

# Spring 2016 Asthma and COPD Awareness

Molina Breathe with Ease<sup>®</sup> and Chronic Obstructive Pulmonary Disease



## Knowing Your Asthma Triggers

Many things around you can trigger asthma symptoms and cause an attack. Triggers can be simple items in your house or outside. Knowing what triggers your asthma symptoms can help you control your asthma. Each person has his or her own triggers. Check the items that cause you to have asthma symptoms:

- |   |  |
|---|--|
| <input type="checkbox"/> Exercise       | <input type="checkbox"/> Pet dander            |
| <input type="checkbox"/> Illness, colds | <input type="checkbox"/> Certain foods: _____  |
| <input type="checkbox"/> Dust           | <input type="checkbox"/> Tobacco or wood smoke |
| <input type="checkbox"/> Pollen         | <input type="checkbox"/> Strong odors          |
| <input type="checkbox"/> Emotions       | <input type="checkbox"/> Other: _____          |
| <input type="checkbox"/> Mold/mildew    |  |

Discuss your triggers with your provider and family. You can work together to avoid the triggers and keep your asthma in control.

Most people with asthma should take a **controller medicine**. It helps prevent asthma symptoms. You need to take it each day. A **rescue medicine** is for sudden asthma symptom relief. Talk to your provider about any medicine you take and how a controller medicine can help you.

### In This Issue

|   |   |
|---|---|
| Knowing Your Asthma Triggers .....      | 1 |
| Eat Healthy Foods .....                 | 2 |
| Chronic Conditions and Depression ..... | 3 |

This newsletter is part of a Health Management Program. If you do not want to be a part of this program, please let us know. Call us toll free at (866) 891-2320.

All newsletters are also available at [www.MolinaHealthcare.com/Medicare](http://www.MolinaHealthcare.com/Medicare).

[MolinaHealthcare.com/Medicare](http://MolinaHealthcare.com/Medicare)

# Eat Healthy Foods

People with lung disease, like Chronic Obstructive Pulmonary Disease (COPD), should eat a balanced and healthy diet. If you suffer from COPD, you use a lot of energy to breathe. The right food can give you energy and help you breathe more easily. Eating healthy foods can also help fight infections and prevent illnesses.

## Healthy Nutrition Tips:

- Drink plenty of water.
- Control your salt intake.
- Limit caffeine.
- Eat a variety of foods.
- Avoid overeating.
- Eat four to five small healthy meals a day.
- Choose healthy foods that are easy to make.
- Use your oxygen during meals (if you use oxygen).

Eat healthy foods and breathe better!



[MolinaHealthcare.com/Medicare](https://www.molinahealthcare.com/medicare)

# Chronic Conditions and Depression

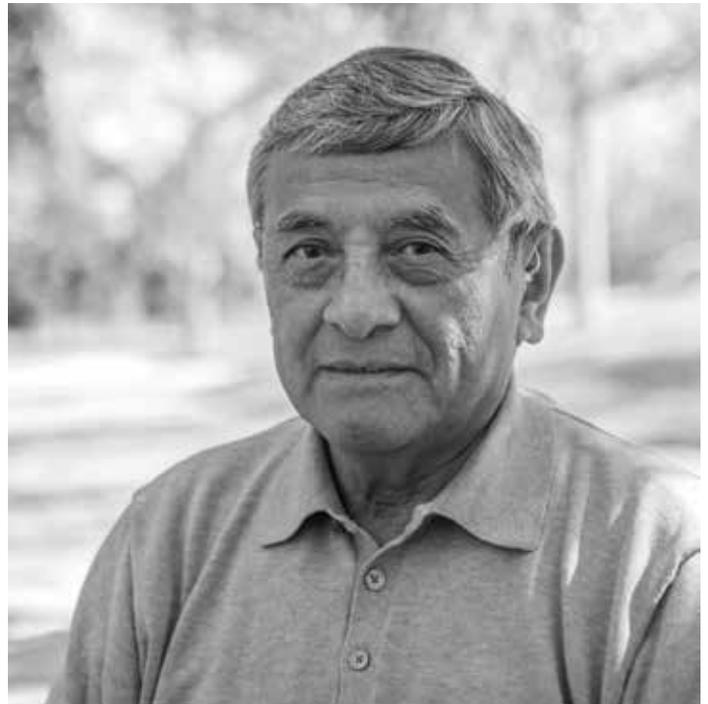
When you suffer from a chronic health condition, life can feel like a heavy weight. The effects of chronic disease can change the way you manage daily activity. Many people with chronic health conditions often become depressed.

## What is depression?

Depression is a medical illness that affects mood, thought, behavior and general health.

## What are the signs of depression?

- You feel sad often.
- You have mood swings.
- You lose interest in things you once enjoyed.
- You sleep poorly.
- You drink too much alcohol.
- You eat too much or too little.
- You gain or lose weight suddenly.
- You feel nauseous.
- You feel nervous.
- You have memory loss.
- You find it hard to focus.



## How can you help yourself?

- Ask your primary care provider for support in finding community services that may be helpful.
- Talk to family members or friends about how you are feeling.
- Make healthy lifestyle choices: eat well, stay active and take your medicine as prescribed.

## Can you treat depression or anxiety?

- Yes! Talk to your provider. Medicine and ‘talk therapy’ can help. Your provider can help you get treatment.
- Left untreated, depression or anxiety can make your chronic condition worse.
- Ask for help. You can get treatment and feel better.

[MolinaHealthcare.com/Medicare](https://www.molinahealthcare.com/Medicare)



**MHI Medicare Operations**  
200 Oceangate, Suite 100  
Long Beach, CA 90802

**Health and wellness or  
prevention information**

Molina Medicare Options Plus HMO SNP is a Health Plan with a Medicare Contract and a contract with the state Medicaid program. Enrollment in Molina Medicare Options Plus depends on contract renewal. Molina Medicare Choice HMO SNP is a Health Plan with a Medicare Contract and a contract with the state Medicaid program. Enrollment in Molina Medicare Choice depends on contract renewal. Molina Medicare Options HMO is a Health Plan with a Medicare Contract. Enrollment in Molina Medicare Options depends on contract renewal.

This information is available for free in other languages. Please call our customer service number at (800) 665-3086, TTY: 711, 7 days a week, 8 a.m. – 8 p.m. local time. Esta información está disponible gratuitamente en otros idiomas. Por favor, comuníquese a nuestro número de teléfono para servicio al cliente al (800) 665-3086, TTY: 711, los 7 días de la semana, de 8:00 a.m. a 8:00 p.m., hora local.

This information is available in other formats, such as Braille, large print, and audio. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, premiums and/or co-payments/co-insurance may change on January 1 of each year.

## Questions about Your Health?

**Call Our 24-Hour  
Nurse Advice Line!**

English and Spanish: **(888) 275-8750**

**OPEN 24 HOURS!**

Your health is our priority!

TTY users should dial **711**.

[MolinaHealthcare.com/Medicare](http://MolinaHealthcare.com/Medicare)



Your Extended Family.