

Take control of your asthma

You can breathe easier with the support of Aetna Better Health® Kids (CHIP)



Asthma is a condition where your airways tighten up and narrow, making it hard to move air in and out of your lungs. You may have certain triggers that can cause your asthma to flare up.

How it feels to have asthma

Asthma can cause you to have:

- Trouble breathing
- Wheezing (a whistling noise when breathing out)
- A cough (sometimes worse at night)
- Soreness or tightening in the chest

Stay prepared

Even if your asthma is under control, you should arm yourself against a future attack.

- **Label your medicine.** Use tags like “daily” or “wheezing” so you know which to grab at a glance.
- **Always carry your inhaler.** Keep a spare at your work, school, child care location, gym and other places you frequently visit.
- **Wear a medical alert bracelet.** This is especially important if you’ve already had severe attacks.
- **Schedule an asthma checkup with your doctor.** Your doctor can help you figure out if you have asthma. Then you can work on an action plan together to keep your lungs healthy. If you need help making an appointment, call [1-800-822-2447](tel:1-800-822-2447) (TTY: 711) to speak with a member services representative at Aetna Better Health Kids.

Know your triggers

Avoiding an attack starts with knowing what can cause it. That’s why it’s important to track your triggers. Some common triggers are listed below.

- Exercise
- Dust mites
- Mold
- Dander from animals with fur or feathers
- Smoke
- Cockroach droppings
- Chemicals in the air
- Weather, such as very humid or very windy conditions
- Colds, flu and sinus infections

AetnaBetterHealthKidsPA.com
1-800-822-2447 (TTY: 711)



Pennsylvania's Children's
Health Insurance Program
We Cover All Kids.



Keep a symptoms journal

You may need to take a few tests for your doctor to know if you have asthma. Even then, the best clue is how well you describe your symptoms at your visit. It's a good idea to keep an asthma journal so you don't forget. Write down:

- The symptom, and when and where you were when it happened
- What could have triggered it
- How long it lasted

It only takes a minute, but this can help you and your doctor put together a serious asthma action plan!

Asthma symptoms journal

When & where _____

Possible triggers _____

How long it lasted _____

When & where _____

Possible triggers _____

How long it lasted _____

When & where _____

Possible triggers _____

How long it lasted _____

This is general health information and should not replace the advice or care you get from your provider. Always ask your provider about your own health care needs. **Your managed care plan may not cover all your health care expenses. Read your member handbook carefully to determine which health care services are covered. Call Aetna Better Health® Kids at 1-800-822-2447 (TTY: 711).**

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ATTENTION: If you speak a language other than English, free language assistance services are available to you. Appropriate auxiliary aids and services to provide information in accessible formats are also available free of charge. Call 1-800-385-4104 (TTY/PA RELAY: 711) or speak to your provider.

ATENCIÓN: Si habla otro idioma que no sea inglés, tiene a su disposición servicios gratuitos de asistencia lingüística. También, están disponibles sin cargo ayudas y servicios auxiliares apropiados para brindarle información en formatos accesibles. Llame al 1-800-385-4104 (TTY/PA RELAY: 711) o hable con su proveedor.

ВНИМАНИЕ: Если вы говорите на языке, отличном от английского, то вам доступны бесплатные услуги перевода. Соответствующие вспомогательные средства и услуги по предоставлению информации в доступных форматах также доступны для вас бесплатно. Звоните по номеру 1-800-385-4104 (TTY/PA RELAY: 711) или обратитесь к своему поставщику услуг.