



## Asthma Awareness

### Who Gets Asthma?



McLaren Health Plan has an Asthma Outreach program that can help you. If you have asthma you are eligible to participate and will receive:

- Personal contacts from our asthma management nurse
- Educational materials and newsletters
- Assistance from health care professionals to help you manage your health

We can help you learn more about asthma.

Please call Customer Service at (888) 327-0671 if you are interested in joining our Asthma Outreach program.



## HEALTH PLAN

G-3245 Beecher Road  
Flint, MI 48532

*McLaren Health Plan complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.*

**Spanish:** ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-327-0671 (TTY: 711).

**Arabic:**

ملحوظة: إذا كنت تتحدث أكثر اللغات، فإن خدمات المساعدة اللغوية تتوفر لك بالمجان. اتصل برقم 1-888-327-0671 (رقم هاتف الصم والبكم: 711).

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HEALTH PLAN

(888) 327-0671

[McLarenHealthPlan.org](http://McLarenHealthPlan.org)



## Are You Using Your Asthma Medications Correctly?

Asthma can be scary and dangerous for you or a loved one if it is not controlled. Knowing how to use your asthma medications can be confusing.

If you need help with your asthma medications, schedule an appointment with your Primary Care Provider today. Remember to take all of your medications with you to the appointment. Your Primary Care Provider can help you learn how to use your medication the correct way.

### 5 Steps to control your allergies and asthma:

- Find out what your triggers are
- Avoid things that cause your allergies and asthma attacks
- Pay attention to how you feel
- Take your medicine
- Refill your medicine before you run out

## Michigan 4x4 Plan



The Michigan Steps Up/Michigan 4x4 Plan health risk assessment tool is free and easy to use. You can use it to assess your health and learn how to take good care of yourself. The assessment will help determine your current level of movement, eating, smoking and second-hand smoke exposure. The tool helps you set personal goals and create a personal plan. This will help you step up to healthy living.

To set up your personal plan, visit [www.michigan.gov/healthymichigan](http://www.michigan.gov/healthymichigan) and click on [Create a Personal Plan](#).



To review Preventive Health Guidelines for you and your family, please visit: [McLarenHealthPlan.org](http://McLarenHealthPlan.org). Select your insurance plan under the **Member tab**. Select **Health & Wellness**, then select **Preventive Services**.

## Please Don't Smoke!



As a McLaren Health Plan member, you are entitled to a FREE Stop Smoking Program. **Call (800) 784-8669** to get enrolled today. You are also able to receive tobacco cessation counseling from your physicians.

McLaren Health Plan covers tobacco cessation prescriptions and over the counter medications like Zyban®, Chantix®, nicotine gum, lozenges, patches, inhalers and nasal sprays. You and your doctor should decide the best option for you.

### Is Your Asthma Under Control?

[WebMD.com](http://WebMD.com) has many self-management tools including tools to help with asthma control.

Visit [www.webmd.com/asthma/guide/smoking-and-asthma](http://www.webmd.com/asthma/guide/smoking-and-asthma) today for tips about how to handle your specific asthma challenges, identifying asthma triggers and for signs of an impending asthma attack.

([WebMD.com](http://WebMD.com) does not replace the medical advice from your primary care physician.)

To learn more about Asthma, Diabetes, Smoking Cessation and other quality programs at MHP, please call (888) 327-0671.