

Asthma: Take Control of Your Breathing

Asthma is a chronic condition that causes swelling and narrowing of the airways in the lungs, making it hard to breathe.

These tips can help you **manage your asthma so you can feel better and breathe easier.**



Schedule routine asthma check-ups with your doctor

- Check if your asthma is under control or has gotten worse.
- Adjust asthma medications, if needed.
- Update your asthma action plan.
- Follow your doctor's instructions to help control your asthma.

See your doctor within 30 days after an urgent care or inpatient visit

- If you go to the emergency room, urgent care, or hospital for asthma, see your doctor **within 30 days**. Your doctor will:
 - Check your medications.
 - Review or create an asthma action plan.
 - Help manage your asthma triggers to prevent future asthma attacks.

Follow an asthma action plan

- Your doctor will make a personal plan to help control your asthma.
- It lists your asthma medications, dosages, and when to use.
- Identifies your asthma triggers and how to manage symptoms, such as wheezing, coughing, shortness of breath, and chest tightness.
- Tells you what to do during an asthma attack.

Take asthma medications as prescribed

- **Controller medications** are taken daily, even if you don't have symptoms; they prevent asthma attacks.
- **Rescue / reliever medications** are taken when you have asthma symptoms or an asthma attack.

Use asthma supplies (Covered by Medi-Cal Rx)

- Spacer is a tube you attach to an inhaler that helps you breathe the medicine into your lungs.
- Peak flow meters check how well you are breathing.
- Ask your doctor what tools you need.

Avoid asthma triggers

- Know what triggers your asthma and try to avoid these triggers.
- Triggers can be allergens, smoke, exercise, poor air quality, chemicals, and infections like colds and flu.
- Follow up with your doctor if your asthma symptoms get worse.



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Know The Asthma Zones to Help Control Your Asthma

Talk with your doctor about your asthma action plan so you can take care of your asthma every day.

Green Zone = Doing Well

You have all of the following:

- ☐ No coughing.
- ☐ No wheezing.
- ☐ No chest tightness.
- ☐ You can breathe easily during normal activities such as work, school, sports, or play.
- ☐ Asthma does not wake you up at night.
- ☐ You are taking your daily asthma medication as prescribed.

Yellow Zone = Asthma is Getting Worse

Call your doctor or go to urgent care within 24 hours if you have any of these:

- ☐ Coughing on and off throughout the day or night.
- ☐ Wheezing on and off throughout the day or night.
- ☐ Chest tightness.
- ☐ Asthma wakes you up at night due to coughing, wheezing, or chest tightness.
- ☐ Asthma gets in the way of normal activities such as work, school, sports, or play.

Red Zone = Medical Alert

You have all of the following:

- ☐ Call **911** if your Yellow Zone symptoms (coughing, wheezing, chest tightness) stay the same or get worse after 24 hours and quick-relief medications are not helping.

My Doctor: _____ **Phone:** _____

24/7 Advice Line Nurse: **1-877-431-1700 (TTY 711)**



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To learn more about your health plan benefits, call Member Services at **1-888-301-1228**, 8 a.m. to 8 p.m. seven days a week from Oct. 1 through March 31, and 8 a.m. to 8 p.m. Monday through Friday from April 1 through Sept. 30 (except holidays). If you use a TTY, call **711**. Visit GCHP's website at www.goldcoasthealthplan.org.

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