



Foundation for New Jersey

The Horizon Foundation for New Jersey is committed to working alongside those who can help us improve our neighbors' health, inform their health decisions and inspire them to lead healthier, more fulfilling lives. For more information about The Foundation, visit:

Community.HorizonBlue.com

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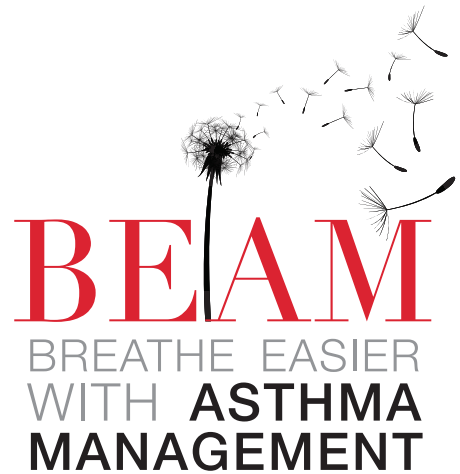
The Boys & Girls Clubs in New Jersey is an alliance of 23 Boys & Girls Club organizations serving over 73,000 youth throughout the Garden State. For more information about BGCNJ, visit:

bgcnj.org

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This brochure provides general preventive health and wellness guidelines, as well as information on managing specific health conditions. Please read this brochure and use it to help make informed health decisions. You can discuss the enclosed information, which is not medical advice, with your doctor. The information in this brochure is for educational purposes only and does not replace your doctor's medical advice. Your doctor can diagnose a medical condition and help you make health choices that are right for you.

A PARENT'S GUIDE TO FINDING A DOCTOR



AN INITIATIVE OF
THE HORIZON FOUNDATION
FOR NEW JERSEY
IN COLLABORATION WITH
THE BOYS & GIRLS CLUBS
IN NEW JERSEY

WHAT IS ASTHMA?

Asthma is an illness that makes it harder to move air in and out of the lungs. It is one of the most common, recurring childhood illnesses.

WHAT ARE COMMON ASTHMA SYMPTOMS?

Asthma symptoms can go from mild to severe and they differ from person to person. Each asthma attack can have different symptoms.

Common symptoms include:

COUGHING

WHEEZING

SHORTNESS OF BREATH

TIGHTNESS IN THE CHEST

YOUR CHILD SHOULD SEE A DOCTOR IF:

- They **MAY HAVE** asthma. The doctor can find out if they do and help them to manage their symptoms.
- They **DO HAVE** asthma, but it is not under control. The doctor can help them to manage it.
- They **DO HAVE** asthma, and it seems under control. By having regular check-ups, the doctor can make sure asthma stays managed.

WHY IT'S IMPORTANT TO SEE A DOCTOR:

By managing asthma symptoms:

- Children can live a normal, healthy life.
- Treating early symptoms will keep them from getting worse.
- Serious asthma attacks are dangerous and can be life-threatening.

HOW DO I GET MY CHILD THE ASTHMA CARE NEEDED?

1. If you already have a doctor and health insurance, simply make an appointment for your child. Explain that you want the appointment because you think or know that your child has asthma.
2. If you have health insurance, but don't know what doctor to see, look at the back of your health insurance card. You will see a phone number for member services. Call that number and ask them for the name and contact information for a doctor to see your child about asthma.
3. If you don't have health insurance, contact a Federally Qualified Health Center. There are more than 100 sites in New Jersey. Depending on your income, they will provide free or discounted health care. For more information, visit: www.state.nj.us/health/fhs/fqhc/

WHAT IS A FEDERALLY QUALIFIED HEALTH CENTER?

Federally Qualified Health Centers are the major providers of community-based primary health care in New Jersey. They provide care to those in need of health services, whether they can afford to pay for it or not. All centers are staffed with well-qualified doctors and they offer many different services. More than 420,000 people living in New Jersey use these centers each year and make more than 1.3 million visits. These centers have staff who speak English, Spanish and other languages.

Please see the enclosed list of centers located near you.

NEED HELP?

If you have trouble locating a center or making an appointment, please call your local Boys & Girls Club and ask for the BEAM instructor or call the Boys & Girls Clubs in New Jersey BEAM State Program Office at 973-773-0966 x 151.