

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH ASTHMA

Exercising safely with asthma

Working out is great for everyone — including most people with asthma. Once you get the OK from your physician, these tips can help you get (and stay) active comfortably.

Why exercise can feel challenging

When you're working up a sweat, your breathing speeds up. For people with asthma, this may cause the airways to tighten, making it harder to breathe.

You might notice symptoms such as shortness of breath, wheezing, and coughing either during exercise or shortly after you stop. These are common but uncomfortable symptoms that can be managed with a little planning.

What to do before, during, and after:

- Use medication as directed to help keep your airways open.
- Build a warm-up into your exercise routine to gently ease your lungs into it.
- Pay attention to how you feel as you move.
- Take breaks as needed.
- If you notice a new trigger during exercise, jot it down.
- Keep your physician up to date on your progress.

Try different types of movement

Some activities are gentler on your breathing. Swimming can be a good option, because warm, moist air may be easier to breathe for some people, notes the American Academy of Allergy, Asthma & Immunology. Other recommended activities include walking, leisure biking, and hiking. Experiment to find your fit.



Ask the pediatrician

Can my child with asthma play sports?

A Kids with asthma can — and should — be active. Melanie Carver, Chief Mission Officer at the Asthma and Allergy Foundation of America (AAFA), answers your questions about managing your child's symptoms during sports and physical activity.

How can I help my child prepare for activity?

Work with your child's physician to develop an Asthma Action Plan.

It may also help to role-play with your child, so they know what to do if symptoms start. Encourage them to

tell a coach or teacher right away if new symptoms begin to affect breathing.

What should we know about outdoor triggers?

Allergens like pollen can cause symptoms during outdoor activities. Start allergy medicine a few weeks before the season begins to get ahead of it. Nasal rinses may also help clear pollen from the nose.

During activities like hockey or ice-skating, have your child try to wear a covering

over their nose and mouth. It helps warm and humidify the cold, dry air.

What should we do if symptoms occur during practices and games?

Follow your child's Asthma Action Plan. This may involve stopping for rest, using a rescue inhaler, or moving away from asthma triggers, if possible.

If symptoms do not improve or get worse, contact your child's physician and seek medical care.



To reach a Case Manager

Simply call 1-833-609-0735, email DM@AvMed.org or scan this QR code.



Quick refresh: Hurricane prep tips



You can't prevent natural disasters, but you can prepare for them. Learn simple steps you can take now to help manage your health during an emergency.

1. Create or update your emergency plan

Hurricanes often require evacuations. So the first step is to decide where you will go and when you'll leave. Make sure everyone in your household knows what to do.

2. Stock a "go" bag

Having a few essentials already packed can save time if you need to move quickly.

Include:

- Water
- Nonperishable food
- A basic first aid kit
- Flashlights and extra batteries
- A battery-powered or hand-crank radio
- A phone charger or backup power source
- Emergency contacts

Store important documents in a waterproof bag or small bin.

3. Plan for your health needs

Changes in air quality and disruptions to daily care can make asthma symptoms harder to manage.

To help keep asthma symptoms under control during a storm:

- Bring quick-relief and daily controller inhalers if you need to evacuate.
- Limit exposure to smoke, dust, mold, and other poor air-quality conditions when possible.
- Try to avoid known triggers during cleanup or recovery.

4. Sign up for alerts

Staying informed can help you make safe decisions. Registering for text alerts from local emergency management agencies (such as your county emergency management office) can help keep you updated before and after the storm.

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Recipe



Frozen berry-and-yogurt treats

Built for backyard hangs, beach days, and whatever the long weekend brings. These yogurt dipped berries keep it light — and protein forward.

Serves 4 | Prep: 5 mins | Rest time: 6 hrs

Ingredients

- ½ cup nonfat Greek yogurt
- ½ tbsp honey
- 1 cup mixed berries (strawberries, raspberries, blueberries, blackberries)

Directions

1. Mix the Greek yogurt and honey in a large bowl. Once combined, individually dip the berries into the mixture.
2. Transfer the berries to a baking sheet lined with wax paper, arranging them in a single layer. Freeze for six hours, or until fully frozen. Once solid, transfer the berries to any container you like — they won't stick together. Serve right from the fridge (or cooler). Enjoy!

Nutrition facts (per serving)

Calories 85.9 | Fat 0.3g | Saturated fat 0g | Sodium 21.5mg | Carbs 15.8g | Protein 6.3g | Fiber 3.8g