

# HEALTH ENHANCEMENT PROGRAM (HEP)

## ASTHMA - DID YOU KNOW? CHRONIC CARE COMPLIANCE FORM



*Please read the information below and complete the form to be compliant.*

**Asthma** is a chronic disease that affects the airways in the lungs. Asthma attacks can be mild, moderate, or serious — and even life threatening.

Two main things can happen to the airways in asthma:

1. the airways become inflamed and have more mucus which clogs the airway making it difficult to breathe and
2. the muscles around the airway tighten, causing narrowing of the airways.

There are two important parts to treating asthma; controlling asthma over the long term and treating attacks in the short term when they occur.

1. A controller medicine is taken every day to reduce the swelling and inflammation in the airways and prevent attacks over the long term.
1. A quick-relief medicine is used to treat attacks in the short-term when they are happening by relaxing the muscle that's tightened around the airway.

It is important to know what your medicine is for and to take it the way your doctor instructed. Talking with your doctor and developing an asthma action plan can help you with managing your asthma and staying healthy.

Asthma attacks can be triggered by allergens, exercise, smoke, pollution, airway infections like a cold or virus, weather changes, dust mites, cockroach allergen, pets, mold and emotions such as stress. Knowing your triggers and avoiding them are important to prevent asthma attacks.

Quitting smoking is the most important step you can take to protect your lungs and prevent symptoms of asthma.

1 in 12 adults and 1 in 11 children have asthma. In the last decade, the number of people with asthma increased by 15 percent. Asthma costs the country more than \$50 billion every year in healthcare costs.

Asthma is the number one reason for children missing school, accounting for more than 10 million missed school days a year.

One of the goals of asthma treatment is to help you maintain a normal and healthy lifestyle, which includes exercise and other physical activities. Talk with your doctor about your exercise routine.

The Centers for Disease Control recommends people with asthma should receive a flu vaccination every year. Respiratory infections such as the flu can affect your lungs, causing an asthma attack. People with asthma are more likely to have serious health problems from getting the flu such as pneumonia.

Sources: CDC Factsheet, CDC Stats, Healthwise Inc.

Name \_\_\_\_\_ Email Address \_\_\_\_\_

EID or Date of Birth \_\_\_\_\_ Day Time Phone Number \_\_\_\_\_

Relationship (circle one) - employee spouse dependent

Signature \_\_\_\_\_ Date \_\_\_\_\_

By signing, I attest that I have read the fact sheet

**Return to CMS representative or fax: 877-687-1449**

To learn more go to **CTHEP.com** or call **1-877-687-1448**