

# Achieve

A Newsletter  
for AvMed  
Members

## ► YOUR HEALTHIEST LIFE WITH ASTHMA

### ASTHMA VS. ALLERGIES: How to tell the difference (and why it matters)

Knowing how allergy symptoms differ from asthma symptoms can help you better manage both conditions.

If you have asthma and still deal with sneezing, itchy eyes, or a runny nose, allergies could be part of the picture. Understanding how asthma and allergies differ — and how they overlap — can help you feel more in control.

#### Different causes, different reactions

• **Asthma** is a lung condition that causes airway inflammation. Triggers include cold air, exercise, illness, and air pollution.

- **Allergies** are immune system reactions to things like pollen, dust, or pet dander. They often affect the eyes, nose, or skin.

#### How symptoms can overlap

Both conditions can cause coughing, wheezing, or shortness of breath, especially if you have **allergic asthma**. That's when allergens trigger asthma symptoms.

#### Why this matters for your care

- **Asthma** is usually managed with inhalers or controller medications.

- **Allergies** can be eased by antihistamines, nasal sprays, or allergen avoidance.

- **Treating both** can reduce flare-ups and improve your breathing overall.

**Not sure what's triggering your symptoms?** Track when they show up and talk to your Provider. A clearer picture can lead to faster relief.





## Ask the pediatrician

**Q** How should I talk to other caregivers about managing my child's asthma?

**A** It's natural to feel nervous about leaving your child with asthma in someone else's care. Clearly sharing the right info can go a long way.

### Pick three key symptoms

When talking to a new caregiver, focus on three main signs that your child's asthma may be flaring. For example:

- Coughing that doesn't stop
- Feeling tight in the chest
- Shortness of breath

Then explain what to do, like "Give them two puffs of this inhaler if they can't stop coughing."

### Talk about triggers

Some common ones include cigarette smoke, pets, and strong perfumes. You might say, "These things can make their asthma worse — are any of these in your home?"

### Plan ahead

Make sure your child has any daily medications or rescue inhalers they might need. Phone alarms can help kids remember when to take them.



### To reach a Case Manager

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



# Healthy Eating Made Simple

## THE FIBER FIX:

### Why most people don't get enough and how to sneak more in

Fiber helps support heart, gut, and blood sugar health. These easy tips can help you close the gap without overhauling your whole diet.



**M**ost people think of fiber as just a digestion aid, but it does much more behind the scenes to keep your body running smoothly. Fiber supports heart health, stabilizes blood sugar, and promotes a healthy gut by:

- **Lowering LDL (“bad”) cholesterol.**
- **Slowing digestion,** helping prevent blood sugar spikes.
- **Supporting regular bowel movements** and a healthy microbiome.

Still, most adults get less than half the recommended amount each day. According to Mayo Clinic,

- **Women need at least 21 to 25 grams per day**
- **Men need at least 30 to 38 grams per day**

#### Try these easy tips to sneak more fiber into your diet:

- **Add a veggie:** Toss spinach into scrambled eggs or top tacos with shredded cabbage.

- **Swap your carbs:** Choose whole-grain bread or brown rice over white versions.

- **Snack smart:** Try nuts, seeds, popcorn, or fruit with skin (like apples or pears).

- **Start slow and hydrate:** Increasing fiber too quickly can cause bloating — go gradual and drink plenty of water.

Even small changes can go a long way toward supporting your overall well-being.

**Less paper.  
Same great  
health info.**

Reduce paper waste and get the same great health content delivered straight to your inbox. To switch, scan the QR code and log into your member portal. Under **Email Preferences**, select **Yes, I want to receive emails**.



# The right care at the right time

When you need quick care, these AvMed services will be on standby.

## Nurse on call

**1-888-866-5432**

Speak to a registered nurse at any time of day or night about a non-life-threatening illness or injury.

## MDLive Virtual Visits

**1-800-400-MDLIVE**  
or [MDLive.com/AvMed](http://MDLive.com/AvMed)

Speak with a licensed doctor virtually or by phone 24/7/365 for non-emergency care.

## Urgent Care Center

If you need wound care or think you have an infection or allergic reaction, find an in-network urgent care center at [AvMed.org](http://AvMed.org)

## Emergency Room

If you are bleeding uncontrollably or suspect you are having a heart attack or stroke, call **911** or go to the emergency room.

**Unencrypted email makes it easier to communicate with your case manager!** To opt in, scan the QR code with your phone. Log in or register to the Member portal and select "Set My Preferences."

