

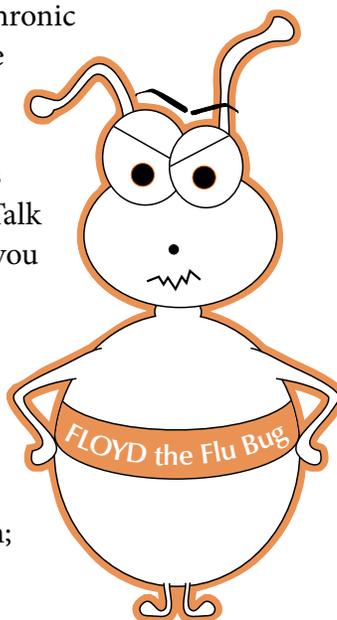


Keeping Healthy Through the Flu Season

Flu season is here which usually means more of us are suffering from stuffy noses, fever, aches and pains. No one likes to be sick. Therefore, it's important to take a few extra steps to make sure you stay healthy this flu season.

- **Get the flu shot.** The flu shot is the best way to protect you from the flu. Get the shot as soon as it is available (most likely in October). You may need to get another shot to protect you from the Novel H1N1 (Swine) flu virus. Talk to your provider about the flu shot and if it is right for you.
- **Wash your hands often.** That's right, washing your hands with soap in warm water for 20 seconds kills flu germs.
- **Keep germs from spreading.** Use a tissue when you cough or sneeze. Avoid touching your nose and mouth.
- **Stay away from others.** Keeping your distance from others who are sick can reduce your chance of getting sick. If you feel sick, you probably are. Listen to your body. Stay home and rest.
- **Create a sick day plan.** When you have a chronic condition, being sick can make it more difficult to control your condition. It's important to have a plan before you get sick. It can help you decide what medicines to take and when to see your provider. Talk with your provider to make a plan in case you get the flu.

Whenever you are ill or have questions about the flu, you may call Molina Healthcare's Nurse Advice Line. They are available 24 hours a day, 7 days a week. The phone number is on the back of your member card (1-888-275-8750 English; 1-866-648-3537 Spanish).



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Need Help Quitting Smoking?

If you need help quitting, Molina Healthcare has a stop smoking program called **Free and Clear[®]**. Call the Washington Tobacco Quit Line at 1-800-784-8669. Quit for life.

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 the Health Education Line at 1-800-423-9899, extension 141428.

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

Travel and Asthma

With a little extra planning, you can safely manage your asthma while traveling. Here are some ideas to keep in mind.

Before you go

See your provider for a check up. Make sure that your asthma is under good control and that your action plan is current. Have him or her write you a prescription in case you need it while away.

Packing

- Pack more medication than you think you will need
- If you are traveling by airplane, make sure to keep your medicine and supplies in your carry on luggage
- Take your peak flow meter and asthma action plan
- Have your provider's phone number handy
- Bring your controller and quick-relief medicine

Your destination

Think about where you are going and what triggers your asthma. Climate can make a difference. Warm, humid places may mean more exposure to dust mites, mold and some pollen types. Cold, damp climates may mean more dust mites and indoor mold. Cold air in a dry climate can

also be an irritant. High altitude can also be a concern. In this case, monitor your breathing during physical activity.

Other tips

- You might consider taking your own dust-proof pillow cover if dust mites are a problem
- If you are traveling by car and you are allergic to pollen and mold, keep the windows closed and the air conditioner on
- Tell your travel partner about your asthma and how to help you if you need it

Overall, think about where you are going, where you will be staying and what you will be doing. It will help you plan effectively and make the most of your travels.



Knowing Your Asthma Triggers

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. Each person has their own triggers, so it's important to know yours.

Check the items that cause you to have asthma symptoms:

- Weather changes
- Exercise
- Illness, colds
- Dust

- Pollen
- Emotions
- Mold
- Pet dander
- Certain foods: _____
- Tobacco or wood smoke
- Strong odors
- Other: _____

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

Staying on a Schedule with Your Medicines

One great way to manage your COPD is to know what medicines you are taking and how they work. Staying on a schedule with your medicine is important to your overall health.

There are many different types of COPD medicines. They come in the form of pills, vapors, powders, and liquids. What you are taking depends on your condition. Not everyone with COPD takes the same medicine.

Take your medicine as prescribed. Try your best to take it at the same time every day. Never stop taking your medicine without talking to your provider first, even if you feel good. The medicine is what is helping.

Get your prescriptions filled at the same pharmacy. Pick them up a week before your medicine runs out. Talk to your provider if you have trouble getting to the pharmacy

or have financial concerns about your medicine. Do not take a smaller dose to save money. You must take a full dose in order for the medicine to work.

Here are some tips to remember to take your medicine:

- Take your medicine with other daily habits. For example, take them before you brush your teeth.
- Mark a calendar with a refill date
- Set your watch alarm to remind you to take your medicine
- Leave yourself a note on the bathroom mirror
- Keep your medicine in a place where you will see it

Taking your medicine regularly can help you feel better. If you have questions, call your provider!





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Questions about your health?

Call Our Nurse Advice Line!

1-888-275-8750 English

1-866-648-3537 Spanish

OPEN 24 HOURS!

Your family's health is our priority!

For the hearing impaired please call

TTY/866-735-2929 English

TTY/866-833-4703 Spanish