Asthma Symptoms and Triggers

The more you know about your asthma, the better you can control it. Make sure you know the things that trigger your asthma symptoms. Once you know, you can learn how to limit your exposure to them. Work with your doctor to find the best treatment to manage your symptoms. Check in with your doctor on a regular basis. Asthma symptoms can change over time. If this happens, your doctor may need to adjust your treatment. Learn the signs that your asthma may be flaring up. And know what to do when it does.

Your doctor will help you with:

- Ways to avoid your asthma triggers.
- Medications to prevent symptoms—controller medications.
- Medications to use for flare-ups—quick relief medications.
- An asthma action plan. This helps you to identify when you are doing well and when you need to seek help.

Together, you and your doctor can make sure your asthma affects your daily life as little as possible.

Sources: American Academy of Allergy, Asthma and Immunology Asthma and Allergy Foundation of America
Steps to Wellness

Make the Most of Your Doctor Visit

It is important to make the most out of every visit with your doctor. Adults, teens and children three years old and older should have a preventive care or well-care visit at least once a year. It gives you a chance to talk to your doctor about your health. It also helps to find any health problems early.

Ask your doctor:

• What health screenings should I get? Depending on your age, you should get screenings for cancer, heart disease, high blood pressure and weight. You may also need immunizations (shots).

• What should I do if I want to start a family? Before becoming pregnant, women can make sure they are ready for a healthy pregnancy and healthy baby. Your doctor can help you know what is best to do.

• Am I at risk for any diseases or conditions? Your doctor should have a history of your and your family’s health. This information will help you know what you can do to prevent or find health problems.

Tell your doctor about:

• Changes in your health. Especially: unexpected weight loss or fevers; changes in appetite or energy; new pain or change in chronic pain; change in bowel movements or urination; bleeding or bruising; chest pain or shortness of breath; and changes in the way you walk, talk or think.

• All medications you take. This includes those prescribed by a doctor. It also includes over-the-counter medicines you buy from a store.

• How much alcohol, tobacco or other drugs you use.

• Changes in your energy level or the amount of sleep you get.

• Any changes in your health, mood or life.
MDwise has special programs for our members with certain health conditions. We call these programs INcontrol. These special programs include conditions like:

- Chronic Obstructive Pulmonary Disease (COPD)
- Asthma
- Diabetes
- Coronary Artery Disease (CAD) or Heart Disease
- High Blood Pressure
- Depression
- Congestive Heart Failure (CHF)
- Autism Spectrum Disorders or Pervasive Developmental Disorders (PDD)
- Attention Deficit Hyperactivity Disorder (ADHD)
- Chronic Kidney Disease
- Post-Traumatic Stress Disorder (PTSD)
- Pregnancy (BLUEBELLEbeginnings Program)

You are the most important part of managing your condition. MDwise INcontrol programs can help you learn more about your condition. MDwise wants to help you learn how to best work with your doctor. MDwise care management staff will work with you to help you take care of your condition. They will give you information about your condition and answer questions you may have. You will be taught about testing that you should be getting done at your doctor’s office. They can also teach you about steps you can take to prevent your condition from getting worse. The more you know about your condition, the better you can control it. Make and keep regular appointments with your doctor. Talk with your doctor about all the questions you have. All these things will help you control your condition. This will help to keep you from having to go to the emergency room or be admitted to the hospital.

MDwise members can participate if they have any of the conditions listed to the left. You are automatically enrolled in the program. This happens when MDwise receives a claim from your doctor telling us that you have the condition. A MDwise care management staff member may contact you. They will begin working with you and your doctor. They will help you follow your doctor’s advice. If you do not wish to participate you can opt out of the program. You can tell the care management staff if they contact you. Or call MDwise customer service at 1-800-356-1204 or 317-630-2831 in the Indianapolis area any time and request to opt out of the program.

MDwise also offers a special program for our pregnant members. We call it BLUEBELLEbeginnings. If you are pregnant, call MDwise customer service at 1-800-356-1204 or 317-630-2831 in the Indianapolis area any time and request to opt out of the program. We will ask you a few questions about your pregnancy. This will help us to know how we can best help you. One of our care management staff members will contact you to discuss any questions you have about your pregnancy. They will make sure you receive appropriate prenatal and postpartum care.

Learn more about your health conditions at MDwise.org/incontrol.

Let Your Plate Be Your Guide

You want to lose weight in a healthy way. And you want to keep it off. To do this, most people need to subtract about 500 calories per day from their diet. This helps you lose about 1 pound per week. It can be difficult to count calories or measure portions accurately. Try using the “plate method.” This helps you control the amount you’re eating. You can use this method when you are trying to lose weight. It also helps you maintain a healthy weight. Here is how it works:

- At least half your plate should be vegetables
- Split the other half evenly with lean protein and whole grains
- If you go back for seconds, limit yourself to vegetables
- Eat fruit or low-fat dairy for snacks

For more information go to ChooseMyPlate.gov. You will find tips on healthy eating and exercise.

Sources: US Department of Agriculture ChooseMyPlate.gov American Heart Association

Does MDwise Have Your Current Contact Information?

Please call MDwise customer service to update your contact information, especially if you have recently moved or changed phone numbers. Your contact information may be your:

- Home phone number
- Cell phone number
- Address where you currently live
- Email address
MDwise wants to help you stay as healthy as possible. The MDwise care management program can assist you if you have a mental or physical health condition. MDwise case managers help you and your provider plan for your care. As your needs change, the level of care management will change. These changes will help you become more independent and better able to manage your own health.

MDwise care managers can help you develop goals. They work with your doctors, family and caregivers to do this. They encourage you to make the best choices for your health. Care managers can help you understand your health conditions and how to best manage them. Care management also assist you with:

- Understanding your condition.
- Understanding your medications.
- Getting supplies and equipment you need.
- Finding care from special doctors.
- Getting information about your condition.
- Scheduling appointments.
- Talking to doctors about your condition(s) and how you are doing.
- Getting the help from other organizations.

You, your provider, family members or caregivers can all request case management by completing an online referral form or by calling customer service. The online referral form is located at MDwise.org/cmdm-referral and MDwise customer service can be reached at 1-800-356-1204. Once MDwise receives the referral request, a case manager will contact you, explain the care management program, and talk about specific needs.

MDwise members who participate in case or care management have the right to:

1. Have information about MDwise programs. Have information about MDwise staff.
2. Choose not to participate in MDwise programs or services.
3. Know the staff members responsible for your case management services. Know how to change your case manager.
4. Have MDwise support when making health care decisions.
5. Know all the case management services that are available. Discuss these services with your provider.
6. Have your medical information kept safe. Know who has access to your information. Know how MDwise keeps your information safe.
7. Be treated with respect by MDwise staff.
8. Communicate a complaint to MDwise. Know how to file a complaint. Know how long it takes to get an answer to your complaint.
9. Have information that you can understand.

MDwise members are expected to:

1. Follow MDwise advice.
2. Give MDwise the right information so we can give you the services you need.
3. Let MDwise and your treating provider know if you leave the MDwise program.

Care management is a very effective tool for helping members reach their health goals. In order to be successful, it is important that everyone involved understands their rights and responsibilities.
What Does It Take to Stay Tobacco-free?

Quitting tobacco can be a long and hard process. Every day you must decide not to smoke today. Each day that you don’t smoke is a small victory. These all add up to a huge victory over time. Try these tips to stay tobacco-free.

**Limit Caffeine**
Quitting smoking can make you feel jittery, tense or stressed. Caffeine can also cause these feelings for some people. If caffeine makes you jumpy or anxious, cut back on it.

**Avoid Alcohol**
Drinking is one of the most common things that make people go back to smoking. Here’s why. Alcohol breaks down self-control. And many people associate drinking with smoking, so it may trigger you to light up.

**Find Your Own No-Smoking Zones**
When you get the urge to smoke, go somewhere you can’t light up. Try the library, a movie theater or a store. Going somewhere can also distract you from the urge to smoke.

**Be Active Every Day**
Exercise is a strong distraction from cravings. When your body is active, it sends out natural chemicals that help your mood and ease stress. Walking is one of the easiest exercises for most people. Set a time to be active every day. This is especially helpful in the first month after you quit smoking.

**Put Something Else in Your Mouth**
Part of the urge to smoke is having something in your mouth. Try sugar-free gum, hard candy, a carrot or celery stick. Some people chew on a straw or a toothpick.

**Brush Your Teeth Often**
One of the instant perks of quitting is that your mouth tastes better and your breath smells better. Brush often. That way, you’ll be reluctant to smoke and mess up your clean, fresh mouth.

**Find a Support System**
Ask someone to be there for you when you need support. The best choice is a friend who is a former smoker. But anyone who cares for you and wants you to quit can help when the going gets tough.

**Sip Cold Water and Eat Small Meals**
Sipping cold water through a straw can help replace the act of sucking on a cigarette. It also releases dopamine—a feel-good chemical—in your brain. This can help ease the stress of quitting. Eating small meals can also help you get past the urge to smoke. Choose lean, healthy foods to avoid gaining weight.

**Be Patient and Stay on Track**
Once you make it through the first two weeks, you are well on your way to success! But it is common for people to falter. Remember, if you start smoking again, it doesn’t mean you failed. Just think about what went wrong. Then think up ways you can avoid the same problems when you try again.

Go to [MDwise.org/wellness/smokefree](http://MDwise.org/wellness/smokefree) for more information. For further advice and support, call Indiana’s Tobacco Quitline at 1-800-QUIT-NOW (800-784-8669). It’s available 24 hours a day, seven days a week. You can also go to quitnowindiana.com.

Sources: American Lung Association, American Cancer Society
Call MDwise if:
- You need to change your or your child’s doctor. MDwise can help find doctors close to you.
- You have a problem getting in to see your doctor.
- You do not think your doctor is doing a good job.
- You want to learn more about Hoosier Healthwise or HIP benefits.
- You change your address.
- You change your phone number.

For questions call MDwise customer service. We can provide language services or an interpreter if needed.

Call the Department of Family Resources (DFR) or Family & Social Services Administration (FSSA) call center at 1-800-403-0864 if:
- Someone moves in/out of your home.
- Someone in your home gets married or has a baby.
- Someone in your home dies.
- The amount of court-ordered child support you pay changes.
- You have a change in your assets (cash, bank accounts, income, etc.).
- Someone in your home buys or receives a new motor vehicle (car, truck, motorcycle, etc.).
- You move or change your phone number;
- You change your job and/or you get an increase or decrease in pay.
- You have a change in money received, such as child support or Social Security.
- You need proof of Medicaid coverage.
- You lose your member ID card or need a replacement.

Remember: You must report all changes within 10 days from the time you know about the change.

New to the Rewards program as of April 1, 2015
- Pregnant members will now earn five points for each prenatal appointment.
- New gift card options: Target, Speedway and Kohl’s are new gift card options replacing Walmart.
- Pregnant HIP members can now earn points for prenatal and postpartum visits.
- Rewards points will no longer be given for LDL screenings.

Remember, you don’t have to sign up for MDwiseREWARDS to earn points. You are automatically enrolled. Plus, you may already have enough points to get a gift card. Go to MDwise.org/rewards to learn more.