Welcome!

PrimeWest Health’s Focused Wellness program for asthma is for both adults and kids with asthma. This program will help you and/or your child learn more about how to manage asthma. This publication is geared toward adults and parents of children with asthma, but if your child is old enough to read and understand these articles, then please share them!

About Asthma

Asthma is a disease that affects your breathing by causing your airways to narrow and become inflamed. When something “triggers” your asthma, like dust, cold weather, or exercise, your airways become more inflamed and there is less room for air to get through. This is called a “flare-up.” When you have a flare-up, you can have symptoms that include wheezing, shortness of breath, coughing, and pain or tightness in your chest.

Sometimes when asthma is not well-controlled, it can cause “airway remodeling.” This means that your lungs have been scarred and less air can get through your airway. Airway remodeling can be prevented by working to manage your asthma.

It is important to work with your health care provider to keep your asthma under control. They can work with you to figure out what triggers your asthma symptoms and can also prescribe medication that can help you.

You can learn more about asthma on the American Lung Association’s website at www.lung.org.

Source: American Lung Association

Asthma Triggers

An asthma trigger is something that makes your asthma symptoms worse. There are many common asthma triggers, including dust mites, animal dander, molds, and pollen. Another common trigger is smoke. This includes smoke from cigarettes (including secondhand smoke), bonfires, and wood stoves. Cold or dry air and changes in weather can also bother people with asthma, as can illnesses like colds.

Triggers aren’t always visible. Anxiety and stress can cause symptoms to get worse. Many people have asthma symptoms when they exercise. Asthma triggers can also come from an unexpected area: medications. Some medications like aspirin and beta blockers can act as triggers.

Keeping track of the things that seem to lead to an asthma attack and talking about them with your health care provider can help you identify your triggers. Once you know your triggers, you can work together to find ways to decrease your exposure to them or work around them.

Source: American Academy of Allergy, Asthma & Immunology (AAAAI)
Asthma Education for You and Your Community

A key part of living with asthma is educating yourself and members of your community. Community members include relatives, teachers, coaches, coworkers, babysitters, and caregivers. Having an informed community of people around you can help you feel more secure and supported.

Learn the basics of asthma

It is important that you understand what asthma is and what asthma attacks are. This will help you explain asthma to the other people in your life and answer their questions. Be sure to explain asthma and how it affects you in terms that the person listening can understand. You can find a lot of information about asthma on our website at www.primewest.org/asthma.

Learn the effects of asthma

Take note of what triggers your asthma flare-ups. You should also learn the warning signs that your asthma may be getting worse. If you can tell when your symptoms are getting worse, you can take steps to avoid an asthma attack. This can help you feel more in control. Don’t be afraid to tell people what your triggers are and that you might have to sit some things out. If your child has asthma, ask community members to pay special attention. Younger children may not always be able to say how they feel. The more people who are able to spot the early signs of an asthma attack, the better. Warning signs may include paleness, dark circles under the eyes, or restlessness.

Learn about medication

You should know what medications you have been prescribed, as well as when, how, and why they should be taken. You should also know which medications are for daily use (“control medications”) and which are for treating asthma attacks (“rescue medications”). Make sure caregivers know, too.

An action plan for education

Working with your health care provider to make an asthma action plan can help with this education. An asthma action plan can include the following:

- Triggers and warning signs
- Information on control and rescue medications
- What to do during an asthma attack
- When to seek medical attention

Share this action plan as needed and keep it up to date. Making sure everyone knows more about asthma can help put everyone at ease! You can learn more about action plans on page 3.

Sources: Environmental Protection Agency (EPA), GlaxoSmithKline (GSK), Your Medical Source
Your Treatment Plan: The Path to Better Health

Developing a treatment plan will help you minimize the effects of asthma and feel your best. You and your health care provider can work together to develop your treatment plan. You can share your treatment plan and other information about your condition with all of your health care providers and caregivers by completing a form giving consent for them to see your health information. Talk with your care coordinator or your health care provider to learn more about this.

Your treatment plan will likely include goals. Goals give you something to work on and can help you measure your progress. Talk about the goals below with your health care provider. Ask which goals you should work on.

Goals for all conditions

The following are general health goals that apply no matter what condition you have. Most of them have to do with interactions between you and your health care provider. This is a very important relationship!

• Keep your appointments with your health care provider. You should do this even if you feel fine when it is time for your appointment.
• Ask your health care provider questions if you don’t understand something.
• Take all medications prescribed by your health care provider. Be sure you take them as directed.
• Talk with your health care provider about your symptoms and ways to manage them.
• Call your health care provider if you have problems.

• Develop an action plan with your health care provider (see Ready, Set, Action Plan! below).
• Talk with your family and friends about how your condition makes you feel.
• Consider joining a support group for your condition.

Asthma camp is a great way for kids and teens to meet others their own age with asthma. PrimeWest Health covers the cost of a qualified summer camp for members who meet eligibility requirements. For more information, call Jennifer at 1-888-588-4420 ext. 5342. TTY users call 1-800-627-3529 or 711. These calls are free.

Goals for asthma

• If you smoke, take steps to quit.
• Learn how to use your inhaler, if prescribed.
• Carry a rescue inhaler with you and use it when needed.
• Tell your health care provider if you use your rescue inhaler more than 2 days a week. Also tell your provider if asthma gets in the way of work, home life, or school.
• Check your peak flow levels as directed.
• Find out what makes your asthma worse (“triggers”) and avoid those things.
• Have your health care provider check how you use your inhaler at every visit.

Remember that these goals are just examples. Your provider may have other goals for you.

Ready, Set, Action Plan!

If you have asthma, an action plan can play an important part in managing your disease. Action plans include goals and best practices for you to follow. This includes taking your medication as directed. They also help you know when you need to ask for help.

Actions plans are often broken into colors you see every day: green, yellow, and red—the colors found on stoplights. This provides an easy-to-use guide to help you figure out what to do when your symptoms put you in the following color categories:

Green
GO – you can continue what you’re doing

Yellow
SLOW – you should use caution, slow down, or possibly call your health care provider

Red
STOP – you should call 911 or your health care provider right away

If you don’t have an action plan, you can find one on the PrimeWest Health website. Go to www.primewest.org/asthma and click on Asthma Action Plan. You can also get one by calling Jennifer at 1-888-588-4420 ext. 5342. TTY users call 1-800-627-3529 or 711. These calls are free. Take your action plan to your health care appointments and fill it out with your provider.
Note: The information in this magazine is not professional medical advice. It is not a substitute for diagnosis or treatment. Do not ignore your health care provider’s advice or wait to ask for it because of something you read here. Links to other websites are provided as a resource only. PrimeWest Health does not endorse, recommend, or pay for products or services offered by such sites.
Attention. If you need free help interpreting this document, call the above number.

 мировоззрение, вопреки всему, является рациональным и обоснованным.

لطفاً تجنب استخدام هذه الوثيقة، اتصل على الرقم أعلاه.

Attention. Si vous avez besoin d’une aide gratuite pour interpréter le présent document, veuillez appeler au numéro ci-dessus.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.

알려드립니다. 이 문서에 대한 이해를 돕기 위해 무료로 제공되는 도움을 받으시려면 위의 전화번호로 연락하십시오.

โปรดทราบ. ทุกคนต้องการที่จะเข้าถึงข้อมูลในแบบแปลงลักษณะมีค่า, จึงให้ใช้ประโยชน์ที่แท้จริงกัน.

Hubachiisa. Dokumentiin kun tola akka siif hiikamu gargaarsa hoo feete, lakkoobsa gubatti kenna an bilbili.

Внимание: если вам нужна бесплатная помощь в устном переводе данного документа, позвоните по указанному выше телефону.

Digniin. Haddii aad u baahantahay caawimaad lacag-la’aan ah ee tarjumaadda (afcelinta) qoraalkan, lambarka kore wac.

Atención. Si desea recibir asistencia gratuita para interpretar este documento, llame al número indicado arriba.

Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi số bên trên.
Civil Rights Notice

Discrimination is against the law. PrimeWest Health does not discriminate on the basis of any of the following:

- race
- color
- national origin
- creed
- religion
- sexual orientation
- public assistance status
- age
- disability (including physical or mental impairment)
- sex (including sex stereotypes and gender identity)
- marital status
- political beliefs
- medical condition
- health status
- receipt of health care services
- claims experience
- medical history
- genetic information

Auxiliary Aids and Services: PrimeWest Health provides auxiliary aids and services, like qualified interpreters or information in accessible formats, free of charge and in a timely manner to ensure an equal opportunity to participate in our health care programs. Contact PrimeWest Health at memberservices@primewest.org, or call Member Services at 1-866-431-0801 (toll free) or TTY 1-800-627-3529 or 711.

Language Assistance Services: PrimeWest Health provides translated documents and spoken language interpreting, free of charge and in a timely manner, when language assistance services are necessary to ensure limited English speakers have meaningful access to our information and services. Contact PrimeWest Health at memberservices@primewest.org, or call Member Services at 1-866-431-0801 (toll free) or TTY 1-800-627-3529 or 711.

Civil Rights Complaints

You have the right to file a discrimination complaint if you believe you were treated in a discriminatory way by PrimeWest Health. You may contact any of the following four agencies directly to file a discrimination complaint.

U.S. Department of Health and Human Services’ Office for Civil Rights (OCR)
You have the right to file a complaint with the OCR, a federal agency, if you believe you have been discriminated against because of any of the following:

- race
- color
- national origin
- age
- disability
- sex
- religion (in some cases)
Contact the OCR directly to file a complaint:
Director
U.S. Department of Health and Human Services’ Office for Civil Rights
200 Independence Avenue SW
Room 515F
HHH Building
Washington, DC 20201
Customer Response Center: Toll-free: 800-368-1019
TDD 800-537-7697
Email: ocrmail@hhs.gov

Minnesota Department of Human Rights (MDHR)
In Minnesota, you have the right to file a complaint with the MDHR if you believe you have been discriminated against because of any of the following:
- race
- color
- national origin
- religion
- creed
- sex
- sexual orientation
- marital status
- public assistance status
- disability

Contact the MDHR directly to file a complaint:
Minnesota Department of Human Rights
540 Fairview Avenue North
Suite 201
St. Paul, MN 55104
651-539-1100 (voice)
800-657-3704 (toll free)
711 or 800-627-3529 (MN Relay)
651-296-9042 (fax)
Info.MDHR@state.mn.us (email)

Minnesota Department of Human Services (DHS)
You have the right to file a complaint with DHS if you believe you have been discriminated against in our health care programs because of any of the following:
- race
- color
- national origin
- creed
- religion
- sexual orientation
- public assistance status
- age
- disability (including physical or mental impairment)
- sex (including sex stereotypes and gender identity)
- marital status
- political beliefs
- medical condition
- health status
- receipt of health care services
- claims experience
- medical history
- genetic information

Complaints must be in writing and filed within 180 days of the date you discovered the alleged discrimination. The complaint must contain your name and address and describe the discrimination you are complaining about. After we get your complaint, we will review it and notify you in writing about whether we have authority to investigate. If we do, we will investigate the complaint.
DHS will notify you in writing of the investigation’s outcome. You have the right to appeal the outcome if you disagree with the decision. To appeal, you must send a written request to have DHS review the investigation outcome. Be brief and state why you disagree with the decision. Include additional information you think is important.

If you file a complaint in this way, the people who work for the agency named in the complaint cannot retaliate against you. This means they cannot punish you in any way for filing a complaint. Filing a complaint in this way does not stop you from seeking out other legal or administrative actions.

Contact DHS directly to file a discrimination complaint:
Civil Rights Coordinator
Minnesota Department of Human Services
Equal Opportunity and Access Division
P.O. Box 64997
St. Paul, MN 55164-0997
651-431-3040 (voice) or use your preferred relay service

**PrimeWest Health Complaint Notice**

You have the right to file a complaint with PrimeWest Health if you believe you have been discriminated against because of any of the following:

- medical condition
- health status
- receipt of health care services
- claims experience
- medical history
- genetic information
- disability (including mental or physical impairment)
- marital status
- age
- sex (including sex stereotypes and gender identity)
- sexual orientation
- national origin
- race
- color
- religion
- creed
- public assistance status
- political beliefs

You can file a complaint and ask for help in filing a complaint in person or by mail, phone, fax, or email at:
Rebecca Fuller
Civil Rights Coordinator
PrimeWest Health
3905 Dakota St
Alexandria, MN 56308
Toll Free: 1-866-431-0801
TTY: 1-800-627-3529 or 711
Fax: 1-320-762-8750
Email: rebecca.fuller@primewest.org

**American Indian Health Statement**

American Indians can continue or begin to use tribal and Indian Health Services (IHS) clinics. We will not require prior approval or impose any conditions for you to get services at these clinics. For elders age 65 years and older this includes Elderly Waiver (EW) services accessed through the tribe. If a doctor or other provider in a tribal or IHS clinic refers you to a provider in our network, we will not require you to see your primary care provider prior to the referral.