

# Achieve

A Newsletter  
for AvMed  
Members

## ▶ YOUR HEALTHIEST LIFE WITH ASTHMA

### Asthma at work: How to stay safe and productive

If you have asthma, it's important to be extra careful on the job. Exposure to irritants can cause flare-ups. Here are a few ways you can help protect your lungs.

#### Ask for a scent-free workspace.

Odors from perfumes, colognes, deodorants, and more can trigger your asthma. Other common offenders include cleaning products, scented candles, hairspray, and air fresheners or sprays.

Ask your employer to establish a fragrance-free policy, or request that your work area be separated to minimize exposure.

#### Request regular trash removal.

It will help to limit mold and other pests that might trigger an asthma flare-up, like mice or cockroaches.

#### Protect yourself against respiratory infections.

A cold, flu, or COVID-19 infection may lead to an asthma flare-up. Try these tips to protect yourself:

- Stay up to date on vaccinations

- Wash your hands often
- Wear a mask or try to work from home if your coworkers are sick

#### Ask for modifications.

You may benefit from these accommodations:

- Rest breaks so you can get fresh air
- Move your workstation closer to the equipment and rooms you use often
- Make sure your work space can fit oxygen therapy equipment



## Ask the pediatrician

### Q How can I help my child cope after an asthma attack?

A Asthma attacks can be scary for kids and parents alike. Psychologist Nusha Nouhi, Ph.D., offers advice to help asthmatic kids cope after an attack.

**Give your child some space.** Let them take the lead when it comes to talking about what happened. “Don’t assume they were afraid — they might have felt confused or frustrated,” says Nouhi. Listen, and let them share in their own words without trying to fix the feeling. Just knowing you’re there for them will help.

### Teach calm breathing and body awareness.

Nouhi recommends asking gentle questions like, “What does your body feel like before an attack?” The goal is to help them notice early signs like chest tightness, coughing, or tiredness. Then talk together about what they can do if it happens again. “Learning these steps helps them feel more in control,” says Nouhi.

### Include the entire care team.

This often involves not just their asthma doctor, but their therapist, the school nurse, and even other adults in their life, like grandparents, teachers, and coaches. “When the adults in your child’s life appear calm and prepared, your child will feel more secure in their ability to handle an asthma attack,” says Nouhi.



### To reach a Case Manager

Simply call 1-833-609-0735, email [DM@AvMed.org](mailto:DM@AvMed.org) or scan the QR code provided.



# Healthy Eating Made Simple



## Easy ways to get more fiber in your diet

Small swaps can make a big difference. Try these:

- Choose whole-grain bread, pasta, and rice.
- Add chia seeds, almonds, or flaxseeds to cereal or yogurt.
- Toss extra veggies into soups and stir-fries.
- Swap beans for meat in chili or tacos once or twice a week.

## The magic of fiber

Fiber is a nutritional powerhouse. Here's how much you need — and how to get it every day.

**W**hen you think about important nutrients, fiber might not top your list. But fiber supports nearly every part of your health. Plus, it keeps you feeling fuller for longer.

Most adults don't get enough fiber. Luckily, it's easy to add more to your diet once you know how.

### What is fiber?

Fiber is a carbohydrate that your body can't digest. Instead, it moves through your system. There are two main types:

- **Soluble fiber** helps lower cholesterol and blood sugar.
- **Insoluble fiber** aids in digestion.

### How much fiber do you need?

Your daily needs depend on your age and gender.

Women 50 and younger	<b>25 grams</b>
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Men 50 and younger	<b>38 grams</b>
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Women over 50	<b>21 grams</b>
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Men over 50	<b>30 grams</b>
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## Recipe



# Matcha Chia Breakfast Pudding

**Nutrition facts** Calories 420 | Fat 16 g | Saturated fat 1.5 g | Sodium 220 mg | Carbs 48 g | Protein 24 g | Fiber 15 g

Health and wellness or prevention information.

## Ingredients

- 1 cup Fair Life chocolate milk
- ¼ cup chia seeds
- ½ scoop unflavored protein powder
- 1 tsp matcha powder
- 1 Tbsp granola
- 2 Tbsp blueberries
- 1 Tbsp slivered almonds

## Directions

1. Combine milk, chia, protein powder, and matcha in a pint jar.
  2. Cover with lid, shake for 30 to 60 seconds to dissolve matcha and protein powder, and refrigerate overnight.
  3. The next morning, top with granola, blueberries, and almonds and take it to go.
- If you can't find Fair Life chocolate milk, swap in another high-protein brand.