

# Asthma Care Rewards Program

AchieveHealth®

Get the support needed to better manage asthma—at no cost

## How the program works

1. Call *AchieveHealth*® at 866-234-4635 to learn more or enroll
2. Fill asthma-related prescriptions at a BMC Pharmacy or use BMC Cornerstone Home Delivery
3. Complete a minimum of 6 conveniently scheduled, telephonic coaching sessions
4. The month following the completion of your first health coaching appointment, you will receive a \$0 copay on generic asthma medications!

## Ways your Health Coach can help you or your child\*

- Establish a care plan with your Health Coach tailored to you or your child's personal health goals
- Explore new ways of incorporating lifestyle changes that will help you or your child maintain goals and minimize the severity of unexpected flare-ups
- Communicate with your Health Coach in support of regularly scheduled appointments by email or your Coach's dedicated number
- Access personalized resources and educational information

\*Parent approval is required for dependent children under the age of 18.

### **For adult patients, before the first appointment**

Download your or your adult child's Gaps in Care Health report from My Plan to review with your Health Coach. Simply log in to your or your child's account and visit the **My Health and Wellness** section in the main menu. If you need help or have questions, give us a call.

The Asthma Care Rewards program is free for eligible members, voluntary and confidential.

Managing asthma or helping your asthmatic child can feel overwhelming. We're here to help.



Enrolling online is easy! Scan the QR Code or visit [enroll.hpiachievehealth.com](https://enroll.hpiachievehealth.com) (enrollment code: bmc) to schedule your health coaching appointment today.

Prefer to enroll over the phone? Give us a call at 866-234-4635



**Improve your health  
and save money**



**Health  
Coaching**



**Medication**



**Better Managed  
Asthma**

*plus \$0 copayments* on generic asthma medications and inhalers!

**It's free, voluntary and confidential**

Boston Medical Center  
**HEALTH SYSTEM**

**hpi**®