



Dear Member,

Alliant Health Plans cares about your health and wellness and would like to provide tools that can help you achieve and maintain good health.

This pamphlet provides information regarding ways to self-manage asthma. There is no known cure for asthma, and most preventive measures begin at home. It is important to learn and become familiar with symptoms, and to make necessary lifestyle changes to avoid triggers that may cause an attack.

In order to establish a personal management plan, routine asthma evaluations are strongly recommended. An asthma diary is a useful resource that may help communication with your healthcare provider; please see example attached. A diary is a beneficial resource that allows the user to keep track of specific circumstances that cause symptoms. Evaluation of these occurrences may help individuals identify environments or triggers to avoid to reduce the risk of an asthma attack.

As an Alliant member, you have a health library and wellness tools (a symptom checker, fitness calculator, and health assessments) available through the PHRAnywhere member portal at [AlliantPlans.com](http://AlliantPlans.com). Included on this site, you will also find a listing of community-based asthma resources in Georgia.

If you have any questions about this information, or if you would like help locating a doctor or facility that provides medical care, please call Customer Service at: 800-811-4793.

Partnering with you,

Alliant Health Plans

## A Way to Wellness

### *What is Asthma?*

Asthma is a chronic condition, which causes inflammation and contraction of the airways and makes breathing difficult.

It is estimated that 26 million Americans, including 7 million children are affected by asthma. There are two types of asthma; “nonallergic,” which is caused by extreme weather, stress, exercise or irritants and “allergic,” which is caused by exposure to an allergen.

### *Symptoms Include:*

- Coughing
- Chest tightness
- Frequent shortness of breath
- Whistling or wheezy sound in chest

### *Triggers Include:*

- Stress
- Exercise
- Illness, such as flu or cold
- Extreme weather: cold, dry or windy
- Specific drugs or food
- Irritants in the air: smoke, household cleaners, strong odors, and paint
- Indoor allergens: pet dander, dust mites and mold
- Outdoor allergens: grass, trees and weeds

### *Treatment Options:*

- Prevention is key. An individual with asthma should be aware of specific circumstances that trigger an asthma attack and avoid them whenever possible.
- An individual with asthma should create and maintain an Asthma Action Plan, which should include emergency protocol in the event of an attack.