

# Achieve

A Newsletter  
for AvMed  
Members

## ▶ YOUR HEALTHIEST LIFE WITH ASTHMA

### ASTHMA VS. ALLERGIES: How to tell the difference (and why it matters)

Knowing how allergy symptoms differ from asthma symptoms can help you better manage both conditions.

**I**f you have asthma and still deal with sneezing, itchy eyes, or a runny nose, allergies could be part of the picture. Understanding how asthma and allergies differ — and how they overlap — can help you feel more in control.

#### Different causes, different reactions

- **Asthma** is a lung condition that causes airway inflammation. Triggers include cold air, exercise, illness, and air pollution.

- **Allergies** are immune system reactions to things like pollen, dust, or pet dander. They often affect the eyes, nose, or skin.

#### How symptoms can overlap

Both conditions can cause coughing, wheezing, or shortness of breath, especially if you have **allergic asthma**. That's when allergens trigger asthma symptoms.

#### Why this matters for your care

- **Asthma** is usually managed with inhalers or controller medications.

- **Allergies** can be eased by antihistamines, nasal sprays, or allergen avoidance.

- **Treating both** can reduce flare-ups and improve your breathing overall.

**Not sure what's triggering your symptoms?** Track when they show up and talk to your Provider. A clearer picture can lead to faster relief.





## Ask the pediatrician

### **Q** How should I talk to other caregivers about managing my child's asthma?

**A** It's natural to feel nervous about leaving your child with asthma in someone else's care. Clearly sharing the right info can go a long way.

#### **Pick three key symptoms**

When talking to a new caregiver, focus on three main signs that your child's asthma may be flaring. For example:

- Coughing that doesn't stop
- Feeling tight in the chest
- Shortness of breath

Then explain what to do, like "Give them two puffs of this inhaler if they can't stop coughing."

#### **Talk about triggers**

Some common ones include cigarette smoke, pets, and strong perfumes. You might say, "These things can make their asthma worse — are any of these in your home?"

#### **Plan ahead**

Make sure your child has any daily medications or rescue inhalers they might need. Phone alarms can help kids remember when to take them.



### **To reach a Case Manager**

Simply call 1-833-609-0735 or email [DM@AvMed.org](mailto:DM@AvMed.org) or scan the QR code provided.



# Healthy Eating Made Simple

## THE FIBER FIX:

## Why most people don't get enough and how to sneak more in

Fiber helps support heart, gut, and blood sugar health. These easy tips can help you close the gap without overhauling your whole diet.



**M**ost people think of fiber as just a digestion aid, but it does much more behind the scenes to keep your body running smoothly. Fiber supports heart health, stabilizes blood sugar, and promotes a healthy gut by:

- **Lowering LDL (“bad”) cholesterol.**
- **Slowing digestion,** helping prevent blood sugar spikes.
- **Supporting regular bowel movements** and a healthy microbiome.

Still, most adults get less than half the recommended amount each day. According to Mayo Clinic,

- **Women need at least 21 to 25 grams per day**
- **Men need at least 30 to 38 grams per day**

### Try these easy tips to sneak more fiber into your diet:

- **Add a veggie:** Toss spinach into scrambled eggs or top tacos with shredded cabbage.

- **Swap your carbs:** Choose whole-grain bread or brown rice over white versions.
- **Snack smart:** Try nuts, seeds, popcorn, or fruit with skin (like apples or pears).
- **Start slow and hydrate:** Increasing fiber too quickly can cause bloating — go gradual and drink plenty of water.

Even small changes can go a long way toward supporting your overall well-being.

**Less paper.  
Same great  
health info.**

Reduce paper waste and get the same great health content delivered straight to your inbox.

To switch, scan the QR code and log into your member portal. Under **Email Preferences**, select **Yes, I want to receive emails.**





# The Right Care at the Right Time

When you need quick care, these  
AvMed services will be on standby.

## Access Your Account 24/7

Register or  
log in at  
**AvMed.org**

## Call Member Engagement Center

1-800-882-8633

TTY 711

Hours: 8 am to 8 pm Mon  
to Fri, 9 am to 1 pm Sat.  
7 days a week 8 am to  
8 pm from Oct 1st to  
Mar 31st.

### Nurse on call

**1-888-866-5432**

Speak to a registered  
nurse at any time of  
day or night about a  
non-life-threatening  
illness or injury.

### MDLive Virtual Visits

**1-800-400-MDLIVE  
or MDLive.com/  
AvMed**

Speak with a licensed  
doctor virtually or by  
phone from the comfort  
of your own home  
24/7/365 for non-  
emergency symptoms.  
Prescriptions will be sent  
to your local pharmacy.

### Urgent Care Center

If you think you have  
bronchitis, an infection,  
an allergic reaction or  
need wound care, visit  
an urgent care center  
if your physician is  
unavailable. To find an  
in-network care center,  
go to **AvMed.org**

### Emergency Department

If you suspect you are  
having a heart attack  
or stroke, or have  
uncontrollable bleeding,  
don't wait: Call **911** or  
go to the emergency  
room.

**Unencrypted email  
makes it easier to  
communicate with your  
case manager!** To opt in,  
scan the QR code with  
your phone. Log in or  
register to the Member  
portal and select  
"Set My Preferences."

