



GREAT NEWS FOR YOU!

Our Complex Case Management program provides **more** support for our members.

This program has care plans and more frequent contacts for members who are having trouble controlling their asthma.

Call us at (888) 327-0671 if you think you could benefit from this new program.



Customer Service

Toll Free Phone & Fax Numbers:

Phone: (888) 327-0671

Fax: (877) 502-1567

www.mclarenhealthplan.org



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MHP is Excellent Accredited for its Medicaid HMO

ASTHMA NEWS WINTER 2009



McLaren Health Plan wants to help our members with asthma take good care of themselves. Good asthma care can help you live a more active and healthy life.

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Do You Know the Warning Signs of an Asthma Attack?

People with asthma usually have early warning signs before an asthma attack. Warning signs are not the same for everyone. These may happen days or hours before an asthma attack. Learn to recognize **your** warning signs. Some common warning signs are:

- Feeling anxious, coughing, or out of breath
- Tightness in the chest
- Drop in peak flow reading
- Feeling tired all of the time

Have an Action Plan!

You can help avoid the emergency room by managing asthma daily. With your doctor's help, you can create an at home **Asthma Action Plan** to help reduce triggers. Make sure you and your doctor discuss:

- Your asthma triggers
- Instructions for asthma medicine
- What to do if you have an asthma attack
- When to call your doctor
- Who to call in an emergency



Keep quick-relief medication close at all times. Like in a backpack, desk, car, or pocket so it can be found quickly.

Know Your Asthma Triggers

Triggers are things that may cause you to have an asthma attack. They are different for each person. Stay away from things that make your asthma worse. Listed are some common **asthma triggers**:

- Pets
- Excessive exercise
- Vacuum cleaning
- Tobacco smoke
- Pollen
- Cold air

Talk to Your Doctor About Asthma

Begin by seeing your doctor regularly (at least once every six months). See your doctor more often if your asthma is acting up. If you use an inhaler, make sure to ask your doctor how to use it properly.

Monitor your asthma between regular doctor visits by keeping track of your:

- Symptoms
- Triggers
- Fast-acting rescue inhaler use
- Peak flow meter readings

It is a good idea to have your doctor check your Body Mass Index (BMI). Talk to your doctor about eating healthy and exercise plans too.



Do You Use Your Asthma Medications Correctly?

Many people with asthma need to take medicine. Your doctor will decide what medicine is best for you. Know the names of your medicine and when to take them. Taking the right medicine at the right time will help you stay healthy.

There are two types of asthma medicine:

1. **Long-Acting:** Usually taken everyday to prevent and control asthma symptoms.
2. **Quick Relief:** Usually taken when you need fast relief from an asthma attack.

Please Don't Smoke!



Smoking and second-hand smoke can make asthma worse and greatly increases the risk of other health problems. Quitting is hard. Each time you try to quit, the better chance you have of succeeding! McLaren Health Plan covers **“QUIT SMOKING”** medications. If you smoke, ask your doctor how to help you quit!

If you are a Medicaid member, we have a new smoking cessation program for you. Please call (800) QUIT-NOW.