

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH ASTHMA

Prepare for asthma emergencies

Half of all people with asthma will have at least one asthma emergency. Having an asthma attack can be scary. The best way to prevent an asthma attack from escalating into an emergency is to help quash the fear that can come with it. Being prepared and knowing what to do are key.

Step 1: WRITE DOWN YOUR ACTION PLAN.

Know exactly what you will do when you feel your chest tightening. If you know what you will do in these situations, you can ground yourself and handle an asthma emergency with less panic. Then make sure to follow that plan should the need arise.

Step 2: SHARE THE PLAN WITH OTHERS.

Let your friends, family, and coworkers (or teachers, if you have children with asthma) know about your plan. This way, if you experience an asthma attack, they will know what to do.

Step 3: KEEP MEDICATIONS CLOSE BY.

Always keep your fast-action rescue inhaler with you. Should you have an asthma attack, you will need to start medicating immediately.

Check expiration dates periodically to make sure that none of the medications have expired.

Step 4: KNOW WHEN TO CALL 911.

Talk to your doctor about what to do if you can't quickly find relief. Call 911 if your breathing continues to be difficult after using your rescue inhaler. And add your doctor's phone number and other emergency numbers to the contact list in your mobile phone.



Ask the Asthma Doctor

Q How can I prepare my child who has asthma for their first sleepover?

A Chances are that by the time you're letting your child sleep somewhere else, they'll have a good idea of what's going on with their asthma. It's important to make sure your child knows that if something concerning happens, they can call you any time. "It's OK to wake up mommy and daddy," says Thesia Gambon, M.D., pediatrician and president of the Florida Chapter of the American Academy of Pediatrics. "Tell them, 'If you're not feeling good, call us.' And make sure your child has their medication with them."

Plan to talk with the parents hosting the sleepover. You'll want



them to know what to expect, including where your child's medication is located and how to use it. Because your child will be in a new environment, it's a good idea to ask the parents about any potential asthma triggers at their home, such as pets or cigarette smoke.

It's also important to make sure the parents know that children with exercise-induced asthma must

use their inhaler before exercising. "The parents of friends, the school, and coaches — they all need to know that your child uses an inhaler before they exercise," says Dr. Gambon.

If a child is experiencing shortness of breath, shows problems breathing, or can't talk, make sure the hosting parents know to call 911 or get them to a doctor immediately.

Case Manager Spotlight

Marybel Rios has been a Disease Management Case Manager with AvMed for two years.

"My favorite thing about being a Case Manager is filling gaps in health care that make a big difference in members' lives."



To reach us, please call 1-833-609-0735.



Healthy Eating Made Simple

Elizabeth Ferrer, R.D., AvMed's Registered Dietitian, shares her favorite tips for happier, healthier meals — without feeling deprived.

Fresh vs. canned vs. frozen

Some people may think “fresh is best” when it comes to fruits and vegetables. But frozen and canned foods can be nutritious options, too. Because they have a longer shelf life than fresh produce, they're ready to use when you need them. (Just be sure to take note of the expiration dates.)

Here, we're busting some common myths about the canned and frozen food aisles.

MYTH FROZEN AND CANNED FOOD ISN'T AS HEALTHY AS FRESH FOOD.

Fact: Some frozen and canned foods have more vitamins and minerals than their fresh-food counterparts. That's because freezing and canning locks in nutrition at peak freshness. You can



search fresh food nutrient content on the USDA website (<https://fdc.nal.usda.gov>) and compare to the nutrition facts on your canned or frozen food items. Focus on iron, potassium, vitamin D, and calcium.

MYTH FROZEN AND CANNED FOOD DOESN'T TASTE AS GOOD.

Fact: Certain canned and frozen foods can lose flavor and texture. But they're

perfect for soups, stews, and more. Take canned chickpeas, for example. They aren't designed to be eaten by the handful. But when you mash them up with olive oil, tahini, and lemon juice, you've got a tasty hummus.

MYTH ALL FROZEN AND CANNED FOODS ARE ULTRA-PROCESSED.

Fact: Some canned and frozen foods contain added sodium, sugar, and saturated fat. You can shop smarter by reading the labels. Look for options that have fewer than five ingredients. Choose fruit that's canned in water or its own juice instead of syrup. Look for low- or no-sodium versions. Rinsing canned food before eating it is an easy way to reduce sodium.

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.”



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](https://www.avmed.org).

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1-800-782-8633 (TTY/TDD: 711)

Hours: 7 days a week, from 8 a.m. to 8 p.m.

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 your own home 24/7/365 for non-emergency symptoms. Prescriptions will be sent to your local pharmacy.

Dispatch Health

786-791-8697 or **DispatchHealth.com**
Licensed medical professionals come to you ready to treat urgent issues such as cuts and infections. Call 8 a.m. to 10 p.m. daily to determine if they are available in your area.

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 you have uncontrollable bleeding, don't wait: Call **911** or go to the emergency room.