



What gets in your way?

HUSKY Health offers support, such as Intensive Care Management, to help people with asthma overcome barriers.

Check off the items that get in your way. On the right side you will see who can help you with each barrier.

	What gets in your way?	Who can help you with this?
<input type="checkbox"/>	Being hungry and without enough food	2-1-1 is your connection to all of the local services you may need: food, housing, childcare, and much more. Dial 2-1-1 or visit their website: https://www.211ct.org/ .
<input type="checkbox"/>	Not having a place to live	
<input type="checkbox"/>	I don't know how to manage my asthma triggers	HUSKY Health Intensive Care Management (ICM) has nurses who will take the time to find out what is important to you and find you the services that will help you feel your best. If you are ready to enroll in ICM, call 1.800.859.9889 x2023.
<input type="checkbox"/>	I have difficulty using my inhalers (puffers)	
<input type="checkbox"/>	I need extra inhalers for other places that I go to (school, home, parent's home, etc.)	
<input type="checkbox"/>	Not having time to take care of my asthma	
<input type="checkbox"/>	Having other health conditions to take care of	
<input type="checkbox"/>	Being afraid of medication side effects	
<input type="checkbox"/>	Feeling okay, so I do not feel I need to do anything differently	

Don't see your barrier listed here? Send us a [secure email](#) at any time and a nurse will contact you. Visit www.ct.gov/husky, click "For Members," "Contact Us," then "Send us a secure email."