

Your MVP Asthma Action Plan

● Personal Best
● Peak Flow: _____

Green Zone *Use preventive medicine*

 Use these daily preventative anti-inflammatory medicines

You have all of these:

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

GO

Peak flow from _____ to _____

Medicine	How Much	How Often/When
For asthma with exercise, take:		

Yellow Zone *Add quick-relief medicine*

 Continue with green zone medicine and add:

You have any of these:

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

CAUTION

Peak flow from _____ to _____

Medicine	How Much	How Often/When
Call your doctor.		

Red Zone *Get help from a doctor*

 Take these medicines and call your doctor now.

Your asthma is getting worse fast:

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

DANGER

Peak flow from _____ to _____

Medicine	How Much	How Often/When

Get help from a doctor now! Do not be afraid of causing a fuss. Your doctor will want to see you right away. It's important! If you cannot contact your doctor, go directly to the emergency room. **Do not wait!**

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

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 doctor fills out your treatment plan, put it in a place where you can review it daily.

Managing an ongoing medical condition sometimes takes an extra hand.

The MVP Health Management programs offer help to members who need guidance and support to improve their chronic health conditions. These programs offer innovative solutions to help get chronic health conditions under control and on track for improvement. Working in partnership with doctors, we help members get the care they need and make the most of their benefits.

Contact MVP to learn more about the MVP Health Management programs.

 Call **1-866-942-7966**
(TTY: 1-800-662-1220)

 Or visit mvphealthcare.com



Asthma Care Program

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What is Asthma?

Asthma is a chronic illness.

Airways are small tubes in the lungs through which we breathe. These airways become narrowed or blocked after exposure to a trigger.

A trigger is something that irritates your airways and starts your symptoms.

Asthma cannot be cured, but it can be controlled.

The MVP Asthma Care Program was designed to provide you with the information you need to obtain good asthma control.



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What does the program provide?

A Health Coach will assist you in making lifestyle changes to achieve good asthma control.

Through telephone consultation, your Health Coach will help you to develop an individualized plan that 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
- Smoking cessation
- Stress reduction
- Developing a regular exercise program
- Eating a balanced diet
- Weight loss
- Monitoring for depression and getting treatment as needed

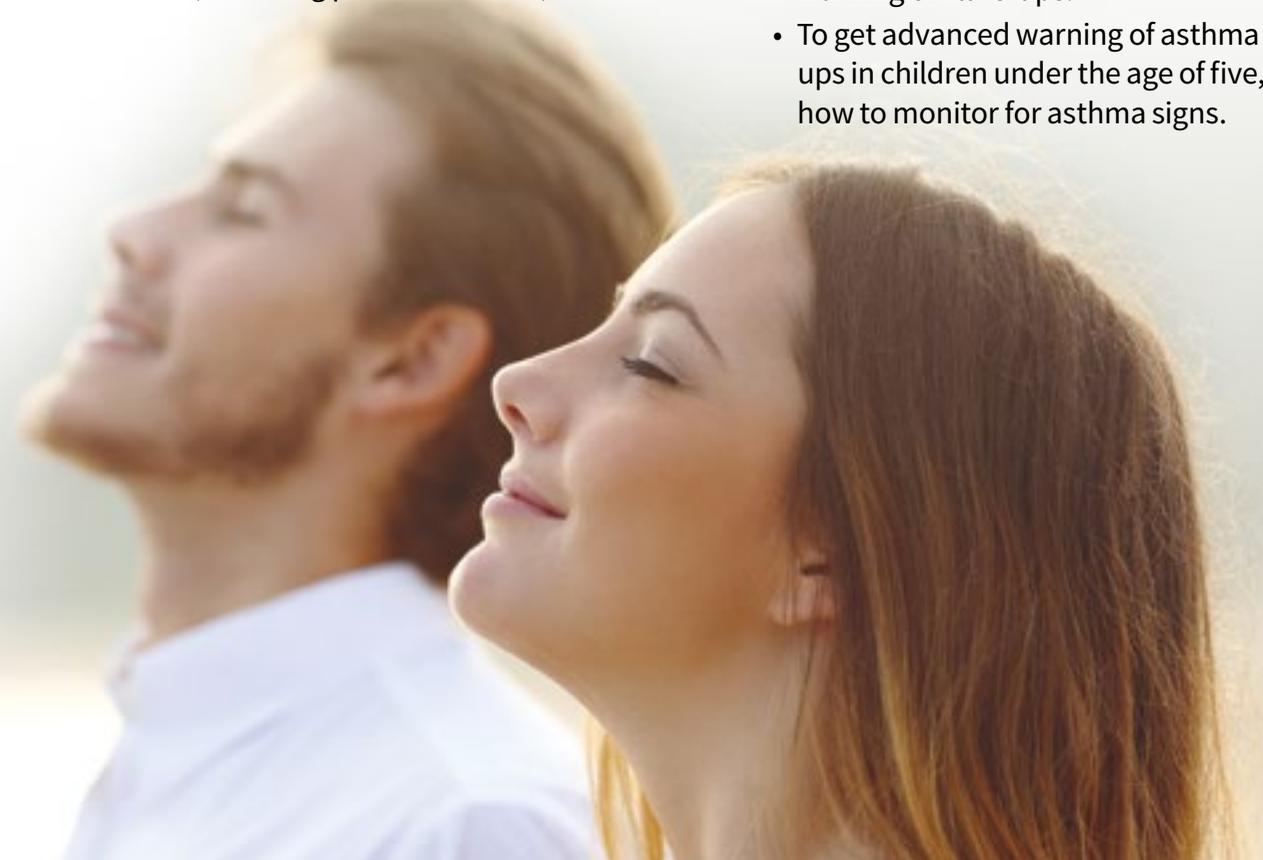
Asthma is in good control when you:

- Can run as long and as fast as you want
- Miss no work or school because of asthma
- Make no unscheduled doctor visits because of asthma
- Sleep through the night without coughing or wheezing
- Use a rescue inhaler less than two times a week (excluding prior to exercise)

Tips for Asthma Control

You should understand what asthma is and how 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.
- To get advanced warning of asthma flare-ups in children under the age of five, learn how to monitor for asthma signs.



Call 1-866-942-7966 to learn more about this program or to request materials to help you stay healthy.