

# Breathing Easier

A Special Newsletter for MVP Health Care<sup>®</sup> Members

Issue 2, 2023

## How Can You Prevent an Asthma Attack?

There's no certain way to prevent asthma. But you can reduce your risk of asthma attacks by avoiding things that cause them. And using your asthma controller medicine helps prevent them.

The goal is to reduce how many attacks you have, how long they last, and how bad they get. Start by avoiding your asthma triggers. For example:

- Don't smoke, and avoid being around others when they smoke
- Avoid things you're allergic to, or that cause asthma symptoms to get worse, like pet dander, dust mites, cockroaches, or pollen
- If exercise is a trigger, ask your doctor about using a quick-relief medicine before you exercise
- Stay inside when air pollution, pollen, or dust levels are high
- Try not to exercise outside when it's cold and dry

Also be sure to:

- Use your controller medicine daily, if your doctor prescribed one
- Ask your doctor about getting COVID-19, flu, and pneumococcal vaccines
- Avoid taking aspirin, ibuprofen, or similar medicines if they make symptoms worse



## Time for a refill?

If you are prescribed a controller medicine, make sure you always have it and take it as prescribed by your doctor to keep your asthma in good control!

### 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 [mvp-listens.com](https://mvp-listens.com).

We will use this information to create a better experience for all our members. All responses are 100% confidential. The survey only takes a few minutes to complete.

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**. The MVP Asthma Care Program is based on a collaborative guideline (including the New York State Department of Health, 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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# Helping Kids Use a Spacer

Kids (and their parents or caregivers) may find that using a spacer makes their inhaler easier to use. With a spacer, you don't have to press the inhaler and inhale at the same time, which can be hard to do. Instead, you press the inhaler to send the medicine into the spacer, and then you inhale.

Follow these steps for proper inhaler and spacer use:

1. Shake the inhaler and remove the cap.
2. If the inhaler needs priming, follow the instructions on how to prime it.
3. Put the mouthpiece of the inhaler into the spacer, then take off the spacer's cap.
4. Have your child hold the inhaler so that the mouthpiece is at the bottom.
5. With the head tilted back slightly, have them breathe out slowly and completely.
6. Have your child put their mouth around the spacer's mouthpiece.
7. Have them press down on the inhaler to spray one puff of medicine into the spacer.
8. They should slowly breathe the medicine in, and then hold their breath as they count slowly to 10. This gives the medicine time to settle in the lungs.

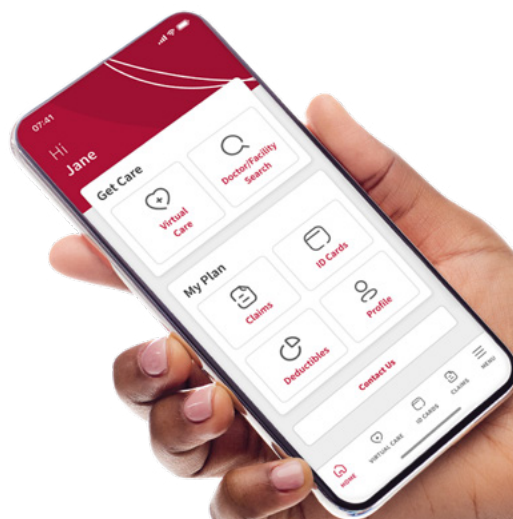


## Take the First Step to Quitting

If you smoke (or vape), asking for help to quit can be hard to do. But it's never too late to quit. If you are ready, MVP offers support and resources including *The Butt Stops Here*, a free tobacco cessation course, to help you succeed. Call the MVP Case Management team at **1-866-942-7966** to get started.

# Access to Care, When You Need It

For urgent medical needs or questions, the *Gia*® by MVP mobile app is here when you need it. *Gia* is available 24/7 and quickly connects you to a doctor via phone or video. *Gia* is a good option when you can't get to your doctor's office, do not have transportation, or cannot get time off work.



Scan the code with the camera on your mobile device, or visit [GoAskGia.com](https://GoAskGia.com) to get the app.

Try *Gia* for flu, strep, ear and sinus infections, and more.

## Lower Your Risk of Influenza (Flu) and Pneumonia

It is important to get vaccinated against the flu each year, and pneumonia as directed by your doctor.

Pneumonia is a lung infection that can cause mild to severe illness in people of all ages. Signs of it include coughing, fever, fatigue, nausea, vomiting, rapid breathing or shortness of breath, chills, or chest pain. Many pneumonia-related deaths are preventable through vaccination and appropriate treatment.

Certain people are more likely to become ill with pneumonia:

- Adults age 65 or older
- Children younger than age five
- People under the age of 65 who have underlying medical conditions (like diabetes or HIV/AIDS)
- People ages 19–64 who smoke cigarettes
- People ages 19–64 who have asthma

Simple steps for preventing the flu and pneumonia:

- Wash your hands regularly
- Clean hard surfaces that are touched often (like doorknobs and countertops)
- Cough or sneeze into a tissue, your elbow, or sleeve
- Limit your exposure to cigarette smoke
- Take steps to treat, control, and prevent conditions like diabetes and HIV/AIDS

### Get vaccinated.

Several vaccines prevent infections that can cause pneumonia, including pneumococcal, pertussis (whooping cough), and seasonal flu vaccines. Talk to your doctor for more information.



# Have a Health Question?

Our Health Library is your one-stop resource for the latest health information. Visit [mvphealthcare.com/HealthandWellness](http://mvphealthcare.com/HealthandWellness).



## Health and Wellness or Prevention Information

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## Living Well Programs from MVP

The MVP Health Promotions team is proud to offer a variety of classes, discount programs, and vouchers throughout our service area. To learn more, find classes by you, or to register for any of our programs, check out [mvphealthcare.com/calendar](http://mvphealthcare.com/calendar).

## Stay a Step Ahead with Preventive Care

Preventive care helps you stay healthy by screening for illnesses early on when treatment is more effective. Talk to your doctor to find out if you are due for screenings or any other preventive care services.



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