



Alameda Alliance for Health

1240 South Loop Road
Alameda, CA 94502

Alliance Health Programs

Phone Number: **1.510.747.4577**

People with hearing and speaking impairments
(CRS/TTY): **711/1.800.735.2929**

livehealthy@alamedaalliance.org

www.alamedaalliance.org

Dear Member,

At Alameda Alliance for Health (Alliance), we are here to be your partner in health.

Thank you for your interest in **asthma** classes and programs. All options listed below are available at no cost to our members. To learn more or sign up, please call the program directly.

Disease Self-Management Program

Asthma Start Program

Alameda County Public Health Department

In-home education about asthma for members 18 years of age and under. (Interpreters offered.)

All Alameda County (In-person, online)

Phone Number: **1.510.383.5181**

www.acphd.org/asthma

Online Class

Asthma Basics

American Lung Association

Self-paced online learning module. (Available in English and Spanish only.)

English: **lung.training/courses/asthma_basics.html**

Spanish: **lung.training/courses/asthma_basics-es.html**

Phone Support

Health Coaching

Living Your Best Life with Asthma

One-on-one support from a health educator to help you meet your asthma health goal. (Interpreters offered.)

One (1) to three (3) telephone sessions, 30-45 minutes per session.

Phone Number: **1.510.747.4512**

Lung Health Navigator

American Lung Association

One-on-one education to support those living with lung disease, including asthma and chronic obstructive pulmonary disease (COPD). Visit the website or call to enroll. (Interpreters offered.)

Weekly meetings for four (4) to five (5) weeks (Online, phone)

Toll-Free: **1.866.252.2959**

www.lung.org/help-support/lung-helpline-and-tobacco-quitline/education-series

Lung Helpline

American Lung Association

Call to get information and support from lung health experts. (Interpreters offered.)

Toll-Free: **1.800.586.4872** and press **2**
www.lung.org/helpline

Support Groups

Better Breathing for Life Club

Washington Hospital - Pulmonary Rehab and Pulmonary Function Lab

This is for people with chronic asthma, COPD, emphysema, and other lung diseases. Family and friends are welcome.

2500 Mowry Ave., Fremont (In-person, Online)
Drop-in Class: 4th Wednesday of each month, 12:45 pm – 2:45 pm
(No meetings in November or December)
Phone Number: **1.510.818.7025**
www.whhs.com/about-us/community-connection/support-groups

To find out if the program or class you are interested in offers interpreting services, or to request an interpreter, please call:

Alliance Member Services Department
Phone Number: **1.510.747.4567**
Toll-Free: **1.877.932.2738**
People with hearing and speaking impairments (CRS/TTY): **711/1.800.735.2929**

We hope these classes will help meet your health needs.

Best of Health,
Alliance Health Programs

Enclosed:

- Notice of Nondiscrimination
- Language Assistance Services

[Please include this statement for Alliance members with Medi-Cal Coverage: The California Department of Health Care Services (DHCS) Medi-Cal Managed Care Ombudsman can also help. You can call the Ombudsman Monday through Friday, between 8:00 a.m. and 5:00 p.m. at 1-888-452-8609.]