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Part# 1683Rev0508



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



Summer Fun – Asthma Action Planning



Summertime means outdoor fun like swimming, picnics, camping, baseball and vacation trips. But if you or a member of your family has asthma, summer can take some extra planning. Here are a few ideas to help keep you or your kids' safe and active this summer.

PLAN AND PREPARE FOR A TRIP

- If you have asthma, be sure to pack your long-term control medicines with you to use daily as your provider has instructed. Your quick-relief inhaler is used to bring an asthma attack under control. You should carry it with you at all times. Plan ahead by calling your provider for refills before you are ready to leave on your trip.
- Make sure everyone in the family knows where the medicines are stored and how they are used.
- Take a copy of your **Asthma Action Plan** with you. If you have a peak flow meter, take it with you, use it, and write down the numbers. Watch for asthma symptoms and have a plan to get your asthma under control if needed.
- Ask for a “no smoking” and “no pets” hotel or motel room. If your room smells of strong cleaning product odors, open the window and air out the room.

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.

In This Issue

Summer Asthma Action Planning	pg 1
Kids and Asthma	pg 2
Children and Inhaled Steroids	pg 2
Emergency Care When Traveling	pg 2
Got Mold?	pg 3
Nurse Advice Line	pg 4

Check Out the Molina Healthcare Website

Check out the Molina Healthcare website at www.molinahealthcare.com. You can use the Internet for free at most public libraries. “Click” on the member button and drag your mouse down to your state. You can get information on our website about:

- Molina Healthcare’s contracted doctors and hospitals
- Your benefits, including copayments and other charges (if they apply)
- What to do if you get a bill or a claim
- FAQs (frequently asked questions and answers)
- Drug formulary (approved drugs that doctors can prescribe)
- How to contact a Nurse to help you with your health care
- How to get primary care, hospital, specialty, and emergency services
- How to get care after normal office hours
- Preventive health guidelines and immunization schedule
- Your rights and responsibilities and the privacy of your information
- Restrictions on benefits or how to obtain care outside the Molina Healthcare service area
- Quality Improvement, Health Education, and Disease Management programs
- How to voice a complaint or appeal a medical decision
- How we decide about using new technology

You can ask for printed copies of anything posted on the website by calling 1-800-869-7165. Your member handbook is also a good resource. You can find it on our website.

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Kids and Asthma



Talking to your children about asthma can help them learn control early, as well as help them cope with feelings of “being different.”

- Tell them that asthma is nothing to be embarrassed about and encourage them to talk about their asthma with family and friends.
- Teach your children about what happens during an asthma attack and what they can do to feel better.
- Teach your children about what triggers their asthma so that they can stay away from those triggers.
- Help your children learn about their Asthma Action Plan, their medicines and why it’s important to take them.

Children and Inhaled Steroids

Inhaled steroids are taken to help prevent asthma attacks. They need to be taken everyday. People with asthma can have “triggers” such as dust, pollen, and animal hair. These triggers can cause asthma attacks. The role of inhaled steroids is to reduce the action of the trigger so that the airways do not become inflamed and swell. These steroids are not the same as the illegal steroids used by some athletes.

Parents of growing children who take these medicines have been concerned about these medicines stunting the growth of their child. A study by Dr. Soren Peterson at the University of South Denmark has found this to be not true. His study followed 3,000 boys and girls for five years. All other studies before this were with too few children and for too short a time. The Peterson Study found that children taking inhaled steroids did not have any problems growing to their expected height. These medicines are safe and are important for asthma control.



**When you travel away from your hometown,
Molina Healthcare pays for emergency care for you.**

You may go to a local emergency room (ER) or an urgent care clinic. Tell them you are a Molina Healthcare member. Show them your Molina Healthcare ID card. But don’t forget, routine care is not covered when you travel away from home.

GOT MOLD?



There are many types of molds. Molds will not grow without water or moisture. It can be found indoors and outdoors. Mold spores are very tiny and lightweight which makes it easy for them to travel through the air.

Mold can cause health problems for all people. If you have asthma, it is important to stay away from mold because it could trigger an asthma attack.

MOLD CAN CAUSE:

- Coughing
- Throat, eye, and skin problems
- Wheezing
- Breathing problems for people who have asthma

If you can control indoor moisture, you can prevent and manage indoor mold growth. The basic rule is: if you can see or smell mold, then take steps to remove the mold from your home and get rid of the excess moisture.

HOW TO REMOVE MOLD:

1. Find the source of the moisture and fix it
2. Wear mask, gloves, and goggles while removing mold
3. Open windows and doors for fresh air before you start to clean up

4. Scrub mold off hard surfaces with soapy water or detergent and water
5. Allow to dry
6. Rinse with clean water and dry quickly
7. Bag and get rid of any items that have mold on them such as rags, paper, leaves, etc.

If you have a lot of mold damage you may want to hire an expert in mold clean-up.

NOTE TO RENTERS:

You should report all plumbing leaks and moisture problems to your building manager right away. If you keep having water problems that are not being taken care of, you may want to call your local or state federal housing authorities.

RESOURCES:

For more information on mold and indoor air quality contact:

- Environmental Protection Agency (EPA) Indoor Air Quality Information Hotline at 1-800-438-4318
- Washington State Department of Health Office of Environmental Health at 1-888-586-9427

You are receiving this newsletter as part of the Breathe with EaseSM program. If you do not want to receive this newsletter or participate in the Breathe with EaseSM program, please call the Molina Health Education Line at 1-800-423-9899, ext. 141428.