



Step up your fight against asthma attacks.

**Better care starts here.**



Confidence comes with every card.®

**Choose a Total Care doctor to start your journey to good health.**

Your doctor can help you breathe easier by keeping your asthma under control. Total Care doctors meet national standards for providing high-quality health care — care that helps you stay healthy and out of the hospital emergency room.

**Find a doctor at [bcbsm.com](https://www.bcbsm.com).**