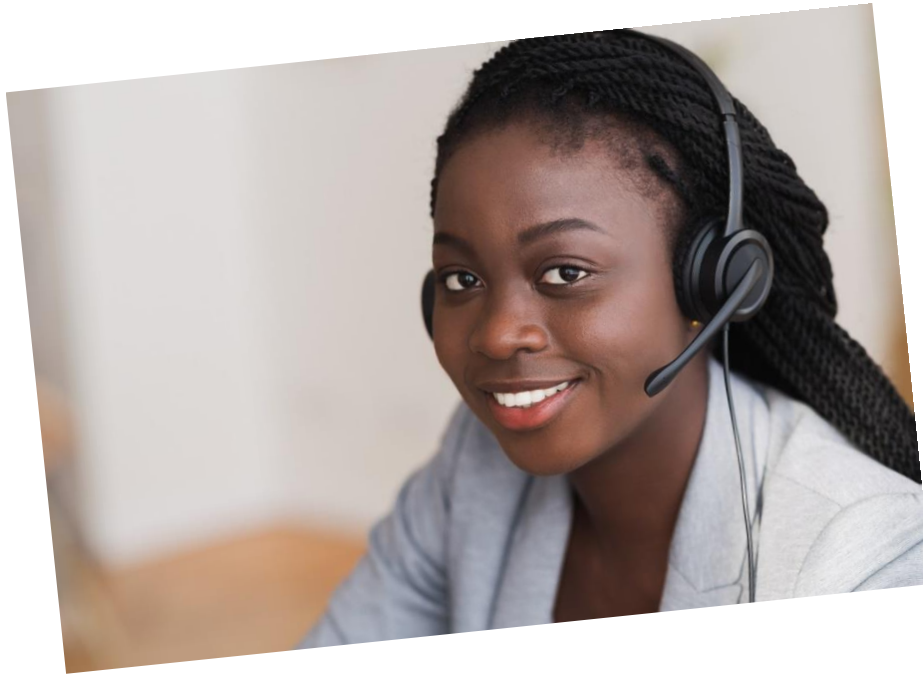
Know your asthma triggers and take steps to avoid them.

Visit [www.tricare-west.com/go/learningcenter](http://www.tricare-west.com/go/learningcenter) to listen to a recorded class on asthma management.



Work with your doctor to create an asthma action plan just for you.





Looking for additional help with your asthma?

TRICARE beneficiaries ages 18-64, and not on Medicare, can get individualized telephone coaching with a licensed clinician.

To learn more and nominate yourself, visit

<https://www.tricare-west.com/go/DMFAQ>.