

Bank One's Worksite-Based Asthma Disease Management Program.

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Asthma accounts for an estimated 3 million lost workdays each year in the United States. This study evaluated a worksite asthma disease management program at Bank One. Of 168 employees with asthma, 76 participated in the program. The program consisted of five weekly one-hour educational classes at lunchtime. Of all participants, 41 (53.9%) completed an Asthma Therapy Assessment Questionnaire (ATAQ) at baseline and at 2, 4 and 12 months after the first session. The ATAQ measured barriers to asthma control. The total ATAQ Index declined from 3.59 at baseline to 2.76 at 12 months ($p < 0.01$). After the program, significantly more employees reported using controller medications rather than reliever medications (a desired outcome). A relatively low-cost asthma program can be effective in helping employees manage their disease.