



P.O. Box 1469
Bothell, WA 98041-1469



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

24 Hours a day, 7 days a week - everyday of the year!

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breathe with ease
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Message to Members

If you do not want the **breathe with easesm** newsletter sent to your home, just let us know. Please call **Molina Health Education** at 1 (800) 423-9899 extension 141428.

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, Molina Healthcare has a stop smoking program called Free and Clear. Call the Washington Tobacco Quit Line at 1-877-270-7867. Quit for life.

Everyone 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 avoid to help prevent one. An attack can cause you to have asthma symptoms, such as:

- Chest tightness
- Shortness of breath
- Wheezing
- Cough

There are many things around you that can “trigger” asthma symptoms and cause an attack. Triggers can be simple items in your house or outside. Items can include dust, pets or the weather. Knowing what triggers your asthma symptoms can help you control your asthma.

Do you know what your triggers are?

Each person has their own triggers, so it’s important to know yours. Check the items that cause you to have asthma symptoms. Discuss your triggers with your doctor and family. You can work together to avoid the triggers 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 every week in hot water.
- Vacuum often.
- 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.