



What Are the Signs of Worsening Asthma?

It is important to know the early signs of worsening asthma. By knowing the early warning signs, you can treat them early. Early treatment will help avoid an asthma attack. This will help avoid a trip to the emergency room. The main early warning signs of worsening asthma are:

- Having a wheeze, cough, chest tightness or discomfort during the day
- Feeling short of breath or “winded” during the day
- Waking up at night with a wheeze or cough
- Waking up at night with chest tightness or shortness of breath
- Having to use a breathing machine or inhaler of “quick-relief” medicine (albuterol) more than 2 times a week during the day
- Having to use a breathing machine or inhaler of “quick-relief” medicine (albuterol) more than 1 time a month during the night
- Having trouble doing the things you normally do (including exercise—running, jumping, playing, climbing stairs)
- Have a lower peak flow reading

If you have early signs of worsening asthma, follow your written asthma management plan. If you do not have a written plan, ask your doctor for one right away. Your asthma management plan should be used every day to control your asthma. It will tell you how to avoid asthma symptoms. It will also tell you how to treat an asthma attack. Your written asthma plan should be updated with your doctor at least every 6 months.

Source: National Heart, Lung, and Blood Institute (NHLBI). National Asthma Education and Prevention Program Expert Panel Report 3: Guidelines for the Diagnosis and Management of Asthma. Full Report 2007. Bethesda, MD: NHLBI; August 2007. NIH publication no. 07-4051.

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Questions? Call us toll-free at 1-800-356-1204 or 317-630-2831 in the Indianapolis area. You may also visit us at MDwise.org.

What You Need to Know About Fraud and Abuse

You can report fraud and abuse by calling MDwise Customer Service at 1-800-356-1204 or 317-630-2831 if you are in the Indianapolis area. You do not have to give your name. If you do, the doctor or member will not be told you called.

Examples of health care provider fraud and abuse are:

- Billing or charging you for services MDwise covers
- Billing you for services you did not receive
- Offering you gifts or money to receive treatment or services
- Offering you free services, equipment or supplies in exchange for use of your Hoosier Health card number
- Giving you treatment or services you do not need
- Physical, mental or sexual abuse by medical staff

Examples of member fraud and abuse are:

- Members selling or lending their identification cards to people not covered by *Care Select*
- Members abusing their benefits by seeking drugs or services that are not medically necessary

Help MDwise Stop Fraud and Abuse

- Do not give your Hoosier Health card number to anyone. It is okay to give it to: your doctor; clinic; hospital; pharmacy; or *Care Select* or MDwise Customer Service.
- Do not let anyone borrow or use your Hoosier Health card.
- Do not ask your doctor or any health care provider for medical care you do not need.
- Work with your primary doctor to get all of the care you need.
- Do not share your *Care Select* or other medical information with anyone except your doctor, clinic, hospital, or other health provider.

You can also find information about fraud and abuse in your member handbook. Go to MDwise.org for the latest version.



Protect Your Kids From Type 2 Diabetes

Being overweight can cause many health problems, even for kids. One of these problems is Type 2 diabetes. It is a disease that affects the way your body turns food into energy.

Helping your kids stay at a healthy weight may reduce their risk of diabetes. Here are some tips:

- Limit the time your children watch TV or are on computers or handheld devices. Encourage them to be active instead.
- Plan fun ways to exercise together. Go for a bike ride or a walk.
- Keep healthy snacks at home. Some good choices include low-fat cheese, fruits and vegetables, and whole grain crackers.
- Eat meals together. Set a good example with the foods you eat. If you're concerned about your child's weight, talk to his or her doctor.



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Please call the MDwise Customer Service Line toll-free at 1-800-356-1204 or 317-630-2831 in the Indianapolis area. Choose option #1 for *Care Select*.

Getting Your Flu Shot

The flu is a virus that can cause mild to severe illness, in some cases even death. Some people, such as older people, young children and people with certain health conditions, are at high risk for serious flu problems. The best way to prevent the flu is by getting a flu shot every year.

October or November is the best time to get a flu shot. Getting the flu shot in December or even later can still help because people get the flu mostly in January or later. Flu season can even last as late as May. Ask your doctor if you or your child should get a flu shot.



What is COPD?

COPD stands for chronic obstructive pulmonary disease. This is a group of diseases that can block the flow of air in your lungs and can make it hard for you to breathe.

COPD can include:

- Emphysema
- Chronic bronchitis

The main cause of COPD is tobacco use. Other causes can include air pollutants, genetics and asthma.

Signs of COPD include:

- Constant coughing
- Shortness of breath while doing normal activities
- Producing a lot of mucus
- Feeling like you can't breathe or take a deep breath
- Wheezing

If you show signs of COPD or are at risk, you should see your doctor. This is especially important if you are over age 45 and smoke or have smoked in the past. Your doctor will have you take a simple test for COPD and do a health exam. If you are diagnosed with COPD, your doctor will help you come up with a treatment plan. There are many ways to protect yourself from getting COPD if you are at risk.

- If you smoke, stop smoking. Secondhand smoke can also cause COPD, so keep your home smoke free.
- Protect yourself from chemicals, dust and fumes at home and work.

Remember, early detection of COPD is very important. See your doctor if you show any symptoms.



NURSEon-call

Speak with a nurse 24 hours a day

Need help deciding whether to see your doctor or go to the emergency room? Call MDwise NURSEon-call at 1-800-356-1204 or 317-630-2831 in the Indianapolis area. Choose option #1 for *Care Select*. Then press option #3 for NURSEon-call. NURSEon-call is available 24 hours a day.

Be **SMOKE**free

Know how to deal with cravings when they occur. Do something else. Drink water or breathe deeply. Cravings generally only last a few minutes.



SMOKE-free

Get help kicking the tobacco habit

For further advice and support, call Indiana's Tobacco Quitline at **1-800-QUIT-NOW (800-784-8669)**.

You can also go to www.in.gov/quitline.