

Name and telephone number

In case of an emergency, call:

Name:

# Taking care of your Asthma for children and teens



Fold

## Your asthma management plan

<b>Green – Go</b> <ul style="list-style-type: none"> <li>Breathing is good</li> <li>No cough or wheeze</li> <li>Can work or play</li> </ul>	Peak flow number _____ to _____ <i>Use control medicine</i>
<b>Yellow – Caution</b> <ul style="list-style-type: none"> <li>Cough or wheeze</li> <li>First sign of cold</li> <li>Awakens with cough</li> </ul>	Peak flow number _____ to _____ <i>Use quick-relief medicine</i>
<b>Red – STOP</b> <ul style="list-style-type: none"> <li>Hard to breathe, walk or talk</li> <li>Medicine not helping</li> <li>Lips or fingernails blue</li> </ul>	Peak flow number _____ to _____ <i>Get help from a doctor</i>

Fold

BlueHealthConnection®	BCN	800-637-2972
<b>Blues resources</b>	Physician specialist	
	Pharmacy	
	Disease Management	800-392-4247
	Primary care physician	
<b>Care contacts</b>		<b>Phone</b>

## Disease Management programs

800-392-4247

800-257-9980 (TTY)

8:30 a.m. to 5 pm. Monday through Friday

## Customer Service

Call the number on the back of your ID card



# Lifestyles

## Asthma handbook for children and teens

A guide for Blue Care Network, BCN Service Company and BlueCaid members



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## About the Asthma Management program

This program will help you and your child understand asthma, how it affects your child's life and how you can both better manage your child's condition. A few times each year, you'll receive our newsletter, which will help you:

- Understand asthma, its signs and treatment
- Learn about different asthma medicines, including the importance of long-term control medicines to help prevent asthma flare up
- Understand how to live a healthier life by avoiding personal triggers

### **You are enrolled**

The Asthma Management program for children is available to all members under age 18 who have been diagnosed with asthma. We have enrolled your child in this program based on our records.

If you have questions about this program, if you feel you have been sent this information in error, or if you don't want to receive more information about asthma, please call BCN's Disease Management department at 800-392-4247. The department is staffed by registered nurses who are available from 8:30 a.m. to 5 p.m. Monday through Friday (except holidays).

## What is asthma?

Asthma is a chronic inflammatory disease of the lungs and airways that affects more than 15 million Americans. When inflammation and swelling of the airways happen, it is difficult for air to get in and out of the lungs. Dust, pollen, tobacco smoke, animal dander and exercise are some examples of things, called triggers, that can cause asthma to flare up.

### **Asthma can be controlled**

When your child has asthma, there are things you can do to help your child breathe better. Talk to your child's primary care physician about:

- Avoiding personal asthma triggers
- Creating a personal asthma management plan (see below)
- Having your child take asthma medicines, especially long-term control medicine to help prevent symptoms
- The warning signs that your child's asthma is getting worse
- Getting a flu shot for your child every year

If not managed properly, asthma can have serious, even life-threatening, effects on your child's health. For more information about asthma, refer to the educational booklet included with this packet.

# Your child is covered for durable medical equipment

BCN covers durable medical equipment for asthma, as prescribed by your child's primary care physician, that include:

- **Peak flow meter.** A peak flow meter measures how easily air flows out of the lungs.
- **Spacer.** A spacer is used with an inhaler to make it easier to breathe in the full dose of medicine.
- **Nebulizer.** A nebulizer turns liquid asthma medicine into a fine mist. The mist is breathed through a mask or mouthpiece. Nebulizers are usually used by children who can't use an inhaler.

Copayments and deductibles may apply, so refer to your schedule of benefits; BlueCaid members do not have copays.

## Using an asthma management plan

When it comes to managing your child's asthma, be ready by having the things you need. These include your child's asthma management plan, medicines and other equipment like a peak flow meter, inhaler or nebulizer. An asthma management plan is a guide that helps you and your child decide which asthma medicine to take, when to take it and when to get medical help for your child's asthma. **Green, yellow** and **red** zones are part of a written asthma management plan.

In this packet, there is an asthma management plan. If your child does not have an asthma management plan, take this plan to your child's physician to fill out. Share a copy with your child's school and anyone else who might care for your child. Be sure to talk to your child's physician about what to do in an emergency.



# Protecting your child: well-child visits and immunizations

Because your child has asthma, it is even more important that your child receive proper preventive care to help him or her stay healthy. We cover well-child and teen visits as well as the recommended schedule of immunizations. Refer to the chart included in the asthma management program packet to make sure your child is up-to-date.

## Get your child an annual flu shot

Influenza, or flu, can be a serious threat to children with a chronic disease. That's because the flu virus infects the lungs, which can lead to pneumonia.

Not only is it important for your child to get the flu shot every fall, but it's also good for members in your home and caregivers who come in contact with your child to get vaccinated.

Annual flu shots are covered for members. Pneumonia shots, when advised by your doctor, are also covered. Check with your doctor to see if the pneumonia shot is right for your child.

For more information, visit the Centers for Disease Control and Prevention Web site at [cdc.gov/nip](http://cdc.gov/nip).\*

\*BCN does not control this Web site and is not responsible for its content.

Talk to your child's primary care physician if you're not sure whether the flu shot is right for your child. Before your child gets the shot, let the doctor know if your child has ever had a serious allergic reaction to eggs or to a previous dose of the flu vaccine.

Common symptoms of the flu include:

- Fever
- Cough
- Sore throat
- Headache
- Chills
- Muscle aches

## Well-visits and immunizations your child needs

These health guidelines are recommended for healthy children. The guidelines come from national medical organizations and current medical information.

Blue Care Network's guidelines are a resource for physicians and may not always apply to every individual. Please discuss questions you have about your child's health care with your child's primary care physician. Your child's primary care physician may recommend a different schedule based on your child's needs.

# Guidelines to good health for children

Use this chart as a guide to help schedule your child's checkups.

What	Age	
Well-child exam	<b>0 – 15 months</b> <b>16 months – 5 years</b> <b>6 – 12 years</b> <b>13 – 17 years</b>	9 visits including initial visit 5 visits 5 visits Every year
Polio	<b>2 months</b> <b>4 months</b> <b>6 – 18 months</b> <b>4 – 6 years</b>	1st dose 2nd dose 3rd dose 4th dose
DTaP ( <i>diphtheria, tetanus and acellular pertussis</i> )	<b>2, 4 and 6 months</b> <b>15 – 18 months</b> <b>4 – 6 years</b>	1st , 2nd, 3rd doses 4th dose 5th dose
Tdap	<b>11 – 12 years</b>	Then Td booster every 10 years
HiB	<b>2, 4 and 6 months</b> <b>12 – 15 months</b>	1st, 2nd, 3rd doses 4th dose
Hepatitis A	<b>12 months</b> <b>18 months</b>	1st dose 2nd dose
Hepatitis B	<b>At birth</b> <b>1 – 4 months</b> <b>6 – 18 months</b>	1st dose 2nd dose 3rd dose
HPV	<b>11-12 years</b>	3 doses for females
Pneumococcal conjugate	<b>2, 4 and 6 months</b> <b>12 – 15 months</b>	1st, 2nd, 3rd dose 4th dose
MMR ( <i>measles, mumps and rubella</i> )	<b>12 – 15 months</b> <b>4 – 6 years</b>	1st dose 2nd dose
Meningococcal (meningitis)	<b>11 – 12 years</b>	1st dose
Rotavirus	<b>2, 4, 6 months</b>	1st, 2nd, 3rd dose
Varicella ( <i>chickenpox</i> )	<b>12 – 18 months</b>	1st dose
Influenza	<b>6 months – 5 years</b>  <b>5 and older</b>	1st dose, then every year  Every year if child has a chronic condition

If your child has missed any shots, check with your child's doctor about catch-up immunizations. For most up-to-date schedule, see [MIBCN.com/guidelines](http://MIBCN.com/guidelines).

# Your rights and responsibilities

As a member in our programs, you have rights and responsibilities. A right is what you can expect from us. A responsibility is what we can expect from you.

## You have the right to:

- Quit the program at any time by calling Disease Management.
- Get the name of the program manager so you can get more information, ask questions or ask for a change in the way the program works.
- Talk to your doctor or to us about the care you should get.
- Get information you can understand.
- Get information about our programs and services, their staff qualifications and contracts.
- Work with us to help make your health care decisions.
- Tell us about any problems or complaints you have using our Grievance Program.
- Be treated with respect.
- Ask us to act as your patient advocate.
- Know that we respect your health care privacy and we follow state and federal rules about your privacy.

## You have the responsibility to:

- Tell us if you don't want to be in our program.
- Follow your doctor's advice about your care.
- Talk to your doctor honestly about your health so you can be cared for in the right way.

We do not advertise, market or promote specific products or services to members or doctors when discussing your health problems with you or your doctor or in any of our program materials. We do not have any financial ownership arrangements with other entities engaged in advertising, marketing or providing good and services.

### Your right to privacy

Privacy is important to us. We want you to know that we follow special rules to be sure your information is kept private. You may call Customer Service to get a copy of our privacy notice or view it on the Web:

BCN and BCN Service Company members go to **MiBCN.com**.  
BlueCaid members go to **MiBCN.com/BlueCaid**.



## Working with your doctor

Our programs work with you and your doctor. We send your doctor information about national standards of care to help treat you. It's important that you make and keep appointments with your doctor and ask questions about your care. Your doctor is your health partner.

# BlueHealthConnection®: Your connection to care

Our BlueHealthConnection programs help you stay healthy, get better or improve your life while living with an illness or injury. Our programs give you the information, tools and help you'll need to make good health choices. We offer:

## **Health education message line**

800-637-2972

800-257-9980 (TTY)

24 hours a day, seven days a week

## **Disease Management programs**

800-392-4247

800-257-9980 (TTY)

8:30 a.m. to 5 pm. Monday through Friday

Our comprehensive programs, designed in partnership with doctors, can help you manage diseases like depression, diabetes, heart disease and more.

## **Care Management**

Case managers provide one-on-one education and counseling, as well as arrange care for you if you have a serious medical need. Your doctor will sign you up for this program. For more information, call Customer Service.

## **Quit the Nic smoking cessation program**

800-811-1764

800-240-3050 (TTY)

24 hours a day, seven days a week

## **Health information online**


BCN and BCN Service Company members: **MiBCN.com**

*(Online services are not a BlueCaid benefit.)*

BlueHealthConnection offers members medical and fitness information. Registered members can get personalized information and other custom features:

- Take a free BlueHealthConnection health risk appraisal to receive a personalized health status report. You can also sign up for an online health coach.
- Access personal health quizzes, assessment tools, tracking logs, body mass index and target heart rate calculators.
- Search an online health information encyclopedia and drug guide.
- Use Healthcare Advisor™ to research a condition and learn about cost treatment options. You can also compare hospitals using criteria that matter to you.

Review this card with your primary care physician.



## Checkups

Has your child had the following screenings, exams and shots within the last year?

- Asthma Action Plan update
- Review quick-relief medicine
- Review long-term control medicine
- PFT (pulmonary function test)
- Flu shot

These are general suggestions. Check with your child's primary care physician about how often your child needs these services.

### Know your asthma

Symptoms:

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Triggers:

Vaccines	DATE	DATE	DATE	DATE
Flu shot (once a year)				

Medicine/how often	Dose
Quick-relief	
Long-term/control	

### Allergies