



Asthma Awareness Member Education

What is Asthma?

Asthma is a condition that restricts your airway and can make it hard to breathe. Asthma does not always cause symptoms, but when it does, they can be scary.

What are the symptoms of Asthma?

- Wheezing or noisy breathing
- Coughing
- A tight feeling in the chest
- Shortness of breath

Your doctor can diagnose asthma by doing a simple breathing test. You can help your doctor by keeping a journal of your symptoms.

Write down useful information for your doctor, such as: symptoms experienced, how long symptoms have lasted, when and where you were when symptoms started, and what you were doing when symptoms were first noticed.

Triggers

Some common triggers that may cause your asthma to flare up are smoke, mold, and pet dander. By avoiding these triggers, you may avoid an attack.

If you have Asthma...

Keep an action plan

Everyone with asthma should have a written Asthma Action Plan. This plan should have information and instructions on how to manage your asthma, a section on your current medications, and what to do in an emergency. If you do not have an Asthma Action Plan, consult your doctor and work together to complete one.

Always carry your rescue inhaler.

Keep a spare inhaler at your work, school, or gym.

Get emergency help right away if you have an asthma attack and your symptoms continue despite your usual medicine.

See your Doctor

Before you go—take your symptom journal with you. It gives your doctor important clues so that you can work together on an action plan.

What if I do not have a regular Doctor?

Search the Alliant Health Plans website at www.AlliantPlans.com and click on the “Find a Provider” link located on the home page to begin your search.

If you are interested in enrolling in Alliant Health Plans’ Disease Management program for Asthma, or learning if you are eligible to participate in this program, please click on the link below to submit your contact information.

ahpcaremanagementprograms@valencehealth.com



This message is for informational purposes only, it is not medical advice, and is not intended to be a substitute for proper medical care provided by a physician.