

Breathe Easier

Get help from a respiratory therapist to better manage your lung health.



Your Florida Blue Medicare Advantage plan includes support from a respiratory therapist who can help you breathe easier and learn to manage your lung health. **Learn about medications and techniques that may help you make the most out of every breath.** Save your energy and build endurance with easy exercises your respiratory therapist can show you.



Talk to a respiratory therapist at no extra cost to you. It's part of your Florida Blue Medicare Advantage plan.



Work toward your wellness goals with the tools and resources from your respiratory therapist.



Feel more confident making health care decisions.

Don't wait to get help with your respiratory needs. Call the Care Management team's respiratory therapist today for help with your health goals.

1-800-955-5692

(TTY: 1-800-955-8770)

Option 1, then Option 2
then ask to speak to a respiratory therapist.

8 a.m. – 5 p.m., Monday – Friday

We're here to help you breathe easier with expert advice on:

- Chronic Obstructive Pulmonary Disease (COPD)
- Sleep apnea
- Asthma
- Bronchiectasis
- How to use portable oxygen
- How to clean respiratory equipment
- How to use breathing-related medications
- How to build your exercise tolerance
- How to use your incentive spirometer
- Quitting smoking