



## Fortify Cares: Better Care. Healthier Children.

*Fortify Cares* is a program designed to support you and your family in managing your child's asthma. We know it can be difficult for families to keep track of different medications, identify concerning symptoms, and avoid problems that can result in a visit to the hospital. *Fortify Cares* believes in optimal well-being for every child and is here to help you access resources that support your child's overall physical and mental health and their ability to participate fully in school and other activities.

### Our Care Navigator Team Can Help You:

- Ensure your child has a plan to help control their asthma
- Connect with community resources for your medical, social and financial needs, as available
- Coordinate care with your child's health care team, including exploring the best asthma medication options for your child (primary care provider, specialists, etc.)
- Learn more about your child's condition through provider-approved resources including when to seek emergency care



### Eligibility:

Your family may be eligible for *Fortify Cares*, **at no cost to you**, if your child:

- Has been given a diagnosis of asthma
- Is covered by Anthem (Commercial or Medicaid), Sentara Community Plan (Medicaid), Humana Healthy Horizons (Medicaid), or United Healthcare (Medicaid)
- Has a primary care provider who is part of Fortify Children's Health's Network

Fortify's care management team will confirm your specific eligibility.

### How It Works:

As your child's parent or guardian, you will be connected with one of Fortify's Care Navigators who will ask you a series of questions about your child's asthma management and social environment. Once we know more about your child, we will:

- Help ensure your child has a current Asthma Action Plan so that you can share it with their school/daycare
- Review your child's asthma medications, triggers and early symptoms of flare ups so you know how to best support their asthma control
- Communicate with your child's providers so they can help your child manage their condition and meet their health goals
- Connect with you every three months to identify any new barriers and provide ongoing support to you and your child

For more information, please call 833-324-1234 x 700 or email [caremanagement@fortifychildrens.org](mailto:caremanagement@fortifychildrens.org)

Learn more at [www.FortifyChildrens.org/Family-Resources](http://www.FortifyChildrens.org/Family-Resources)