

Creative Ad-Hoc Molina Healthcare Flyers



Be Healthy with Asthma

If you or your child has asthma, you are not alone. People of all ages have asthma and are living a healthy life. With the right self-care and help from providers, you can too!

Make an Asthma Action Plan

Talk with your doctor about an Asthma Action Plan. They can help you make a plan that is right for you!

Your Asthma Action Plan will tell you:

- What medicines to take
- When to take them
- How much to take
- When to get help

Share your plan with anyone who might be around when you have an asthma attack. This may include family, friends, teachers, coaches, or daycare workers.

You are Not Alone!

For more information or help, please call [Member Services toll-free (888) 898-7969 / TTY: 711] during our regular business hours[8 a.m. - 5 p.m., Monday – Friday]. We're here to support you in your health care journey.

Your Asthma Action Plan has 3 Zones: Green, Yellow and Red

 You are breathing well and can do your normal activities. Your asthma is in control!

Stay in the Green Zone:

- Keep doing what your doctor says.
- Take your long-term control medicines every day (as listed on your Asthma Action Plan).

 You are having a mild asthma attack. You may be coughing more, wheezing, your chest may feel tight or you may be short of breath. You can do some, but not all, of your usual activities.

Get out of the Yellow Zone:

- Use your rescue inhaler.
- Your breathing should get better within an hour. If it doesn't get better, call your doctor.

 You are having a serious asthma attack. You feel very short of breath. You cannot do your normal activities. Quick-relief medicines have not helped.

Get out of the Red Zone:

- Use your rescue inhaler right away!
- Take the number of puffs listed on your Asthma Action Plan.
- If your breathing does not get better, call your doctor NOW. If you cannot reach your doctor, you can call [Molina Healthcare of Michigan's Nurse Advice Line at (888) 275-8750]. If you cannot reach your doctor and are still in the red zone after 15 minutes, go to the Emergency Room or call 9-1-1.

[If any materials are needed in another language, oral interpretation, or auxiliary aids and services, please contact [Member Services] at [(888) 898-7969, TTY: 711, Monday through Friday, 8 a.m. to 5 p.m. ET].]

[Molina Healthcare of Michigan (Molina) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-888-898-7969 (TTY: 711).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-898-7969 (TTY: 711).

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان.
اتصل برقم 7969-898-888-1 (رقم هاتف الصم والبكم: 711)

Flyers were created following a template.

Templates had preset styles, art elements/logos and line of business colors. Creativity was left up to artist and the style guide for branding.