

## What is it? Do you have it? How can your health plan help you?

Asthma is a chronic condition in which the airways become inflamed when a “trigger” is encountered. Common triggers can be pollen, mold or dust mites – they can even be things as seemingly harmless as cold air or exercise. Whatever the cause, when your airways become inflamed, it’s harder to breathe. For some with Asthma, breathing can become literally impossible, and attacks can turn fatal if not treated immediately.

Symptoms of Asthma vary from person to person, and can include:

- Coughing, wheezing or difficulty breathing when you are around things like smoke, dust, sprays, pollen or animals
- A cough that lasts more than a week, or frequently occurs at night or after exercise
- Tight feeling in your chest
- Feeling that it’s harder to breathe out than breathe in

If you have any of the symptoms, it’s best to call your doctor right away for an appointment.

The good news is that with proper treatment, if you have Asthma it doesn’t have to get in the way of your happy, healthy life. The most important thing to do is make sure you are following the advice of your doctor.

### Did You Know ...

We have a program specifically designed to offer you support and other great tools if you have Asthma. You could benefit from access to some of the latest research and information on Asthma and registered nurses available to help you with lifestyle changes that could be beneficial. Remember, your most important medical resource is your doctor.



If you have Asthma or you think you might have it,  
call us today at (800) 522-5560 to find out more.

**Good health is your most valuable asset –  
make the most of it.**