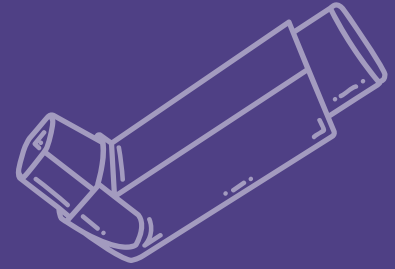


Adult Asthma

Nearly 65 percent of adults with asthma in the U.S. have had the disease for most of their lifetime.



Asthma is a lung disease that can cause shortness of breath, morning and night time coughing, chest tightness and wheezing. It is possible to live a normal life with asthma by avoiding certain triggers.

Home Triggers

- Dust
- Mold
- Smoke



Outside Triggers

- Tobacco smoke
- Pollen
- Air Pollution



What steps can you take to manage your asthma?

Your provider diagnosed you with asthma. MeridianComplete (Medicare-Medicaid Plan) wants to help you stay healthy and manage your health. Here is what you can do to manage your health:

1

- Even if you feel okay, take your preventive medications
- Always have a rescue inhaler with you in case of emergency

2

- Talk with your Primary Care Provider (PCP) today about the best ways to make breathing easier
- Create an Action Plan with your PCP

3

- Monitor and avoid home and outside triggers
- Keep a clean and dust-free home

4

- Walk or do other light exercise each day

For more information, please visit our website for health education materials at:
<https://corp.mhplan.com/en/member/illinois/complete/health-library/>

Need help making an appointment with your PCP? Call MeridianComplete (Medicare-Medicaid Plan) at **1-855-850-1689** (TTY users should call **711**), **Monday – Sunday, 8 a.m. to 8 p.m.** If you need a ride to your appointment, please call toll-free at **1-866-796-1165** for free transportation.

MeridianComplete is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call **1-855-580-1689** (TTY: **711**).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-855-580-1689** (TTY: **711**).