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[www.molinahealthcare.com](http://www.molinahealthcare.com)

For more information about our health management programs call Molina Healthcare Member Services at the phone number listed on your ID Card.

Also call our Nurse Advice Line when you have questions about your health:

**1-888-275-8750**

For hearing impaired please call TTY/866-735-2929  
24 Hours a day, 7 days a week - everyday of the year!

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Molina Healthcare does not discriminate on the basis of race, color, religion, age, national origin, disability or sex.

breathe with ease  
**breathe with ease<sup>sm</sup>**  
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**Message to Members**

If you do not want the **breathe with ease<sup>sm</sup>** newsletter sent to your home, just let us know. Please call **Molina Health Education** at 1 (888) 483-0760.

All material in this newsletter is for information only. This does not replace your doctor's advice. Ask your doctor if you have questions.

**Smoking and Asthma**

**Do not Mix**

If you need help quitting, join Molina's Smoke Free Program. Call 1-888-483-0760 ext. 170432 for free one-on-one help.



# Staying Healthy with a Chronic Condition

**E**veryone should have regular doctor visits to make sure they are in good health. Seeing the doctor is even more important for people with a chronic condition. A chronic condition is an illness that lasts for a long time. The doctor can help you manage your condition and reduce your risk for other health problems.

**REMEMBER TO:**

**VISIT YOUR DOCTOR AT LEAST ONCE A YEAR.** This is a perfect time to talk to your doctor about any concerns you may have.

**KNOW YOUR NUMBERS.** Your doctor will check your weight, blood pressure, cholesterol, and A1c (if you have diabetes). Work with your doctor to keep your numbers under control. This can help you prevent other health problems.

**TAKE YOUR MEDICINE.** Always take your medicine as ordered. Tell your doctor if your medicine does not make you feel well or you have any other side effects. Always talk with your doctor first before stopping any medicine. You and your doctor can find what works best for you to manage your condition.

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# Staying Healthy with a Chronic Condition continued...

## **MAKE SURE YOUR SHOTS ARE UP-TO-DATE.**

Adults need vaccines too! They help to protect you from deadly diseases. Ask your doctor what vaccines you may need.

**ADOPT A HEALTHY LIFESTYLE.** Include fresh fruits and vegetables in your diet every day.

Try whole grain foods such as 100% whole wheat

bread. Do not smoke, and limit your alcohol intake. Exercise daily. Talk with your doctor before starting any exercise program.

**If you have not seen your doctor lately, give your doctor a call. Keep your body healthy and your chronic condition in control.**



# Control Your Asthma by Knowing Your Asthma Triggers

You may not always know when an asthma attack will happen, but there are things you can do to help prevent one. The following are symptoms of an asthma attack:

- Chest tightness
- Shortness of breath
- Wheezing
- Cough

## **Do you know what your triggers are?**

Each person has their own triggers, it is important to know yours. Check the items that cause you to have asthma symptoms. Discuss your triggers with your family and your doctor so you can work together to avoid them and keep your asthma in control.

- |                         |                |                  |
|-------------------------|----------------|------------------|
| • Weather changes       | • Exercise     | • Illness, colds |
| • Dust                  | • Pollen       | • Emotions       |
| • Mold                  | • Pet dander   | • Certain foods  |
| • Tobacco or wood smoke | • Strong odors | • Other: _____   |

## **How can you avoid your triggers?**

- Wash sheets and blankets often.
- Vacuum often and keep windows closed to limit house dust.
- Do not allow smoking in your house.
- Avoid outside activity when pollen levels, wind and air pollution are high.
- Keep pets out of your bedroom.

## **Did you know?**

The Air Quality Index (AQI) tells you how bad the air is outside. To find out if the air in your town is good or bad check out your local paper or visit [www.airnow.gov](http://www.airnow.gov).