

BREATHE EASIER

Free and personalized asthma
and Healthy Homes education



WHY BREATHE?

Asthma is one of the risk factors for severe illness with COVID-19, making its proper management crucial these days. To help, the Louisiana Department of Health's (LDH's) **BREATHE (Bringing Respiratory Health Equity for Asthmatics through Healthier Environments)** program provides free and personalized asthma and Healthy Homes education.

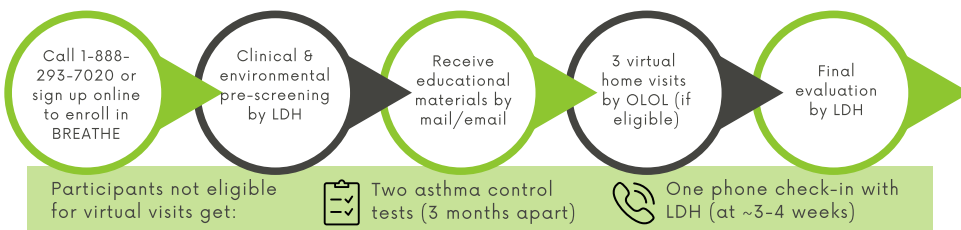
HOW DO I ENROLL OR REFER A PATIENT?

Sign up here for BREATHE:
<https://ldh.la.gov/breathe-enroll>
or call 1-888-293-7020 and ask for the BREATHE program.

A BREATHE representative at LDH will follow up with you to understand your individual asthma and home environmental situation, and provide you with personalized guidance. If your asthma is uncontrolled and you have environmental concerns, you may be offered free Virtual Home Visits through Our Lady of the Lake Children's Hospital (OLOL).

WHAT CAN I EXPECT IF I ENROLL?

The program lasts approximately 3-4 months long for participants. The process is as follows:



INTAKE: Consists of a pre-screen and a short knowledge survey. After intake, you will also be sent a packet of educational materials by mail and/or email.



VIRTUAL HOME VISITS: If you are eligible and choose to participate, you will schedule three virtual home visits with OLOL, approximately one month apart. OLOL will provide you with one-on-one asthma and Healthy Homes education tailored for you and your family.



NOT ELIGIBLE FOR VIRTUAL HOME VISITS?: No worries, we got you covered! You will receive two asthma control tests — one at intake and the second 3 months later — and one phone check-in so we can touch base, see how you're doing, answer any questions and, if needed, offer you further assistance.



FINAL EVALUATION: Approximately 3-4 months after intake, you will be contacted to complete a program evaluation and a post-intervention knowledge survey. **This will be your chance to provide us with feedback to help us serve you better!**