

# Breathing Easier

A Special Newsletter for MVP Health Care<sup>®</sup> Members **Issue 1, 2022**

## Working with **Your Asthma Doctor**

If you are living with asthma, it's important to have an asthma action plan and have regular checkups with your doctor. This helps you keep your asthma under control.

### **Work with your doctor to make an asthma action plan.**

You and your doctor will make an asthma action plan that outlines the two approaches to taking charge of your asthma:

- Controlling asthma over the long term. Controller medicine helps reduce the swelling of your airways and prevent attacks
- Treating attacks when they occur. The action plan will outline the steps to take and medicine to use to treat asthma attacks

Let your doctor know what you want regarding asthma care. For example, if you are not sure how to use your inhalers, tell your doctor.



If you make an asthma action plan for your child, give a copy to the child's school or caregivers and make sure they know how to use it.

### **Have regular checkups with your doctor.**

During checkups, your doctor will ask if your symptoms or your peak flow, or both, have held steady, improved, or gotten worse. You will also be asked if you have asthma symptoms during exercise or at night. This information can help your doctor know if the severity of your asthma symptoms has changed or if you need to change medicines or doses. When you go to the doctor:

- Take both your asthma action plan and your asthma diary. Get answers to any questions you have about your asthma plan or your symptoms
- Let your doctor know if treatment is not controlling your asthma symptoms
- Take your peak flow meter (if you use one) and your medicines so your doctor can review your treatment and the way you use the meter and medicines
- Make sure you know how and when to call your doctor or go to the hospital
- Tell your doctor if you are not able to follow your action plan

### **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 [mvplistsens.com](https://www.mvplistsens.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**. 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.

## **Connect with a Health Coach!**

MVP Health Coaches can help you understand asthma, set goals so you can better manage it at home, and help with Asthma Action Plans. Connect with us at **1-866-942-7966**.

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# What Is Allergic Asthma?

Allergic asthma is an overreaction of the immune system to a substance (allergen) that results in symptoms of an asthma attack: difficulty breathing, wheezing, chest tightness, and coughing. Allergens that can cause allergic asthma attacks include pollen, mold, animal dander, dust mites, cockroaches, and certain chemicals.

An attack may occur from a few minutes to an hour after exposure to an allergen or as long as 4 to 12 hours later. Controlling a person's exposure to substances that trigger

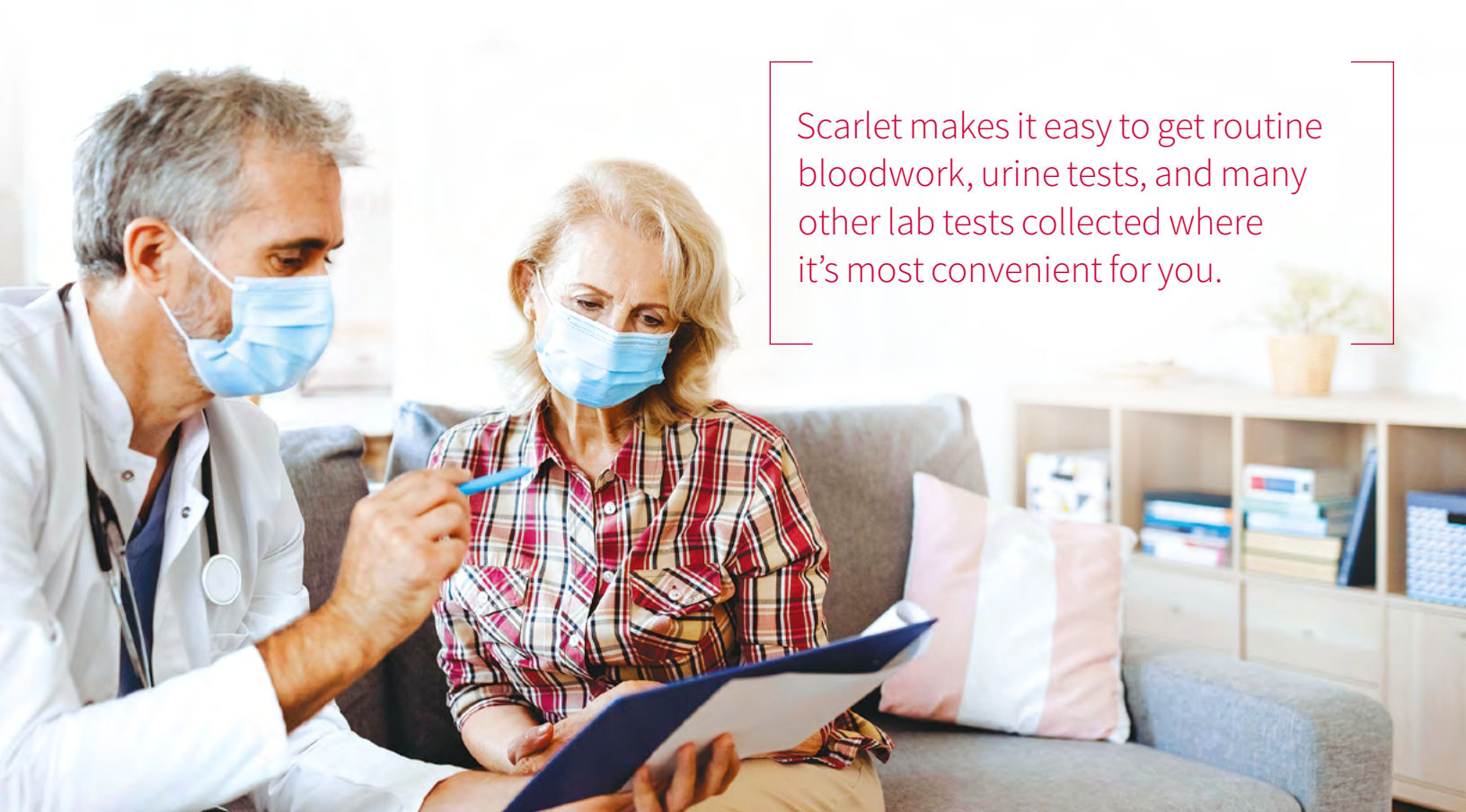
allergic asthma attacks may prevent the attacks or help make them less severe. Also, there are medicines to help reduce the reaction to the allergen.

## Get Labs Test Collected at Home

As an MVP member,\* you have access to at-home lab test collection through our collaboration with Scarlet Health®. Scarlet® makes it easy to get routine bloodwork, urine tests, and many other lab tests collected where it's most convenient for you. Simply upload your lab order and schedule your appointment. If you need a lab order, you

can request one from your provider, or start with Gia®, MVP's 24/7 virtual care services, to be connected with a provider who can assess your health needs and order your allergy test. Learn more at [mvphealthcare.com/labs](https://mvphealthcare.com/labs).

\* For MVP members age 10 and over.



Scarlet makes it easy to get routine bloodwork, urine tests, and many other lab tests collected where it's most convenient for you.



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

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



Be a better partner  
in improving your  
health care.

## 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 (include when and how often you take them) and their 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)

## Preventive Care is **the Best Care**

Health care screenings help prevent and detect illnesses and diseases in their earlier stages when treatment is more effective. If you’ve put off your screenings, you’re not alone, but now is the time to catch up. To find out if you are due for screenings, *Sign In* to your MVP online account at **mvphealthcare.com/member** and select *Preventive Care Reminders*, and talk to your doctor.



# Go online and **take charge of your health.**

Our Health Library is your one-stop resource for the latest health information. Visit [mvphealthcare.com](https://mvphealthcare.com) and select *Members*, then *Health & Wellness*.



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## **Living Well Programs** from MVP

MVP offers a variety of classes and workshops—both in-person and virtual—to help you live well physically, emotionally, and otherwise! Find classes like chair moves, tai chi, meditation, or even quitting tobacco. To find a class visit [mvphealthcare.com/LWCalendar](https://mvphealthcare.com/LWCalendar). Filter by county to find the programs nearest you.

