

Controlling your asthma starts with you.

While there is no cure, you can get your asthma symptoms under control with a few lifestyle changes.*



- **Avoid triggers:** Common triggers are dust, air pollution, pets, mold, or grass.
- **Take your medications as directed:** Remember to refill them on time.
- **Be sure to know your medicines:** Know the difference between your controller and rescue medicine.
- **Have an asthma action plan:** Meet with your doctor regularly.
- **Get vaccinated:** Talk to your doctor about which vaccines are best for you. Many viral infections can trigger an attack.
- **If you smoke, stop:** Do your best to stay away from secondhand smoke, too.



Call your doctor if you're having frequent asthma attacks or feel as though your medicines aren't helping.

HIGHMARK 
DELAWARE

Because Life.™

*Centers for Disease Control and Prevention

Information obtained from Centers for Disease Control and Prevention.

This information is intended to provide general information only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider regarding your medical condition(s). Coverage for medical services described herein is subject to the terms of your health plan benefit agreement and network coverage varies by plan. Check your member materials for details.

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请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。