

# HMA

# Asthma

## What To Know



**Asthma is a long-term lung condition that makes it hard for you to breathe. It affects over 25 million people in the United States.**

### Types of Asthma Medication

Two general types of asthma medication are:

- Quick relief – for in the moment to control asthma attack symptoms
- Long term control – to help you have fewer and milder attacks

Keep at least a 30-day supply of your medicines on hand and know how to use them correctly.

### Protect Yourself During Cold and Flu Season

If you have asthma, the flu and COVID-19 can be more severe and may cause pneumonia and asthma attacks.

- ☐ Avoid close contact with people who are sick
- ☐ Get vaccinated for respiratory infections when vaccines are available, and your doctor says you can
- ☐ Wash your hands with soap and water for at least 20 seconds
- ☐ Avoid touching your eyes, nose, and mouth with unwashed hands as germs spread this way

### Create an Asthma Action Plan

An Asthma Action Plan is a written plan you create with your doctor to prevent asthma flare-ups and attacks. After you create your Asthma Action Plan, make sure to monitor your asthma control and any medication side effects, take your medication as directed, and avoid asthma triggers.

This content is informational and is not intended to be substituted for manufacturer device recommendations.

Visit [accesshma.com](https://accesshma.com) to log in to your HMA account or if you have any questions, contact us by calling the Customer Care number on the back of your Member ID card.

Content sourced from the Center for Disease Control and Prevention (CDC) <https://www.cdc.gov/asthma/>

### How to Use Your Inhaler

Inhaled medications help treat asthma by getting the medicine directly to your lungs. However, if the inhaler is not used correctly, little or none of the medicine will reach your lungs. Knowing how to use your inhaler the right way is key to managing asthma.

Here are the steps:

1. Remove cap and shake the inhaler 10-15 times
2. Without the inhaler, breathe in and breathe all the way out
3. Place the mouthpiece of the inhaler in your mouth, between your teeth, and seal lips around inhaler. Be sure to keep your inhaler vertical through the process.
4. Begin to breathe in slowly
5. Press down on the inhaler canister one time and keep breathing in until you have taken a full breath
6. Hold your breath for 5-10 seconds to allow the medication to reach the lungs
7. Breathe out slowly