

Questions about your health?

Call Our Nurse Advice Line!

1-888-275-8750

OPEN 24 HOURS!

Your family's health is our priority!

For the hearing impaired please call

TTY(English): 1-866-735-2929

TTY(Spanish): 1-866-833-4703



Back to School

Going back to school can be exciting for kids. New classrooms, new teachers and new friends can be fun. It can also be stressful. Kids with asthma can have a hard time changing routines and spending most of the day at school. If you understand your child's asthma, you will have an easier time managing your child's symptoms. This can help you prevent bad situations. Asthma does not have to control your child's life or future. There are things you can do everyday to prevent asthma attacks.

When you think about getting school supplies and school clothes don't forget about the other things you need for your child's asthma.

Here are some tips to help your child adjust to the school year:

1. Have an Asthma Action Plan. Ask your doctor for a written Asthma Action Plan to give to the school. This plan should tell school staff how to treat an asthma attack. It should also list the daily medicine your child takes to control their asthma. The doctor may suggest that your child have extra medicine at school.
2. Keep emergency phone numbers at school. Make sure school has a list of things that may trigger your child's asthma.
3. Be aware of changes in weathers and seasons. Let the school know if any of these changes may affect your child's asthma and cause an attack.
4. Meet with school staff in the first week of school. Invite the school nurse or fitness teacher to your meeting with your child's teacher. That way everyone is on the same team and knows the needs of your child. Take the Asthma Action Plan to this meeting.
5. Keep a peak flow meter and rescue inhaler for your child at school. Make sure that it has not expired.
6. If your child needs an inhaler or other treatment before P.E. or gym class, make sure that the teachers know that. Make sure that the medicine is on hand or that the school staff knows where it is kept.
7. If your child is going on a field trip make sure the teacher and other adults know where your child's medicine is.
8. Talk with your child and make sure he or she understands the Asthma Action Plan. Show your child where the teacher keeps the medicine to reduce worry.

Planning ahead can help you and your child be ready to go back to school.

In This Issue

Back to School	pg 1
Getting the Help You Need	pg 2
Keeping Track of Your Medicines	pg 3
Flu	pg 4
COPD and Nutrition	pg 5
Stop Smoking	pg 5
Nurse Advice Line	pg 6

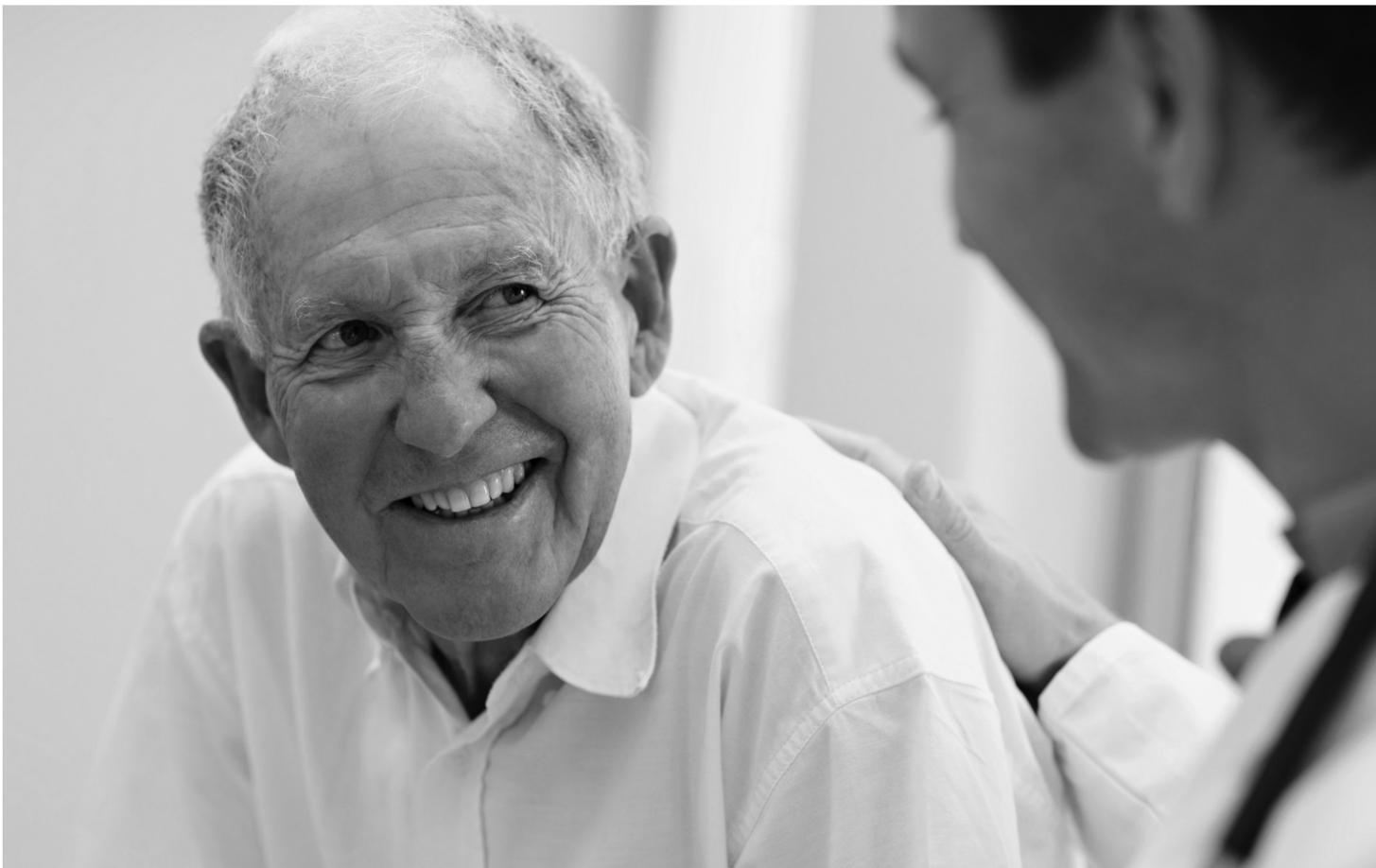
- This newsletter is part of a disease management program. If you do not want to get this or be part of any disease management program please let us know. Call us at 1-866-891-2320.
- **Need Help to Quit Smoking?**
Molina members can take part in a quit smoking Program. It is free to Molina members. Call our Health Education Team at 1-866-472-9483.
- **Need Help Losing Weight?**
Molina members can enroll in a weight loss program. It is free to you. To join, call our Health Education Team at 1-866-472-9483.
- **Do you speak a language other than English?**
You have a right to an interpreter (including sign language). There is no cost to you. Please call our Member Services department, 1-888-665-4621 (TTY/TDD 1-800-479-3310), Monday – Friday, 7:00 am – 7:00pm for more information.
- All material in this newsletter is for information only. This does not replace your doctor's advice.
- To get this information in other languages and accessible formats (Braille, Audio and Large Font) please call member services at 1-888-665-4621.

Getting the Help You Need

COPD means you have chronic bronchitis or emphysema or a little bit of both. People with COPD have trouble breathing. It is important to know when your symptoms are worse than normal. Know when to call the doctor. It is time to call the doctor when you have any of the following symptoms:

- More shortness of breath or wheezing that is quickly getting worse.
- Are coughing more deeply or more often.
- More mucus (sputum) or a change in the color of the mucus you cough up.
- Coughing up blood.
- More swelling in your legs or stomach.
- Signs of an infection (such as high fever or feeling poorly)
- Develop flu-like symptoms.
- Notice that your medicine is not working as well as usual.

Do not wait until your symptoms get worse. Call your doctor right away for help



Keeping Track of Your Medicines Can Help You Stay Healthy

When you take medicine every day, it is easy to forget. “Did I take it this morning? Or was that yesterday?” On top of that, some medicines must be taken at different times from others. Some must be taken with food and some on an empty stomach. Some even require self-testing before taking them. It’s no wonder that taking medicine can be confusing.

Molina wants to help you take your medication as prescribed by your doctor. Please consider making a checklist to help you with your medicines.

Making a Medication Checklist

Making a medication checklist is easy and only takes a few minutes. Simply write down each medicine you take, along with the times you should take it. Also write down any self-testing that needs to be done for that medicine (for example, blood sugar testing for insulin). Each week, make a new list, or make photocopies. Also, be sure to take your lists with you to your next appointment along with your medicine bottles.

An example of a checklist you might make is below (showing two days of the week):

Week of: November 20th

Medications	Instructions	Sun	Mon
Metformin 500 mg tablet	Take one tablet twice a day with food	✓ 8am ✓ 5pm	✓ 8am 5pm
Simvastatin 40 mg tablet	Take one tablet every night at bedtime	 9 pm	 9 pm

Using a Medication Checklist

Each time you start a new list (weekly in the example above), write the date at the top. Then check off medicines as you take them. If you are late with a medicine, write down the time you actually took it. That way you will always know if you have taken your medicines. This information will help your doctor know if your medicines are doing what they should.

Molina is here to help! We have additional resources to assist you:

- Pharmacy info:
 - Molina Healthcare: Call the Member Services number on your ID Card
- Nurse Advice Line: 1-888-275-8750 (TTY: 1-866-735-2929)
- Website:
 - Molina Healthcare (www.MolinaHealthcare.com)

Flu

If you have a chronic condition such as asthma or COPD you are at higher risk for flu complications. Here are simple steps you can take to reduce your risk for getting the flu:

- Get the flu shot
- Don't Touch your Face
- Wash your hands often
- Avoid people that are sick

If you get sick make sure to take immediate action to avoid having any flu complications. If you have any of the following symptoms you may have the flu:

- Fever between 100-104°F & chills,
- Fatigue & weakness
- Headache, aches & pains
- Chest discomfort, sneezing & cough

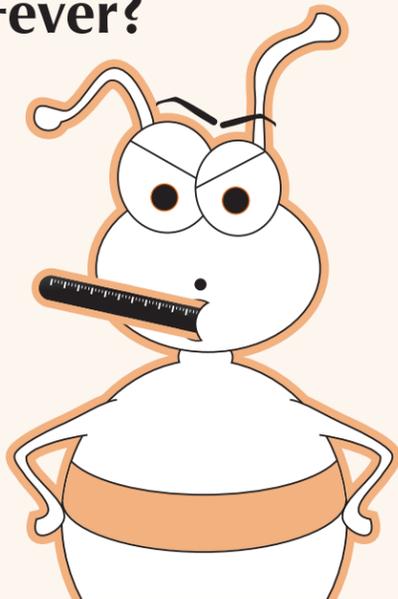


The best thing to do when you get the flu is to stay home and get plenty of rest. Below are some treatment options for flu symptoms:

- Over-the-counter medicines can help to reduce fever, aches, pains, stuffy nose & sneezing. Talk to your pharmacist.
- Get plenty of rest
- Drink plenty of fluids

Remember, the flu is a virus. This means antibiotics will not cure it. For more information about the flu, call our 24-hour Nurse Advice Line at 1-888-275-8750 (TTY: 1-866-735-2929).

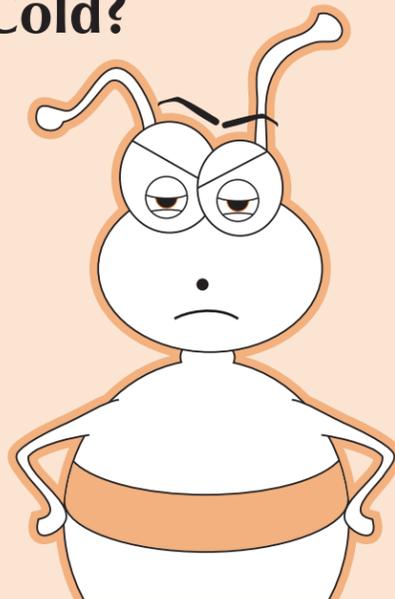
Fever?



Cough?



Cold?



COPD and Nutrition

For people with a lung disease, such as emphysema and COPD, diet and nutrition are very important. A healthy diet can help you fight infections and prevent illness.

People who suffer from lung disease use a lot of energy to breathe. Some may use up to ten times the calories of a healthy person just trying to breathe. Proper nutrition helps to maintain the functions of the respiratory system and help with breathing.

Diet Tips:

- Drink plenty of fluids. If you have a heart problem, check with your doctor.
- Limit your salt intake. Salt may keep fluids in your body. This may cause swelling and make breathing harder.
- Limit your intake of drinks with caffeine. Caffeine can interfere with some medicines. It may make you feel nervous.

- Avoid foods which may cause gas and bloating. These foods may include: apples, dried beans, broccoli, and cabbage.
- Eat 4 to 5 small healthy meals a day. Large meals can make you feel full. This may make it hard to breathe.
- Eat your main meal early in the day. You may have more energy during the day.
- Choose foods that are easy to fix. Make extra food and freeze it.
- If you use oxygen, use it during meals. Your body needs energy to eat and digest foods.

Eating a healthy diet can help you breathe better and feel better. Talk to your doctor about special diet needs.

Stop Smoking

If you have not quit smoking, do it now! It is the best thing you can do to live well with asthma or COPD. Quitting may also be the hardest thing you will ever do.

Nicotine is very addictive and people often try to stop two or three times before quitting for good. Studies have shown each time you quit you will become stronger and learn more about what it takes for you to quit for good. Why not try Molina Healthcare's stop smoking program to help you quit? There is no cost to Molina Healthcare members.

If you are a member and would like to enroll or have questions about the stop smoking programs, please call: **1-866-472-9483** for more information.

