Is there a Health Exchange program that’s right for you?

**Active with Asthma program**
Don't let asthma stop you from doing the things you love to do. We're here to help you take control and be active. Adults and parents of children with asthma receive educational materials, including the newsletter, *Asthmazine*, to improve self-management skills. In addition, adolescents and teens receive a special newsletter, *Asthmagram*, covering asthma topics relevant to their unique perspective.

**Get in Check diabetes program**
As a program participant you'll receive regular educational materials with tips on diet, exercise and important routine screenings. Adults with diabetes receive the newsletter *everyDAY*, and the newsletter *everyDAY kidz* gives children with diabetes age-appropriate information. We can work with you to manage your diabetes, in cooperation with your team of doctors and supporters.

**BP Beat blood pressure program**
Members with high blood pressure receive educational materials, including a quarterly newsletter, *the Beat*, to stress the importance of controlling blood pressure. By tracking your blood pressure, you can protect yourself from the increased risk of heart disease, stroke, blindness and kidney disease.

**Road to Relief headache program**
Health Alliance provides tools to assess and treat headaches, including a quarterly newsletter. You can enjoy life without recurring migraine headaches.

**Small Changes, Big Results childhood healthy lifestyle program**
The children and teens enrolled in this program receive materials to help promote healthier nutrition and exercise habits. We also send enrollees a quarterly newsletter, *Changes*, and mail parents tips for changing household behaviors.

**Active with COPD Program**
Chronic obstructive pulmonary disease (COPD) affects nearly 16 million people in the U.S. This program provides informational booklets and a quarterly newsletter, *Breathe Deep*, with tips on how to minimize and control symptoms of COPD. Taking an active role in your health can lessen emergencies and improve quality of life. Members at risk for serious medical complications receive one-on-one support from our personal health coordinators.