

Chronic Conditions: Asthma and Sleep Apnea Resource Guide

The resources below are designed to support care managers working with members who have **asthma** or **sleep apnea**. Care managers can use these tools to enhance member education, identify red flags, and support care coordination across a range of needs.

Asthma Resources	Sleep Apnea Resources
What Is Asthma – NHLBI (National Heart, Lung, and Blood Institute) https://www.nhlbi.nih.gov/health/asthma <i>Current as of April 2024</i>	What Is Sleep Apnea – NHLBI https://www.nhlbi.nih.gov/health/sleep-apnea <i>Current as of January 2025</i>
Asthma Home Environment Checklist – Centers for Disease Control and Prevention (CDC) https://www.cdc.gov/asthma/media/pdfs/2024/06/home_assess_checklist_P.pdf <i>Current as of June 2018</i>	What Is Obstructive Sleep Apnea in Adults? – ATS (American Thoracic Society) https://site.thoracic.org/advocacy-patients/patient-resources/what-is-obstructive-sleep-apnea-in-adults <i>Current as of February 2024</i>
Asthma Action Plan (Fillable PDF) – CDC https://www.cdc.gov/asthma/action-plan/documents/asthma-action-plan-508.pdf <i>Current as of July 2024</i>	Sleep in Adults: Facts and Stats – CDC https://www.cdc.gov/sleep/data-research/facts-stats/adults-sleep-facts-and-stats.html <i>Current as of May 2024</i>
North Carolina Asthma Program – NCDHHS https://asthma.dph.ncdhhs.gov/ <i>Current as of July 2025</i>	Sleep Health Patient Info Hub – AASM Patient Information Sleep American Academy of Sleep Medicine <i>Current as of January 2025</i>
Program Specific Clinical Coverage Policies – NC Medicaid https://medicaid.ncdhhs.gov/providers/program-specific-clinical-coverage-policies <i>Current as of July 2025</i>	
Preferred Drug List – NC Medicaid https://medicaid.ncdhhs.gov/providers/programs-and-services/prescription-drugs/preferred-drug-list <i>Current as of July 2025</i>	

