

Memorandum

To: Gold Coast Health Plan Providers

From: Vicki Wrighster, Senior Director, Provider Network Operations

Re: **Share Resources with Patients During Asthma Awareness Month**

Date: May 4, 2026

May is Asthma Awareness Month, an important opportunity to raise awareness, promote prevention, and connect members to resources that support asthma management. Effective asthma management requires ongoing provider engagement to ensure patients are using their medication correctly, adhering to their asthma action plan, and avoiding triggers.

Providers play a critical role in identifying high risk members and connect them to additional support such as the Asthma Preventive Services (APS) and the Asthma Remediation Program to help improve outcomes. These services can include:

- Asthma education
- Home assessment
- Interventions to members home to reduce triggers (e.g., de-humidifiers and air filters)

Under the CalAIM program, these Community Support services are designed to reduce asthma symptoms and limit visits to the emergency department and/or hospital stays. To refer members, complete and submit the [Asthma Remediation Member Referral Form](#).

Asthma Resources

Asthma resources to support patient self-management and education:

- Health care providers can create written asthma action plans to help patients manage triggers and symptoms.
 - Asthma Action Plan ([English and Spanish](#))
- Health Library – Healthwise offers easy-to-understand content on asthma management, including videos and symptom checkers.
 - Health Library ([English and Spanish](#))
- Asthma: Take Control of Your Breathing ([English](#) and [Spanish](#))
- American Lung Association ([English](#) and [Spanish](#))
- [California Department of Public Health – Asthma](#)
- [National Heart, Lung, and Blood Institute – Asthma](#)

Thank you,
Vicki Wrighster
Senior Director, Provider Network Operations