

Breathing Easier



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Contact Us

1-866-942-7966

Monday–Friday,
8:30 am–5:00 pm

TTY: 1-800-662-1220

We Value Your Opinion

Please fill out a brief, anonymous survey at **mvplistens.com**.

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

Assessing Your Asthma Knowledge

Understanding asthma can help you control your symptoms and reduce your risk of asthma attacks.

The following page contains statements that summarize what you need to know about asthma. If you do not know, or are not sure, about any of them, talk to your doctor. The more you understand about asthma, the better you will be able to follow your management plan and lead a full life.

Continued on next page ➔

































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**. MVP's program is based on a collaborative guideline (including the NYSDOH, 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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Statement	Yes	No	Unsure
I know what asthma is and what it does to me.			
I know the symptoms of asthma.			
I know how my asthma medicines help me.			
I know what my asthma triggers are and what to do about them.			
I feel sure that I can prevent an asthma attack.			
I know how to treat my asthma symptoms.			
I know when my symptoms are serious enough to call for emergency help.			
I know how to use my asthma action plan.			
I do what I enjoy doing, despite my asthma.			
I know that people around me can help me if necessary.			





Educating Yourself and Your Child

Educating yourself and your family about asthma is essential for you and your child to have control of the condition.

If you understand asthma, you will have an easier time following the different aspects of treatment, such as avoiding substances that cause symptoms (triggers) and knowing what to do during an asthma attack.

Educate yourself or your child about:

- Asthma. Learn all that you can from your doctor about asthma, such as the long-term effects of not treating asthma and the best ways for you or your child to manage the disease.
- Medicines. Learn all that you can about how each of your medicines or your child's medicines helps to treat asthma. Find out about side effects that may occur and what to do if side effects become bothersome.

Part of education is effectively communicating what you don't understand and what you are concerned about.

- Always ask questions when you don't understand something about the treatment.
- Discuss any fears and concerns that you or your child may have regarding treatment.
- Tell your doctor if treatment is disrupting your life; you may be able to find another way to treat your asthma with less disruption.
- Tell your doctor if treatment is not helping asthma attacks.
- Tell your doctor if you are not able to follow any aspect of your treatment.

If your child has asthma, you may want to talk with teachers and other school officials about asthma. They can help your child follow his or her treatment plans. You should have a copy of your child's asthma action plan (which tells what to do during an asthma attack) on file in the school office, with the school nurse, and with sports coaches so that school staff will know what to do if your child has an attack at school.



Go online and take charge of your health.

The MVP Healthwise® Knowledgebase is your one-stop resource for the latest health information. Visit mvphealthcare.com and select *Members*, then *Health & Wellness*.



Are you due for important health screenings?

Regular screenings are important to help maintain your overall health. For screenings that are appropriate for your age and sex, visit mvphealthcare.com/PreventiveCare and talk to your doctor.

LivingWell



PRSRT STD US
Postage
PAID
MVP Health Care

Did you get your flu shot?

Visit your doctor or stop by your pharmacy to protect yourself and those around you.



Quick Tips for Your Next Appointment

Patients who have good relationships with their doctors are more satisfied with their care and have better results. Here are some tips to help you and your doctor become better partners in improving your health care:

- Write down questions before your visit. List the most important ones first to make sure they get answered.
- Bring an up to date “health history” list with you.
- Always bring any medications you are taking, including over-the-counter, or a list of those medications (include when and how often you take them) and what strength.
- You might want to bring someone along to help you ask questions and remember the answers.
- Find more information and printable forms at **mvphealthcare.com**.

Source: Agency for Healthcare Research and Quality (AHRQ)