



## **Asthma**

Amerigroup Washington, Inc. has a case management program for asthma. This program will help you better understand and manage your asthma. We can assist you to set health goals and create a care plan that fits your lifestyle. You do not have to join the program. You are enrolled as a member of Amerigroup.

## **Living with asthma**

Asthma is a disease of the branches of the windpipe (bronchial tubes) that carry air in and out of the lungs. When you have an asthma attack, your airways become narrow and can fill up with fluid. The muscles around them tighten. This makes it hard for you to breathe. We want you to know you can take control of asthma.

Simple steps like the following can make a real difference:

- Avoiding your triggers
- Using asthma controller medication

We will keep your doctor informed of your condition and the services we provide you. Your case manager can help you learn how to better manage your asthma.

## **Things to know:**

- Triggers are things around you every day that can make your asthma worse. Your triggers may include dust, pollen, tobacco smoke and other things at home, work or school. You can improve your asthma if you know your triggers and stay away from them as much as you can.
- The flu or a cold can make your asthma symptoms worse. Other health conditions can make it harder for you to control your asthma as well.
- Signs that your asthma is getting worse include coughing, wheezing, shortness of breath and a tight feeling in your chest. You may have other signs.
- We can give you more information to help you manage your asthma.
- Your doctor may want to do testing to see how well your asthma is controlled.

## **Tips to monitor your asthma:**

- Use a peak flow meter  
We can teach you how to use a peak flow meter. A peak flow meter is a device that measures how much air you can push out of your lungs when you blow as hard as you can. You can use your peak flow rate to see if you are having a good or bad asthma day. A lower than normal peak flow rate is an early sign that your asthma is getting worse.

- Use an Asthma Action Plan

An asthma action plan is written information from your doctor that tells you how to manage your asthma. It has things for you to do every day to treat your asthma. It also tells you what to do if you are sick or your asthma is worse. It may tell you to start taking some medicines if your peak flow rate is below a certain number. Your asthma action plan will help you know when to call your doctor and when to get help right away.

**How to take your asthma medications:**

- What kind of asthma medicines are you taking?
  - Quick relief medicines — these can help you if you have an asthma attack or sudden problem breathing. This kind of medicine usually does not last very long. It does not prevent you from having an asthma attack.
  - Long-term (maintenance) medicines — this medicine does not work right away and is used to help prevent asthma attacks. It will not help you to breathe right away if you are having an asthma attack.
  - It is very important to take your medicines just like your doctor tells you even if you are feeling better.
- We can help you know how to take your medications the right way.
- We can help you to use inhalers, spacers, nebulizers and other devices that help you get the most out of your medicine doses.
- We can help you understand how your medications work.

**Ways you can improve or manage your asthma:**

- Quit smoking. Quitting smoking can make the biggest improvement in controlling your asthma. We have programs, and there are medications that can assist you in stopping smoking.
- Make short and long-term goals. We can help you make goals to eat better, exercise and maintain a healthy weight. Goals can be made to fit your lifestyle. We can assist you to make healthy changes one small step at a time to improve your asthma.
- Get a flu shot every year. Ask your doctor if you should also have the pneumonia vaccine.

**Support to help you manage your asthma:**

- We can help you talk to your family or caregiver about your asthma.
- We can assist you in finding community programs and resources in your area.
- Tips to talk with your doctor and get the most out of your visit:
  - Ask any questions you may have about your asthma. You can write them down and take them with you to your visit
  - Follow your doctor's advice – if you have questions or concerns, let your doctor know.
  - Make sure your doctor knows what medicines you are taking.

**Important screenings:**

- Depression
- Other health conditions
- Preventive care screenings such as wellness checkups, mammograms and Pap tests

**For more helpful information on managing your asthma**

- [Smokefree.gov](http://Smokefree.gov)
- [American Lung Association](#)
- [AANMA - Allergy & Asthma Network Mothers of Asthmatics](#)
- [National Heart, Lung, and Blood Institute \(NHLBI\)](#)
- [American Academy of Allergy, Asthma & Immunology \(AAAAI\)](#)
- [Asthma and Allergy Foundation of America \(AAFA\)](#)

If the enclosed information is not in your primary language, please call 1-800-600-4441(TDD/TTY only 711). We can translate this at no cost to you.

ENGLISH

Yog cov ntabw ntabwv xov xwm xa tuaj no tsis yog koj hom lus, thov hu xovtooj rau 1-800-600-4441 (TDD/TTY Cov neeg lag ntseg ces siv tus xovtooj no xwb 711) Peb tuajyeem txhais cov ntabw ntabwv no pub dawb rau koj.

HMONG

Afai o lenei faaaliga e le o alu atu i lau gagana masani, faamolemole vala'au mai i le telefoni: 1-800-600-4441 (Na'oto TTD/TTY 711) E mafai ona matou faaliliuina lenei mea e aunoa ma lou totogiina

SAMOAN

Если прилагаемая информация не на вашем родном языке, позвоните, пожалуйста, по телефону 1-800-600-4441 (только TDD/TTY 711). Мы можем перевести вам это бесплатно.

RUSSIAN

Якщо прикладена інформація не на вашій рідній мові, подзвоніть, будь ласка, по телефону 1-800-600-4441 (тільки TDD/TTY 711) Ми можемо зробити для вас цей переклад безкоштовно.

UKRAINIAN

동봉한 안내자료가 귀하의 모국어로 준비되어 있지 않으면 1-800-600-4441 (TDD/TTY 711)로 연락하십시오. 무료로 이 번역을 해드릴 수 있습니다.

KOREAN

Dacă informațiile alăturate nu sunt în limba dumneavoastră natală vă rugăm să sunați la 1-800-600-4441 (numai pentru TDD/TTY 711). Vă putem traduce aceasta fără să vă coste nimic.

ROMANIAN

ይህ የምንልክላቸው መረጃ በቋንቋዎ ካልሆነ፣ እባክዎን በስልክ ቁጥር 1-800-600-4441 (TDD/TTY ብቻ 711) ይደውሉ ያለ ምንም ወጪ ይህን ልንተረጎምልዎ እንችላለን።

AMHARIC

እዚ ንስደልኩም ዘለና ሓበሬታ ብቋንቋኩም ምስ ዘይከውን ብክብረትኩም ብስልኪ ቁጥር 1-800-600-4441 (TDD/TTY ጥራሕ 711) ደውሉ እዚ ብዘይ ምንም ዋጋ ክንትርጎምልኩም ንክእል ኢና።

TIGRIGNA

Si la información adjunta no está en su idioma primario, llame al 1-800-600-4441 (TDD/TTY solamente: 711). Podemos traducir esto sin costo para usted.

SPANISH

ຖ້າຂໍ້ມູນທີ່ໄດ້ເອົາຄັດຕົວມານາຊອງນີ້ບໍ່ແມ່ນພາສາແມ່ຂອງທ່ານ, ກະລຸນາໂທຫາ 1-800-600-4441 (ສາລັບການໂທດ້ວຍ TDD/TTY ແມ່ນ 711) ພວກເຮົາສາມາດແປອັນນີ້ໃຫ້ທ່ານໂດຍບໍ່ເສຍຄ່າ.

LAOTIAN

Nếu thông tin đính kèm không có ngôn ngữ của quý vị, xin gọi 1-800-600-4441(TDD/TTY dành riêng 711). Chúng tôi có thể dịch nội dung này miễn phí cho bạn.

VIETNAMESE

如果隨附的資料不是您的主要語言，請撥打電話 1-800-600-4441 (TDD/TTY 專線 711) 我們可免費為您翻譯。

CHINESE

បើសិនជាព័ត៌មានដែលបានភ្ជាប់មកនេះ មិនមែនជាភាសាដើមរបស់លោកអ្នកទេ សូមទូរសព្ទទៅកាន់លេខ 1-800-600-4441 (សំរាប់ DTT/TTY សូមទូរសព្ទទៅកាន់លេខ 711) យើងខ្ញុំអាចបកប្រែភាសានេះ ដោយមិនគិតថ្លៃពីលោកអ្នក។

CAMBODIAN

Kung ang nakalakip na impormasyon ay hindi sa inyong pangunahing wika, pakitawagan po ang 1-800-600-4441 (TDD/TTY lamang 711). Maaari namin itong isalin para sa inyo nang walang bayad.

TAGALOG

اگر اطلاعات ضمیمه به زبان شما نیست، با شماره 1-800-600-4441 تماس بگیرید ما می توانیم بدون هزینه این را برای شما ترجمه کنیم. (TDD/TTY شماره 711 فقط با شماره برای)

FARSI