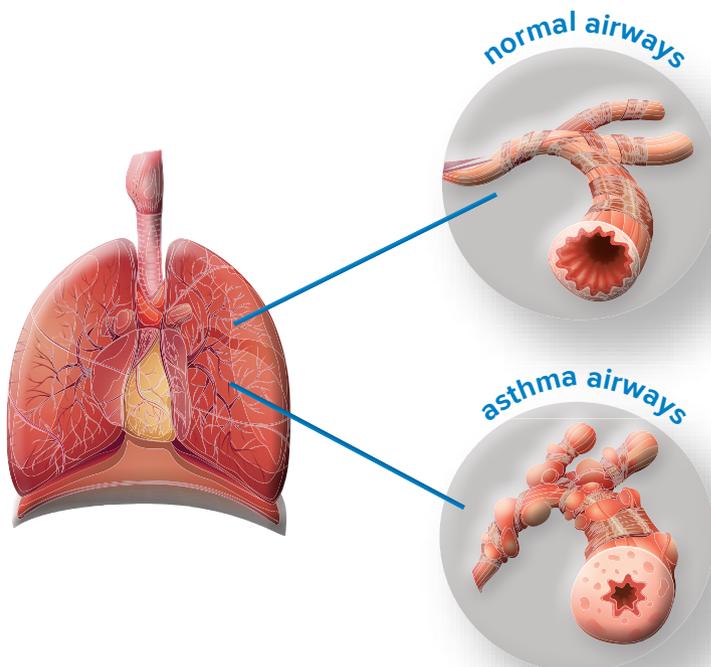


What is asthma?

Asthma is a lung disease that makes breathing difficult for millions of Americans, young and old. Asthma can be managed and treated so you can continue living a healthy and active lifestyle.

Asthma affects your airways and makes it difficult to move air in and out of your lungs. With asthma, the airways are often swollen, red and extremely sensitive to “triggers” in the environment you are exposed to daily. A trigger could be weather, dust, a cold, animal dander and smoke, to list a few. Work with your doctor to find out what your triggers are and make a plan to avoid them.

Your asthma action plan can help prevent flare-ups and manage your asthma symptoms.



Tel-A-Nurse

For non-emergency healthcare, your first stop should be your primary care physician, who oversees your health needs. If you need non-emergency medical advice, nurses are available 24/7 with the Tel-A-Nurse chat line. Simply call 877-543-5061.

Geisinger 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.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-447-4000 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 800-447-4000（TTY：711）。

Avoid your asthma triggers

Asthma triggers are particles you breathe in that make your asthma worse. Work with your doctor to find out what your asthma triggers are. Then make a plan to avoid them.

Track your asthma control

- How often does your asthma keep you from doing the things you want?
- How often do you feel short of breath?
- How often do you wake up at night with a cough or wheeze?



- How often do you need your rescue inhaler?
- Do you feel your asthma is under control?

Call your doctor if

- Your asthma bothers you more or it bothers you at night.
- You are having trouble doing normal activities.
- Your medicine does not seem to be working.
- You use your rescue inhaler more often or more than two days a week.
- You had a flare-up where you needed to go to the emergency department.

Create an action plan

Talk with your doctor. Together you can make a plan to control your asthma.

An asthma action plan has three zones:

The green zone is when you are doing well. On these days you do not have a cough, wheeze, chest tightness or feel short of breath. You are able to do normal activities without any problem.

The yellow zone is when your asthma is getting worse. During this time you have a cough, wheeze, chest tightness or shortness of breath. Sometimes it's difficult for you to do normal activities or you may wake up at night with a cough.

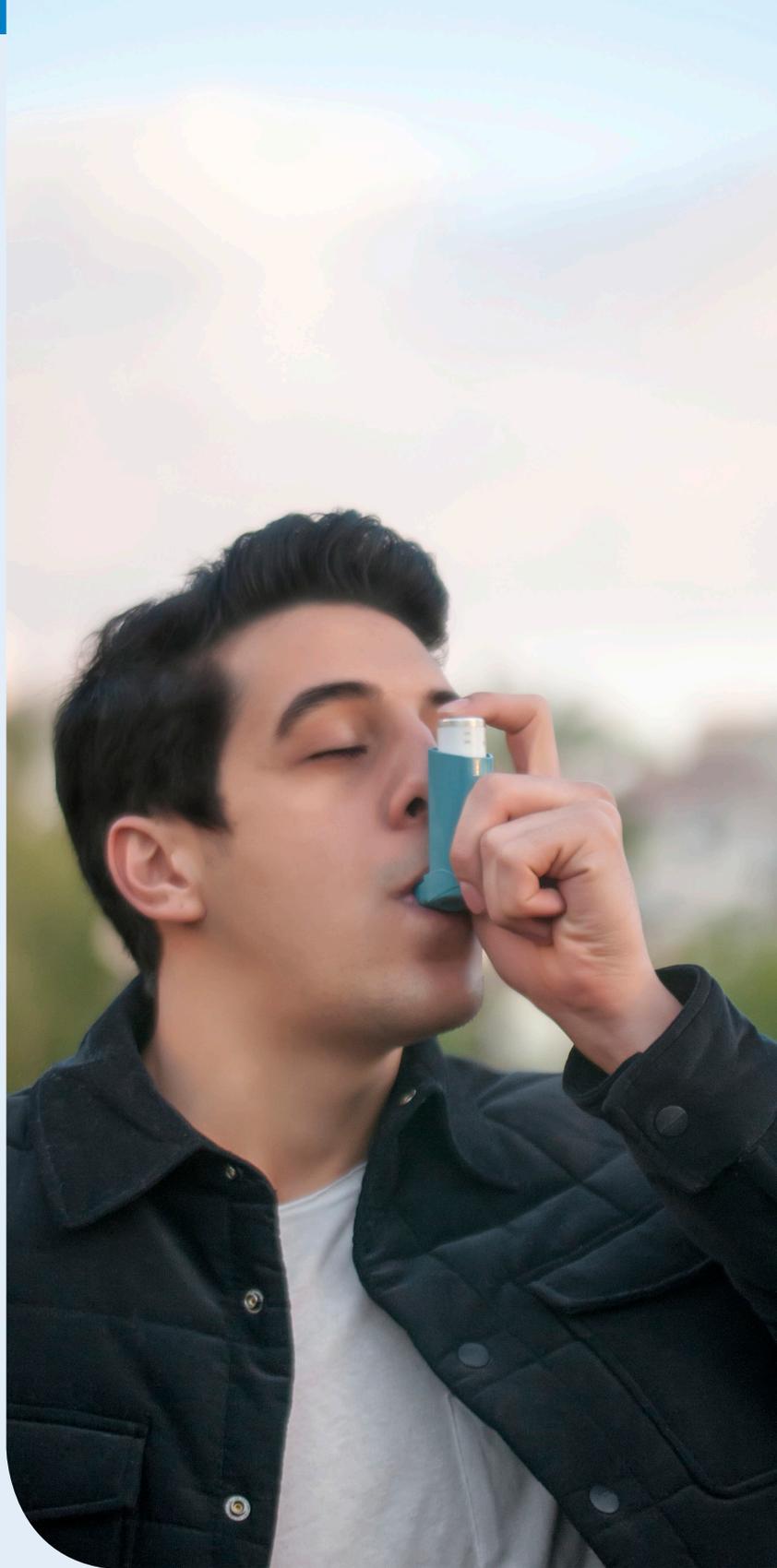
The red zone is when your asthma is no longer under control. This is when you are very short of breath or your rescue inhaler (quick acting medicine) is not helping. You may have trouble doing any of your normal activities or your asthma is not getting better.

Take your medicine

The medicine you take depends on your asthma control.

- A rescue inhaler is a short-acting medicine also called a bronchodilator. It works to relax the muscles around your airways and will help you feel relief from symptoms quickly. If you find you need to use your rescue inhaler more often you should talk to your doctor to review your triggers and medication plan. Remember to always carry your rescue inhaler with you.
- Long-acting bronchodilators are designed to control your asthma and are not for quick relief. These are often used in conjunction with other medicines.
- An anti-inflammatory medicine is used to help reduce swelling inside the airways and may be used daily. Take this medicine as your doctor prescribes.
- Inhaled steroids help prevent and control your asthma symptoms. These types of medications are safe, but can cause thrush — an infection in the mouth. Remember to rinse your mouth after using.

If you have asthma you are at greater risk for complications from the flu and pneumonia. Talk to your doctor about getting the flu and pneumonia.



Geisinger

Health Plan

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What is our mission?

Our mission is to help members be as healthy as possible. As a member, you can get expert help to better manage your condition — all at no extra charge. Participation is voluntary and in no way affects the status of your healthcare coverage.

Geisinger Health Plan believes our care coordination program can be beneficial in improving or maintaining your health.

How can I learn more?

To take advantage of this program, call 800-883-6355 or 570-214-8649, speak with your healthcare provider or visit us on the web at TheHealthPlan.com.

The program will:

- Help you better understand your condition
- Update you on new information
- Provide assistance from a nurse who is trained to help members with their specialized healthcare needs