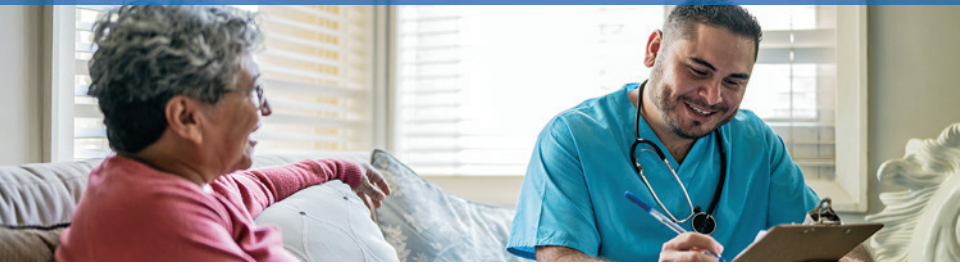


Maine CDC Asthma Self-Management Education Program



Help your patients better control their asthma



In-home sessions helping Mainers with asthma. The following can be expected by a patient during a visit:

- Learn what happens during an asthma attack
- Understand how to use their medicine
- Create an action plan for worsening symptoms
- Discover how to avoid asthma triggers
- Access resources to reduce home triggers

Why refer to United Ambulance?

United Ambulance Service has been serving Androscoggin County and surrounding areas since 1981 and is Maine's first and only nationally accredited ground ambulance service. They offer the ASME program through their Community Paramedicine Providers.

For all ages. No insurance required.

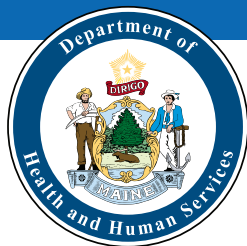
▶ *Help your patients create an action plan
and refer them to United Ambulance today.*



Learn How to Manage Asthma



Ask how to enroll
in the Maine CDC **Asthma
Self-Management Education**
Program. For all ages.
No insurance required.



Learn How to Manage Your Asthma

with United
Ambulance



Is Asthma Holding You or a Loved One Back?



- Frequent rescue inhaler use
- Night-time coughing or breathing issues
- Missing out on activities you enjoy
- Absences from school or work
- Urgent care or ER visits due to asthma

Maine CDC Asthma Self-Management Education is an in-home program that helps you learn about asthma and how to manage it.

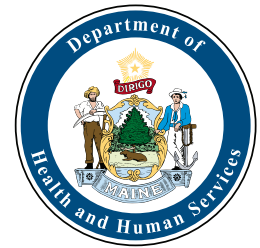
For all ages. No insurance required.

▶ *Ask about a referral!*



Scan to
learn more





Dear Health Professional,

One in 13 Americans have asthma. This toolkit is an educational resource for the Maine CDC Asthma Self-Management Education Program (ASME). It's a program to help Mainers who are being treated for asthma but feel asthma is still causing problems in their life.

What is ASME?

The ASME Program empowers patients with the knowledge and tools needed to control their asthma and **live healthier lives**. Through education and support, participants learn to understand their condition, properly use their medications, create personalized asthma action plans, and identify and reduce triggers in the comfort of their home. The Program is fully funded through a grant from the US CDC's National Asthma Control Program.

Who we are

United Ambulance Service has been serving Androscoggin County and surrounding areas since 1981. Our priority is to deliver professional care and education to the community. We provide this through our Community Paramedic Program which provides individuals basic tools and resources needed to manage their medical problems and chronic disease at their place of residence. We offer the ASME Program through our Community Paramedicine Providers.

Enclosed in this toolkit, you will find:

1. **ASME Rack Card:** An overview of the program, including key benefits and how to enroll your patients.
2. **Window Cling:** Place near your check-out window or door to remind patients to ask about enrollment.
3. **Patient Flyer (2):** Overview on asthma management and the program for common areas or bulletin boards.
4. **Referral Forms:** Use to refer patients to the ASME Program.

With your support, we believe we can **make a significant impact** in the lives of Mainers struggling with asthma. Thank you for your dedication to your patients and for considering the Maine Asthma Self-Management Education Program as a valuable resource.

If you have questions or need more information, please contact us.

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