

The MVP Asthma Care Program

is designed for members who are living with asthma, providing extra support to help you better manage your health. By working with your MVP Health Coach—and following your doctor’s recommendations—you’ll have the tools, education, and resources to better understand asthma and make lifestyle changes to keep your health under control and on track for improvement. The MVP Asthma Care Program was designed to provide you with the information you need to obtain good asthma control.

What does the program provide?

Get private telephone outreach from a Health Coach to develop a custom plan to keep your asthma in good control. Your plan may include:

- Developing a routine for monitoring your asthma using a peak flow meter and/or signs diary
- Taking controller medications as prescribed by your doctor
- Determining when to take “as needed” medications based on peak flow readings or asthma signs
- Managing sick days by increased monitoring and use of preventive medications
- Recognizing triggers early and getting treatment as needed
- Quitting tobacco or vaping
- Reducing stress
- Developing a regular exercise program, as recommended by your doctor
- Eating a balanced diet
- Maintaining a healthy weight, as recommended by your doctor
- Monitoring for depression and getting treatment as needed
- Educational materials about your specific needs and concerns



MVP has resources for members who are living with a physical or behavioral health concern.
For more information, visit mvphealthcare.com/HealthandWellness.

Your MVP Asthma Action Plan

PERSONAL BEST PEAK FLOW _____

Green Zone Use preventive medicine

- Breathing is good
- No cough or wheeze
- Sleep through the night
- Can work or play

Use these daily anti-inflammatory medicines:

MEDICINE	HOW MUCH	HOW OFTEN/WHEN

For asthma with exercise, take:

Yellow Zone Add quick-relief medicine

- First signs of a cold
- Exposure to known trigger
- Cough or mild wheeze
- Tight chest
- Coughing all night

Continue Green Zone medicines and add:

MEDICINE	HOW MUCH	HOW OFTEN/WHEN

Call your doctor.

Red Zone Get help from a doctor

Your asthma is getting worse fast:

- Medicine is not helping
- Breathing is hard and fast
- Nose opens wide
- Ribs show
- Can't talk well

Make an appointment with your doctor within two days of an emergency room visit or hospitalization.

Take these medicines and call your doctor now.

MEDICINE	HOW MUCH	HOW OFTEN/WHEN

Your doctor will want to see you right away. If you cannot contact your doctor, go directly to the emergency room. Do not wait!

Having a treatment plan can help you keep your asthma in control. Take this brochure with you to your next doctor's appointment and ask your doctor to help you complete this asthma action plan. After your treatment plan is complete, put it in a place where you can review it daily.

Tips for Asthma Control

Simple monitoring and early treatment can help prevent asthma attacks.

- ✓ Take your asthma controller medications even when you are feeling well.
- ✓ Identify your asthma triggers and learn to avoid them.
- ✓ Refer to your asthma action plan to monitor your asthma and get advanced warning of flare-ups.
- ✓ Learn how to monitor asthma in children under the age of five to get early warning of flare-ups.

Asthma is in good control when you:

- Can run as long and as fast as you want
- Do not miss work or school because of asthma
- Have no unscheduled doctor visits due to asthma
- Sleep through the night without coughing or wheezing
- Use a rescue inhaler less than two times a week (excluding prior to exercise)

Questions?

We are here to help.

Call MVP Case Management
at **1-866-942-7966**,
Monday–Friday 8:30 am–5 pm.