

# Breathing Easier

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

Issue 1, 2023

## Helping Kids Manage Their Asthma

Managing asthma can be a lot for kids to take on. But with parent and caregiver guidance, kids can manage their asthma successfully. Read on for tips to help them now, and as they get older.

### Taking Medicines

Make sure that your child:

- Takes controller medicine to treat inflammation every day, not just when your child has symptoms. Controller medicine usually includes an inhaled corticosteroid. The goal is to prevent problems before they start
- Has quick-relief medicine with them at all times to use if their symptoms worsen and need to be treated fast
- Knows how to use their inhalers the right way. Ask your doctor or pharmacist for help

### Understanding Triggers

Common triggers include colds, smoke, air pollution, dust or dust mites, pollen, mold, pet dander, cockroaches, stress, and cold, dry air. Here are some ways you can help your child avoid triggers:

- Don't expose your child to cigarette smoke
- Keep your child inside when air pollution levels are high.  
Tip: look for *Air Quality* when checking the weather online
- Help your child avoid infections such as COVID-19, colds, and the flu. Have your child wash their hands often. Stay up to date on flu and COVID-19 vaccines

### Following an Asthma Action Plan

This is a written plan that will help your child manage asthma every day and know what to do during an asthma attack. A plan also helps you and your child make quick decisions about medicine and treatment.

**MVP mails asthma action plans over the summer for kids to have for the new school year. Keep an eye out!**

### Need an Asthma Action Plan?

We've got you covered. Contact MVP Case Management to request an Asthma Action Plan. Call **1-866-942-7966**.

### 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 [mvp-listens.com](https://mvp-listens.com).

All responses are 100% confidential and help create a better experience.

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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# What is Occupational Asthma?

Occupational asthma happens when a person breathes in certain substances at work. When a person gets asthma as an adult, exposure at work is a likely cause. If you already have asthma, being exposed to these things on the job can make your asthma worse. Triggers in the workplace may include:

- Flour dust (bakers, millers)
- Wood dust (carpenters, joiners, sawmill workers)
- Plastics (plastics workers, motor vehicle repairers, foundry workers)
- Solder fumes (electronics workers)
- Animal dander or urine (animal handlers in research laboratories, scientists, food processors)
- Chemicals used in the health care industry to sterilize equipment (health care workers)
- Latex

Occupational asthma is treated by:

- Reducing your exposure to possible triggers. You may try to improve the ventilation in your work area. Or you might wear a type of breathing mask called a respirator. If possible, speak with your manager about ways you can lower your exposure to triggers
- Taking medications. Medicines used to treat occupational asthma are similar to those used to treat other types of asthma. These include controller medications to reduce inflammation. You may also use a quick-relief medication if your symptoms get worse and need to be treated quickly

Symptoms of occupational asthma may develop hours after you leave work. They generally get better on days off of work.



# When Should I Use Gia?

The *Gia by MVP* mobile app is a guide to your health, and an easy way for you to talk or text with a doctor anywhere, anytime. Available 24/7, Gia is a good option when you:

- Want to avoid busy waiting rooms
- Cannot get an appointment with your doctor
- Do not have transportation
- Feel unwell and would prefer to stay home

Did you know that Gia doctors can diagnose and treat many different illnesses? Some of these include:

- Cough or upper respiratory infection
- Cold, flu, and COVID-19
- Strep throat
- Ear infection
- Sinus infection
- Muscle or joint pain
- And many more!



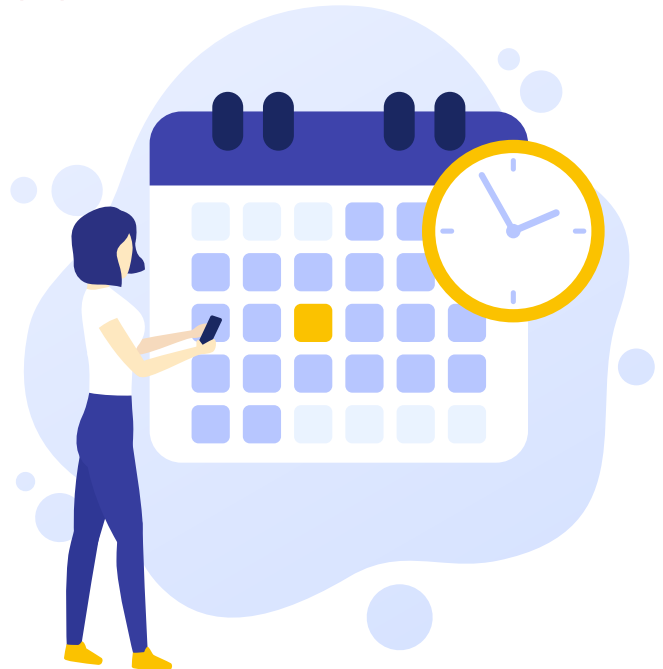
Based on your symptoms, your Gia doctor can often recommend a treatment plan, or prescribe a medication right from the app. If you do need an in-person visit, your Gia doctor can refer you to the most appropriate care in your area. To learn more about when to use Gia, visit [mvphealthcare.com/UsingGia](https://mvphealthcare.com/UsingGia).

# 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)



## Did you get your **flu shot**?

If not, call your doctor or stop by your pharmacy to protect yourself and those around you.

# 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.



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625 State Street  
Schenectady, NY 12305-2111  
[mvphealthcare.com](http://mvphealthcare.com)



## Health and Wellness or Prevention Information

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## Living Well Programs from MVP

From yoga and strengthening to gardening and meditation, our Living Well programs have something for everyone. Classes and workshops are offered in-person and virtually and can help you live well physically, emotionally, and otherwise! View and register for upcoming classes at [mvphealthcare.com/LWCalendar](http://mvphealthcare.com/LWCalendar). Filter by county to find the programs nearest to you.

## 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).

