

# Asthma Awareness

Asthma is a serious long-term disease of the lungs caused by swelling and narrowing of the airways making it hard to breathe. McLaren Health Plan (MHP) has an Asthma Outreach program to help you. If you have asthma you are eligible to participate. Participation is voluntary and you will receive:

- Personal contacts from your MHP nurse
- Educational materials and newsletters
- Assistance from healthcare professionals to help you control your asthma

Asthma can be scary and dangerous for you or a loved one if it is not controlled. Knowing how to use your asthma medications properly can be confusing. If you need help with your asthma medications, schedule an appointment with your Primary Care Provider or asthma specialist today. Take all of your medications with you to the appointment.

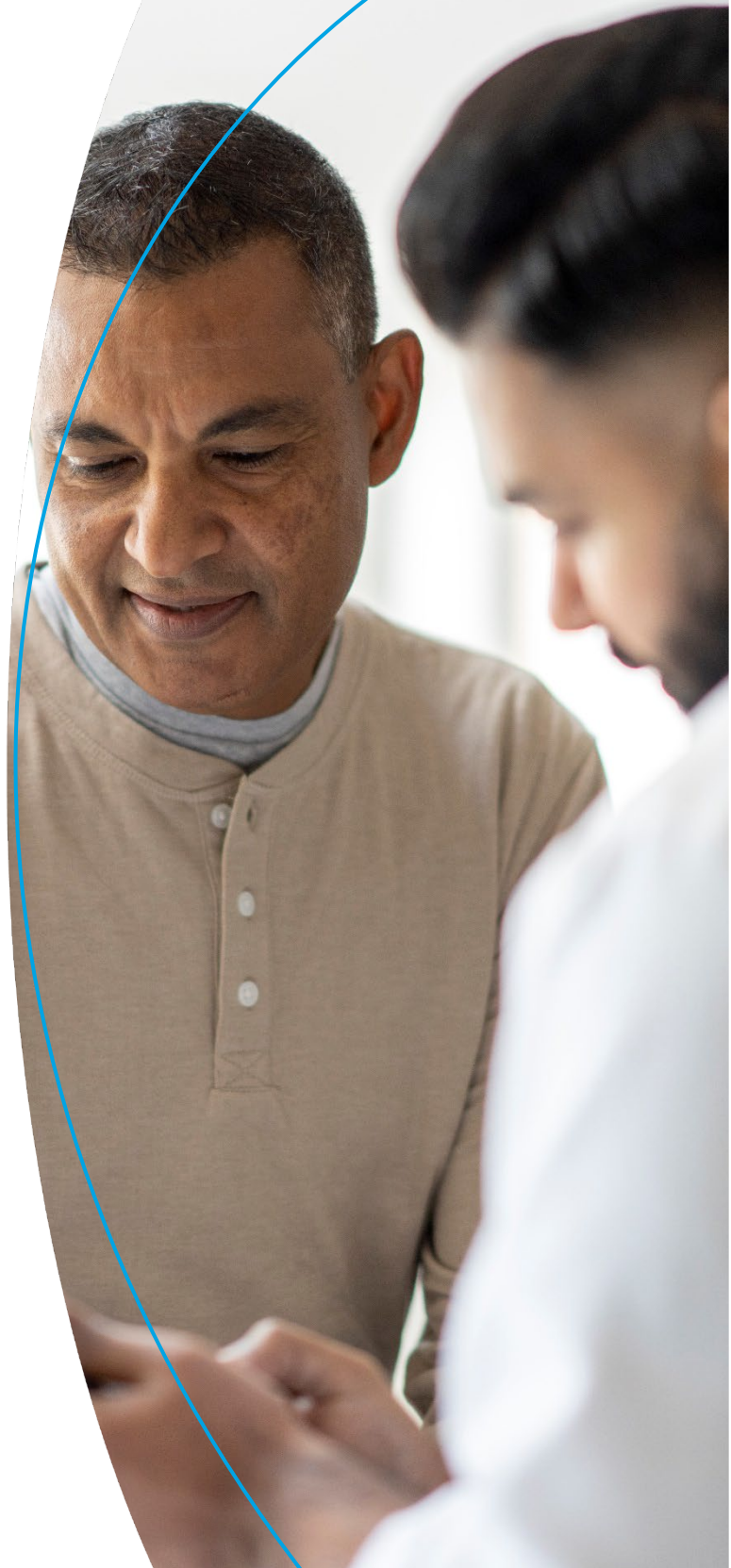
## **Steps you can take to better control your asthma:**

- Pay close attention to how you feel and know your symptoms
- Learn your asthma triggers and avoid them
- Take your medications as prescribed
- See your doctor regularly

## **Resources/Learning**

The Asthma Initiative of Michigan (AIM) has many resources to help you learn about asthma.

*(See back for more information.)*



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## CONTACT US

**At McLaren Health Plan, we strive to provide you with the best service possible.**

**We are here for you!**

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**For questions or to opt out of this program, contact Customer Service TFN at 888-327-0671 (TTY: 711).**

### **Resources/Learning (cont.)**

You can visit this website at: <https://getastmahelp.org/>. You can visit the American Lung Association website at: <https://www.lung.org/> for more information and to complete an asthma control questionnaire.

To learn more about Preventive Health Guidelines please visit: [McLarenHealthPlan.org](https://McLarenHealthPlan.org). Select Health & Wellness then select Health Management Services then choose Preventive Services.

### **Smoking**

If you don't smoke or use tobacco products, don't start. If you do, MHP has a FREE Stop Smoking Program to help you. Call 800-784-8669 to enroll today. You are also eligible to receive tobacco cessation counseling from your physicians. MHP covers tobacco cessation prescriptions and over-the-counter medications like Varenicline (Chantix®), Bupropion SR (Zyban®), nicotine gum, lozenges, patches, and nasal sprays. You and your doctor should decide the best option for you.

Members with a diagnosis of asthma are automatically enrolled in the Asthma Disease Management program. Members can become ineligible if they are incorrectly identified as asthmatic, are no longer an MHP Member (terminated/expired) or if the member chooses to opt out of the program.