

HEALTH TIPS

Make Health Happen

Asthma

MOST PEOPLE CAN LEARN TO CONTROL THEIR ASTHMA. WITH THEIR DOCTOR'S HELP, THEY CAN LEAD NORMAL, ACTIVE LIVES.

Asthma is a disease that keeps you from getting air in your lungs. Your airways swell up, making it hard to breathe. When you are having an asthma attack, you might:

- Have trouble breathing.
- Make wheezing noises as you breathe.
- Cough a lot.
- Feel tight in the chest.

Let your doctor help

If you have asthma, be sure to go for regular checkups. Your doctor will help you create a plan. It may include:

- Learning to avoid things that trigger an asthma attack.
- Quick-relief medicines to stop attacks when they happen.
- Long-term medicines to prevent attacks.

If your child has asthma, share his or her treatment plan with the school nurse.

When you see your doctor, ask any questions you may have. Here are a few things you might want to know:

- What are the warning signs of an asthma attack?
- What should I do when I have an asthma attack?
- Should I call the doctor or go to the emergency room if I have a bad attack?

Write down other questions here:

1. _____

2. _____

3. _____



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Helpful phone numbers for UniCare members only

Customer Care Center: 1-800-782-0095 (TTY 1-866-378-1634)

MedCall: 1-888-850-1108 (TTY 1-800-368-4424)

We can translate this for you at no cost.

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Things you can do to help control your asthma

Check the ones you will work on first:

- I will pay attention to what triggers my asthma – things like dust, pet hair, pollen, mold and cigarette smoke.
- I will stay away from my asthma triggers.
- I will sit down and try to stay calm during asthma attacks.
- I will take my asthma medications exactly as my doctor told me.
- I will go to my doctor for follow-up visits.
- I will drink more fluids.
- I will think about ways to manage stress, which can trigger asthma attacks.

Asthma can't be cured, but you can control it. Making a plan with your doctor is the key. Most likely you can live an active life when your asthma is under control.

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