

Breathing Easier

A Special Newsletter for MVP Health Care[®] Members

Issue 2, 2022

How Is **Medicine Used to Treat Asthma?**

Medicine helps you breathe easier and keeps your asthma under control. They do not cure asthma but are an important part of managing it.

Asthma medicines are used to:

- Prevent and control airway inflammation. This is so you have fewer asthma symptoms
- Reduce how many asthma attacks you have, how long they last, and how bad they get
- Treat the attacks as they occur

Time for a Refill?

If you were prescribed a controller medicine, be sure you always have it and take it as prescribed by your doctor to keep your asthma in good control!

Types of asthma medicines

Controller medicines are usually used daily. They help improve your asthma symptoms and prevent asthma attacks by reducing inflammation in your lungs. They help keep your asthma in good control.

Quick-relief medicines are used when your asthma symptoms get worse and you need to treat them fast. They help relax the airways and allow you to breathe easier.

Oral or injected corticosteroids may also be used to treat asthma attacks

Contact Us

1-866-942-7966

Monday–Friday,

8:30 am–5 pm

TTY 711

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 New York State Department of Health (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.

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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Wherever Life Takes You, Take Gia[®]

Life is full of adventures. And whether your next adventure takes you up a mountain or up that extra set of stairs, take Gia along. It's your guide to your health, and your health plan.

Start with Gia to:

- Access 24/7 virtual care services including urgent/emergency care and advice you can trust
- Text a doctor 24/7 with virtual primary and specialty care from Galileo
- Get same-day treatment for nearly any health concern. Galileo can help you with preventive care, medical questions, chronic conditions like asthma, or prescription refills
- View claims, order and print MVP ID cards, and see progress toward deductibles and limits

Learn more and download the brand-new Gia app at GoAskGia.com.

Know Your **Winter Triggers**

With the colder months approaching, people living with asthma should be mindful of triggers they may experience during the winter.

Common indoor triggers include pet dander, dust mites, mold, and secondhand smoke. Cold, dry, air—especially while exercising—can also cause asthma symptoms.

Write down your triggers and what to do if you have an asthma attack. An Asthma Action Plan is a great tool to use for this.

Helpful tips:

- Limit exposure to your triggers
- Use your controller medicine as prescribed by your doctor to prevent an attack
- Have your quick-relief medicine handy in case you are unable to avoid a trigger and your asthma symptoms are getting worse



Need an **Asthma Action Plan?**

We've got you covered. Contact MVP Case Management to request an Asthma Action Plan. Call **1-866-942-7966**.



Lower 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

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

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



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*.



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Health and Wellness or Prevention Information

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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 yoga, stretch & strengthening, or even a cooking class. To find a class that is right for you, visit mvphealthcare.com/LWCalendar. Filter by county to find the programs nearest to you.

Stay a Step Ahead with Preventive Care

Life can get hectic and going to the doctor for any reason can be stressful. But you deserve the peace of mind and control over your health that preventive screenings can provide. To find out if you are due for screenings or any other preventive care services, *Sign In* to your MVP online account at my.mvphealthcare.com and select *Preventive Care Reminders*, and talk to your doctor.

