

Breathing Easier

Issue 2, 2021

Educate Yourself and Your Child About Asthma

Educating yourself and your family about asthma is important for you and your child to have control of the disease. If you understand asthma, you will have an easier time following the different parts of treatment, such as avoiding things that cause symptoms (triggers) and knowing what to do during an asthma attack.

Educate yourself or your child about:

- Asthma. Learn all that you can from your doctor about asthma, such as the long-term effects of not treating asthma and the best ways for you or your child to manage it
- Medicines. Understand how each of your medicines or your child's medicines helps to treat asthma. Find out about side effects that may occur and what to do if side effects become bothersome

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Contact Us

1-866-942-7966

Monday–Friday,

8:30 am–5:00 pm

TTY: 1-800-662-1220

We Value Your Opinion

Please fill out a brief, anonymous survey at mvplistens.com.

All responses are 100% confidential and help create a better experience.

MVP Health Care offers a health management program for members living with asthma. For more information or to see if you qualify, call **1-866-942-7966**. MVP's program is based on a collaborative guideline (including the NYSDOH, the New York City Department of Health and Mental Hygiene, professional organizations, MVP and other health plans from across the state) derived from the National Institutes of Health's (NIH) Third Expert Report Clinical Guideline for the Diagnosis, Evaluation, and Management of Adults and Children with Asthma. Information in this newsletter does not constitute medical advice. If you have questions about your health, talk to your doctor. Information in this newsletter does not constitute medical advice.

Connect with a Health Coach!

MVP Case Managers can help you understand asthma, set goals so you can better manage it at home, and help with Asthma Action Plans. Connect with us at 1-866-942-7966.

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Talk to your doctor or ask questions about what you don't understand and what you are concerned about:

- Always ask questions when you don't understand something about the treatment
- Discuss any fears and concerns that you or your child may have about treatment
- Tell your doctor if treatment is disrupting your life; you may be able to find another way to treat your asthma with less disruption
- Tell your doctor if treatment is not helping asthma attacks

- Tell your doctor if you are not able to follow any part of your treatment

If your child has asthma, you may want to talk with teachers and other school officials about asthma. They can help your child follow his or her treatment plans. You should have a copy of your child's asthma action plan (which tells what to do during an asthma attack) on file in the school office, with the school nurse, and with sports coaches so that school staff will know what to do if your child has an attack at school.

Identifying Your Triggers

Asthma causes inflammation in tubes that carry air to the lungs (bronchial tubes). This means the tubes are narrowed, making them likely to overreact to certain triggers. An overreaction can lead to lower lung function, sudden difficulty breathing, and other symptoms of an asthma attack.

If you avoid triggers, you can:

- Prevent some asthma attacks
- Reduce the frequency and severity of some attacks

Identify possible asthma triggers.

A trigger is anything that can lead to an asthma attack. When you are around something that triggers your symptoms, keep track of it. This can help you find a pattern in what triggers your symptoms. Record triggers in your asthma diary or on your asthma action plan.

You may not be able to avoid or even want to avoid all your asthma triggers. But you can ask your doctor how to identify some of the things that trigger your symptoms. Your doctor may suggest:

- Being tested for allergies. If you have allergies, the things you are allergic to can trigger symptoms
- Monitoring your lung function (peak expiratory flow). Your lungs will not work as well when you are around a trigger

Share your trigger record with your doctor. After you have found some things that may trigger your asthma, you and your doctor can devise a plan for how to deal with them.

Examples of asthma triggers:

- Allergens, like pollen, dust, mold, animal fur
- Cigarette smoke
- Exercise
- Dry, cold air
- Viral infections, such as colds, flu, sinus, or other upper respiratory infections



Source: Healthwise Knowledgebase

Go online and **take charge of your health.**

The MVP Healthwise® Knowledgebase is your one-stop resource for the latest health information. Visit mvphealthcare.com and select *Members*, then *Health & Wellness*.

The Right Care. **Right Away.**

Start with Gia®

Access online 24/7 urgent and emergency care services anytime, anywhere. Plus, Gia is your ultimate health care connection for everyday health needs such as screenings and tests, prescription refills, or help on any health care topic.

When you don't know what care you need, start with Gia! Gia can refer you to any of MVP's virtual care services or, when necessary, in-person care from nearby doctors, specialists, labs, pharmacies, and more!

Virtual care services from MVP Health Care are provided by UCM Digital Health, Amwell, and Physera at no cost-share for members. (Plan exceptions may apply.) Members' direct or digital provider visits may be subject to co-pay/cost-share per plan.

Reduce Your Risk of the **Flu and Pneumonia**

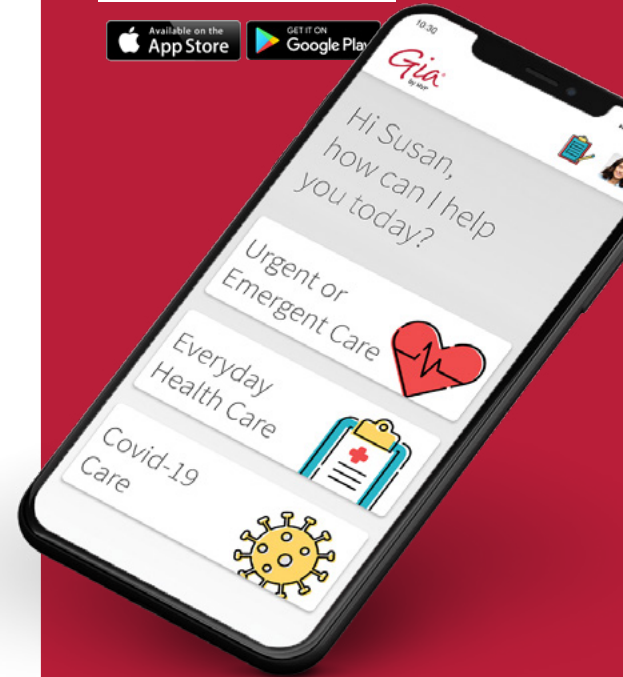
It is important to get vaccinated against the flu each year, and pneumonia as directed by your doctor. Pneumonia is a lung infection that can cause mild to severe illness in people of all ages. Signs of it include coughing, fever, fatigue, nausea, vomiting, rapid breathing or shortness of breath, chills, or chest pain. Many pneumonia-related deaths are preventable through vaccination and appropriate treatment.

Certain people are more likely to become ill with pneumonia:

- Adults age 65 or older
- Children younger than age five
- People under the age of 65 who have underlying medical conditions (like diabetes or HIV/AIDS)
- People ages 19–64 who smoke cigarettes
- People ages 19–64 who have asthma

Get vaccinated. Several vaccines prevent infections that can cause pneumonia, including Pneumococcal, Haemophilus influenzae type b (Hib), Pertussis (whooping cough) and seasonal influenza (flu) vaccines. Talk to your doctor for more information.

Download the **Gia by MVP** app and get started today!



Simple steps to preventing the flu and pneumonia:

- Wash your hands regularly
- Clean hard surfaces that are touched often (like doorknobs and countertops)
- Cough or sneeze into a tissue, your elbow, or sleeve
- Limit your exposure to cigarette smoke
- Take steps to treat, control and prevent conditions like diabetes and HIV/AIDS

LivingWell



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mvphealthcare.com

Preventive care is the best care.

Health care screenings help prevent or find illnesses and diseases in their earlier stages when treatment is more effective. If you've put off your screenings, you're not alone, but now is the time to catch up. To find out if you are due for screenings, Sign In to your MVP online account at mvphealthcare.com/member and select *Preventive Care Reminders*, and talk to your doctor.

Health benefit plans are issued or administered by MVP Health Plan, Inc.; MVP Health Insurance Company; MVP Select Care, Inc.; and MVP Health Services Corp., operating subsidiaries of MVP Health Care, Inc. Not all plans available in all states and counties.

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Living Well Programs from MVP

MVP offers a variety of classes and workshops—both in-person and virtual—to help you live well physically, emotionally, and otherwise! Find classes like chair moves, tai chi, meditation, or even quitting tobacco. To find a class that is right for you, visit mvphealthcare.com/healthandwellness and select *View the Living Well Program Calendar*.

