

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

