

TAKE ACTION TO ADDRESS *Asthma*



Did you know that **1.25 million adults and 294,000 children** in Ohio have been diagnosed at some time in their life with asthma? As your guide to better health, Buckeye Health Plan wants to help you manage your asthma.

Buckeye's Healthy Homes program helps members combat asthma triggers in their homes. Get equipment, peer-to-peer coaching, referrals to resources and more!



Commit to Controlling Your Asthma

Avoid asthma triggers. Allergies are the most common triggers for asthma, including allergic reactions to dust mites, pollen, pet dander, cockroaches and mold. Other common irritants include cigarette smoke, fumes, paint and perfume, exercise and respiratory illness, such as colds and sinus infections.



Have an asthma action plan and follow it. Talk to your doctor about ways to track your asthma and what to do when symptoms flare up. Managing asthma often requires daily medication like a daily controller medicine coupled with a rescue inhaler for asthma attacks. Skipping medication, even when feeling better, leads to poorly controlled asthma.



Buckeye Can Help You Manage Your Asthma

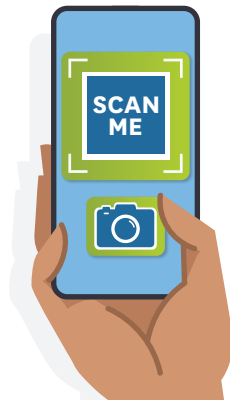
Buckeye's care management program helps members with asthma by providing frequent check-ins with members to be sure they are sticking to their medical plans. We also offer guidance around doctor appointments and directions for care. Members can call Buckeye to arrange transportation to and from doctor appointments, if needed.



Get connected to Buckeye programs and asthma resources at [BuckeyeHealthPlan.com/Asthma](https://www.buckeyehealthplan.com/Asthma)



**SCAN TO
LEARN MORE!**



Contact Us

We can help if you have questions about your health plan or benefits.

Call Member Services with questions related to your benefits, services and claims: 1-866-246-4358 (TTY:711)

Call our 24/7 nurse advice line for answers to your health questions: 1-866-246-4358 (TTY:711)

Get detailed information at [BuckeyeHealthPlan.com](https://www.buckeyehealthplan.com)



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