

Our Patients

"I have learned many important things about asthma that I was not aware of through the program. I learned about many different environmental triggers that can be affecting my son's asthma, but with the Environmental House Call and education provided by the Asthma Educators I have been able to improve my family's living condition. I am so thankful for the education and free resources provided by this program that I recommend many families to take advantage of it. There should be many more programs like this one around the community. Great job Jersey City Medical Center!"

– DB, Member

"I find this program very educational and interesting because it opens up my mind and helps me understand new things about asthma that I was not aware of. Although my son is only seven, I feel that the program has allowed him to understand and be aware of triggers around the environment and to learn how to use his inhaler correctly. This has allowed him to take care of his condition in the proper way. I always look forward to attending the monthly support groups at the Medical Center because it allows me to take more precautions with my son's asthma and understand that he will live with this condition for the rest of his life. The education provided reinforces what I already have learned about asthma, which is important. I believe that Asthma Educators are doing an amazing job in educating my family and me on asthma, which can be so easy to manage if you have the proper resources. They are truly the best!"

– MAJ, Member

Enroll Now

To become a PCAM member, follow these simple steps:

- ▶ Call the number provided below to speak with an Asthma Educator.
- ▶ Plan your way to a healthy life style with your Asthma Educator and start enjoying the many incentives of active membership

For more information, referrals and assistance call the confidential number:

**201.424.4521 or
201.424.3226**

Or for our other programs (ages 18 or older) please call:
201.388.1290.

**Jersey City
Medical Center**

**RWJBarnabas
HEALTH**

Let's be healthy together.

▶ 201.915.2000 ▶ rwjbh.org/jerseycity

Pediatric Asthma and Wellness Program

Helping Children in Hudson County Breathe Better

A Dedicated Wellness & Self Management
Program with Tangible Rewards



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Take Control and Manage Your Child's Asthma

What is the PCAM PROGRAM?

The PCAM Program is Jersey City Medical Center's (JCMC) **Pediatric Care and Asthma Management**. A program to help us help you and your child or teen with asthma stay well...at home and in school. This program helps participants improve their quality of life, manage and take control of their asthma, so that they are living healthier. This program is available to all pediatric community members ranging from the ages of 0-18; at NO COST.

It is a voluntary and free program from us to you!



How PCAM Works:

Participants earn rewards points by regularly monitoring their health. This includes regular physician's appointments, setting and accomplishing personal health-related goals, attending educational sessions, health fairs and support groups, among other activities.



Benefits for Participating:

- ▶ A plan will be made to see what your child or teen needs to better control asthma.
- ▶ You may receive equipment and supplies to help control asthma at no charge.
- ▶ You will meet with an Asthma Educator who will:
 - Teach how to use an Asthma Action Plan. This plan can prevent Emergency Room visits and hospital stays.
 - Teach how to work with the school nurse to prevent asthma attacks.
 - Offer to do an assessment of environmental triggers in the home (like dust, mold or pet dander).
- ▶ The Asthma Educator works in conjunction with school nurses.
- ▶ Conduct monthly support groups.
- ▶ Medication Reconciliation.
- ▶ Follow-up phone calls.



Your health care team is only part of living healthier; you play the most important role. Take Control and sign up now. **It's FREE!!!**

Helping You Stay Proactive

Participants will work directly with an Asthma Educator, who will assist in their quest to improve their life style, including:

- ▶ Education about the common symptoms and complications of their medical conditions
- ▶ Assistance in scheduling doctor's appointments and encouraging safe medication management
- ▶ Continuous health informational tips
- ▶ Assisting and encouraging establishing personal health-related goals
- ▶ Empowering positive actions towards healthy habits
- ▶ Support groups and MUCH MORE...

Although the program offers invaluable benefits to members suffering from a medical condition, healthy individuals are also encouraged to participate!

Take Control!



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