

# Breathing Easier

A Special Newsletter for MVP Health Care<sup>®</sup> Members

Issue 1, 2024

## Asthma Treatment Goals

The goals for asthma treatment fall into two main areas. They are controlling asthma symptoms and lowering the risk for future problems.

### Controlling Symptoms

Many people with asthma can get their symptoms under control by avoiding things that might cause an asthma attack (“triggers”) and using medications the correct way. Asthma treatment should help you achieve good control of symptoms during the day, at night, and after exercise. These symptoms include wheezing, coughing, shortness of breath, and chest tightness.

When symptoms are under control, many people with asthma can do all the things they enjoy. And having control of asthma symptoms reduces the risk of future asthma attacks. Your asthma is well controlled if you:

- Have daytime asthma symptoms two days a week or less
- Don’t wake up at night because of your asthma more than two times a month
- Use a quick-relief inhaler two days a week or less. This does not include using your inhaler before exercise to prevent symptoms
- Can exercise, work, and go to school at your normal activity level
- Have lungs that are working as well as they can

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### 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 [mvplistsens.com](https://www.mvplistsens.com).

We will use this information to create a better experience for all our members. All responses are 100% confidential. The survey only takes a few minutes to complete.

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**. The MVP Asthma Care Program is based on a collaborative guideline (including the New York State Department of Health, 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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### **Lowering Risk of Future Problems**

Another goal for treatment is to lower the risk of having future asthma attacks. Smoking, vaping, and not using your inhalers correctly may increase your chance of asthma attacks even if you have few or no asthma symptoms. Talk to your doctor if you need help quitting smoking or vaping. They can also teach you how to use your inhalers correctly.

Other goals of treatment are to prevent your lungs from getting worse and to have no side effects—or the fewest possible side effects—from your medications.

Talk with your doctor about any other wishes or needs you may have for treating your asthma. They can be part of your shared goals.

## **Quick Guide to Medications**

Taking medications is an important part of managing asthma. Knowing when to take them and what they do is just as important. Refer to the guide below for reminders on common asthma medications.

	<b>Controller Medication</b>	<b>Quick-Relief Medication</b>
<b>When to Take it</b>	Daily, as prescribed by your doctor, even if you feel well	When symptoms get worse or you're having trouble breathing
<b>What it Does</b>	Helps prevent asthma attacks	Treats asthma attack symptoms quickly
<b>Common Types</b>	Budesonide, fluticasone, and mometasone	Albuterol

# Quick Tips for Your Next Appointment

Patients who have good relationships with their doctors are more satisfied with their care and have better results.

Whether your appointment is in-person or virtual, here are some tips to help you and your doctor become better partners in improving your health care:

- Write down your questions before your visit. List the most important ones first to make sure they get asked and answered
- Bring a “health history” list with you and keep it up to date
- Always bring any medications you are taking, including over-the-counter, or a list of those medications (including when and how often you take them) and their strength
- Bring someone along to help you ask questions and remember the answers



Source: Agency for Healthcare Research and Quality (AHRQ)

## Living Well Programs— Register Today!

MVP offers a variety of programs designed to support your health and well-being. Upcoming Spring programs include:

- Hip Health Fitness Class
- Meditation for Anxiety
- Healthy Sleep Habits
- Eat to Stay Strong Cooking Class
- Building a Healthy Plate Presentation

Learn more or register at [mvphealthcare.com/calendar](http://mvphealthcare.com/calendar).

## Asthma Support at Your Fingertips

If you have questions related to asthma and need answers quickly, the *Gia*® by MVP mobile app is here when you need it. Connect with a doctor to talk about managing asthma, your medications, and even concerns about stress or anxiety.



Scan the code with the camera on your mobile device, or visit [GoAskGia.com](http://GoAskGia.com) to get the app.

# Stay a Step Ahead with Preventive Care

Preventive care helps you stay healthy by screening for illnesses early on when treatment is more effective. Talk to your doctor to find out if you are due for screenings or any other preventive care services.



## Health and Wellness or Prevention Information

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## Get Your Newsletter by Email

Good news! You will soon be able to get this newsletter by secure email. Make sure your communication preferences are up-to-date. Sign in to Gia at **my.mvphealthcare.com** and under Important Links, select *Communication Preferences*. Select *Go Paperless!* and be sure email is selected for Plan Related Documents.

## Have a Health Question?

Our Health Library is your one-stop resource for the latest health information. Visit **[mvphealthcare.com/HealthandWellness](http://mvphealthcare.com/HealthandWellness)**.



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