

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 

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.

Highmark Blue Shield is an independent licensee of the Blue Cross Blue Shield Association.

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

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）。