



Back to School

Going back to school can be exciting. New classrooms, teachers and friends can be fun. It can also be stressful. Children 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 their 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 every day to prevent asthma attacks.

When you think about getting school supplies and school clothes do not 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 provider 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.
2. Keep emergency contacts at school.
3. Make sure the school has a list of things that may trigger your child's asthma and if any of these triggers are seasonal.
4. Meet with teachers and school nurse the first week of school. Take the asthma action plan to this meeting.
5. Your provider may suggest your child have a peak flow meter and rescue inhaler at school. Make sure medications have not expired.
6. Make sure the teachers know if your child needs to use their inhaler before P.E.
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.

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Need Help Quitting Smoking?

If you need help quitting, call the Free and Clear Program at 1-800-784-8669 for one-on-one help.

You are receiving this newsletter as part of a Disease Management Program. If you do not want to receive this newsletter or participate in any Disease Management Program please let us know. Please call us at (866) 891-2320.

All material in this newsletter is for information only. This does not replace your provider's advice.

Getting the Help You Need

People with Chronic Obstructive Pulmonary Disease (COPD) have trouble breathing. It is important to notice changes in your symptoms and to know when to call your provider. Call your provider when you have any of the following symptoms:

- Increase in shortness of breath or wheezing that is getting worse
- Coughing more deeply or more often
- Increase in mucus or a change in the color of mucus you cough up
- Coughing up blood
- More swelling in your legs or stomach
- Signs of an infection such as high fever
- Flu-like symptoms
- Your medicine is not working as well as usual

Do not wait until your symptoms get worse before calling your provider.



Keeping Track of Your Medicines Can Help You Stay Healthy

It is easy to forget to take your medicine every day. On top of that, some must be taken at different times from others or with food or on an empty stomach. Some even require self-testing before taking them. It's no wonder that taking medicine can be confusing.

Molina Healthcare of Washington wants to help you take your medication as prescribed by your provider. 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. 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. Be sure to take your lists and medicine bottles to your next appointment.

An example of a medication checklist (showing two days of the week):

Week of: *November 20th*

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

Using a Medication Checklist

Each time you start a new list (weekly in the example above), write the date at the top. Check off medicines as you take them and write down the time you actually took it. This information will help your provider know if your medicines are doing what they should.

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

- Member Services: (800) 869-7165
- Nurse Advice Line: (888) 275-8750 [TTY: (866) 735-2929]
- Website:
 - Molina Healthcare (www.MolinaHealthcare.com)
 - Molina Medicare (www.MolinaMedicare.com)

Flu

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

- Get the flu shot
- Avoid people who are sick
- Wash your hands often
- Do not touch your face

The following symptoms may be signs of the flu:

- Fever between 100-104°F and chills
- Fatigue and weakness
- Headache, aches and pains
- Sneezing and cough

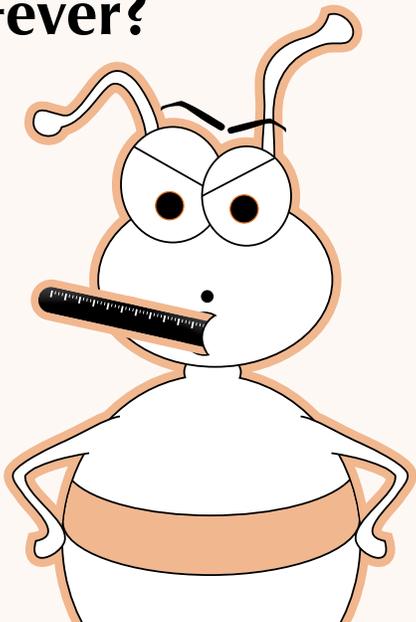


The best thing to do if you have the flu is to stay home and get lots of rest. Below are some treatment options for flu symptoms:

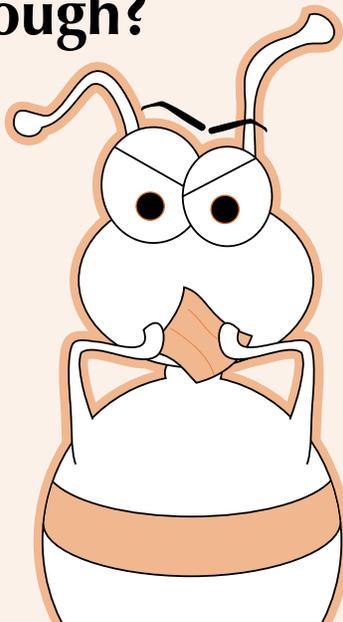
- Over-the-counter medicines can help to reduce fever, aches, pains, stuffy nose and sneezing. Talk to your primary care provider or pharmacist.
- Get lots of rest
- Drink lots of fluids

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

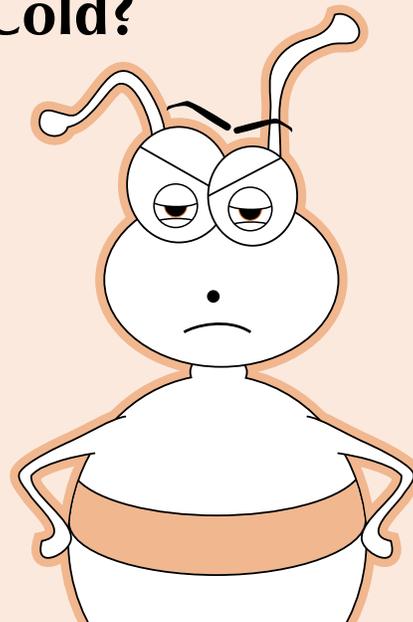
Fever?



Cough?



Cold?



COPD and Nutrition

For people with chronic obstructive pulmonary disease (COPD), such as emphysema and chronic bronchitis, diet and nutrition are very important. A healthy diet can help fight infections and prevent illness.

People who suffer from COPD 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 maintain the functions of the respiratory system.

Nutrition Tips:

- Drink plenty of fluids. If you have a heart problem, check with your provider on what your fluid intake should be.
- 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.
- Avoid foods which may cause gas and bloating. These foods may include apples, dried beans, broccoli and cabbage.
- Eat four to five 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 to have more energy
- 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 and feel better. Talk to your provider about special diet needs.

Stop Smoking

If you have not quit smoking, do it now! It is one of the best things you can do to live well with asthma and COPD. It may also be one of the hardest things you will do.

Nicotine is very addictive and people often try to stop two or three times before quitting for good. Studies show each time you quit you will become stronger and learn more about what it takes for you to quit for good. Molina Healthcare wants you to quit smoking and has a program that can help you quit. It's called Free and Clear® and is done over the phone. You will get guidance and ideas from trained counselors to help you quit smoking. This program is FREE to Molina Healthcare members. If you would like to enroll or if you have questions please call Washington's Tobacco Quit Line at (800) 784-8669.





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MRC Part #11-806
Approvals: MHW – 8/22/11
HCA (BH) – 8/24/11
HCA (HO) – 9/19/11

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Questions about your health?

Call Our Nurse Advice Line!

English: (888) 275-8750

Spanish: (866) 648-3537

OPEN 24 HOURS!

Your family's health is our priority!

For the hearing impaired please call

TTY (English): (866) 735-2929

TTY (Spanish): (866) 833-4703

or 711