

SimplyWell

Wellness tips and encouragement from Hally® health.

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And much more.

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Benefits and coverage may vary from plan to plan. Please review your plan documents or call the number on the back of your health plan ID card for specifics.

Hally Health

A New Year's Resolution for Your Family's Health



It's hard to believe, but 2023 is just around the corner. This New Year's, make a resolution to focus your family on eating healthy and nutritious meals and snacks. Here are some great tips, from the Academy of Nutrition and Dietetics.

- Do you have kids or grandkids? Lead by example and model healthy eating habits.
- Provide support and encouragement for picking nutritious choices.
- With kids and teens, remember to focus on health and wellness – not on weight.
- When cooking, get the whole family involved! Check out hally.com/category/food-cooking for healthy, kid-friendly recipes everyone can make together.
- Shop together too – take the family to the grocery store, and let everyone pick their favorite healthy foods!
- Mix it up. Throughout the day and week, eat a wide variety of nutrient-rich foods. “Healthy” doesn't have to be boring – or the same thing every day!
- Each day, start the family off right with a healthful breakfast. One yummy option? Try oatmeal mixed with fruit, nuts and low-fat milk (or yogurt).
- Kids or grandkids at school? Encourage them to pick healthy, balanced options – or pack a brown-bag lunch together!
- Gather everyone to eat dinner together as often as possible.
- Encourage everyone to portion their plates half-full of fruits and veggies, a quarter-full of grains and a quarter-full of healthy protein, along with a serving of low-fat or fat-free dairy (or a calcium-fortified alternative).
- If you want expert help and guidance on food choices, reach out to a registered dietitian nutritionist. They can help set goals – and find options – perfect for your one-of-a-kind family.
- If this all seems overwhelming, start small. Pick easy goals at first – like adding fruits and veggies to your meals – and build more (and bigger) goals over time.
- Finally, stay positive! There's no single blueprint for the “perfect” set of meals or foods. The key thing is simply trying your best to have your family eat healthy, nutritious food as much as possible.

Discover a wealth of resources – for healthy eating and [much more](#).

At Hally® health, we treat all our members and plan participants as true partners in health and wellness. That means you can count on us to help you and your family improve your overall well-being. We've created hally.com as a one-of-a-kind site for you to get resources, tips, tools and more for the health of both body and mind. Check it out today – and often – for the latest resources for the entire family, and make 2023 a year of renewed wellness!

Four Key Questions to Ask Before Leaving the Hospital

Being discharged from the hospital can be overwhelming. Make sure you and your loved ones have clear answers to these four questions before you head home.

1. Why was I here in the first place?

Knowing what brought you to the hospital can help you avoid coming back again for the same issue. Ask if there are preventive steps you can take to stay healthy, or signs and symptoms to look out for – and act on – early before issues might worsen. Have your loved ones listen too, and ask how they can help provide support.

2. Do I need extra care after I leave?

Your first few weeks at home might be difficult – but knowing your needs can help you properly plan for them. Ask your hospital care team questions such as:

- Can I use the bathroom on my own?
- Will I be able to dress myself?
- Can I eat normally – or are there restrictions or things I should avoid?
- Do I have any new equipment or devices I need to learn how to use?

3. Am I taking any new medicine?

Ask if you've been prescribed any new medications, and make sure your care team tells you (for each new drug):

- What the medicine is for and how it works.
- Exactly how and when to take it.
- Any possible side effects.
- How (and where) to pick up your supply.

4. What about follow-up appointments?

Ask when – and where – your next appointment is, and what you'll need to do to prepare for it. Get the contact information for the location of the follow-up appointment, and also ask for the names and numbers of the doctors who treated you at the hospital. Get two copies of your discharge paperwork – one to keep in your records, and one to bring with you to your follow-up appointment.

We can help.

Most of our health plans offer individual support to help you transition home, at no extra cost to you. Our Care Transitions Intervention (CTI) team can go over your discharge paperwork with you, review your medications (and get you help from a pharmacist, if needed), help you plan your next steps and more. Call the number on the back of your health plan ID card to connect with the CTI team before you leave the hospital. The team might also call you, if you haven't reached out, once you're settled in at home.



Doctor's Orders

Prevent flu this winter.

The flu – it might be common, but it can cause very serious illness. Protect yourself and others this winter – here's what to know and do, according to the Centers for Disease Control and Prevention (CDC).

Get the flu vaccine.

- You need the flu vaccine every year. According to the CDC, this is the most important step you can take to protect against the flu.
- Each year's flu vaccines are designed to protect against the specific flu viruses that'll be most common that particular year. That's why you need one again even if you got yours last year.
- The CDC recommends that everyone six months and older should get a yearly flu vaccine, with only rare exceptions.
- If you're at higher risk of getting seriously sick from the flu, the vaccine is especially important. Those at higher risk of serious sickness include young children, those 65 and older, pregnant people, and those with certain chronic health conditions like asthma, diabetes, heart disease and lung disease.
- Vaccination not only helps protect you – it also helps you not spread the flu to others. So if someone in your life is at higher risk for serious sickness – or if you work in healthcare, a long-term care facility for older adults, a daycare or school, or a similar setting – it's key you get your shot to protect those you see often.
- Infants younger than six months are at higher risk of serious sickness from the flu – but since they're too young to get the vaccine themselves, their caregivers need to get the shot.

Take everyday steps to help prevent flu's spread.

- Wash your hands often.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Avoid close contact with people who are sick. If you're sick, limit your contact with others.
- Clean and disinfect any surfaces and objects that may be contaminated with flu viruses.
- Avoid touching your eyes, nose and mouth.

If you get the flu, your doctor might prescribe antiviral drugs. These can help treat your illness, make your symptoms milder and shorten the time you feel sick. For those at higher risk of serious illness from the flu, these antiviral drugs can mean the difference between mild vs. serious sickness, and perhaps even prevent hospitalization. You always need a doctor's prescription for these medications, since they're not available over the counter. And an important note: antibiotics do not help against the flu.

If you have any questions whatsoever – about the flu, prevention, treatment or anything else that comes to mind – always reach out to your doctor. They'll have the expert knowledge and answers you need. This winter, vow to take action against the flu. Stay in the know, get your yearly shot, and help keep you and your loved ones safe and protected.

For information on coverage and costs (if applicable) for the flu vaccine, please see your health plan documents or call the number on the back of your health plan ID card.



Right Care, Right Place

Know where to go for care.

When you need a healthcare service, where should you go? Should you call your primary care provider? Visit the hospital or urgent care clinic? It all depends, based on what your illness, injury or need is; how severe it is; how soon you need care; your location; and more. Use this guide to help – and cut it out and put it on your fridge for easy reference.



Where to Go	When to Go	Typical Costs	Appointment Needed?
Primary Care Provider (PCP)	Non-emergency care. Physicals and wellness checks, vaccines, routine care and illness. Available in person and (often) by phone/video.	\$-\$\$	Yes. Available during usual business hours. Same-day often available.
Virtual Visits*	Non-emergency care. Illness, injury, behavioral health and more. Available from home or anywhere, by phone or video through hally.com.*	\$ Free with some plans.	No. Available 24/7, 365. Wait Time: ~15 mins.
Urgent Care Clinic	Non-emergency care. Illnesses and injuries that need care right away. Available in person.	\$-\$\$	No. Available for extended hours. Often open seven days a week.
Emergency Department	Emergency care. Immediate treatment for serious or life-threatening illnesses, injuries and issues.	\$\$\$\$	No. Available 24/7, 365. Potentially longer wait times.

For coverage information – or if you have any questions – call the number on the back of your health plan ID card. **And remember, always call 911 right away if you have a life-threatening medical or mental health emergency.**

Have you tried out virtual visits?*

Getting expert, trusted help for your physical, emotional and behavioral health needs has never been easier. Many plans offer **virtual visits**, which let you connect with board certified doctors and psychiatrists, as well as licensed therapists, by phone or secure video 24 hours a day, 365 days a year – all through your phone, tablet or computer.

Physical Health Needs – Get help for your allergies, insect bites, rashes, cold and flu

symptoms, ear problems, pink eye, nausea, vomiting, diarrhea and many other common conditions.

Emotional and Behavioral Health Needs – Get help for anxiety, stress, depression, grief, PTSD, trauma, bipolar disorder, addictions and substance issues, and more.

Easily set up a virtual visit online from hally.com.* Simply log in and get started today.

**Virtual visits aren't available on all plans. Also, some plans feature virtual visits through a source other than hally.com. To see if virtual visits are available on your plan (and to see if they're offered through hally.com), please see your health plan documents or call the number on the back of your health plan ID card.*

For more information about virtual visits, or help getting started, call the number on the back of your health plan ID card.

Virtual care isn't meant to treat all medical conditions – please remember to always visit the emergency department or call 911 for emergencies.

You'll need to have an online member account (for your health plan) before you're able to access virtual visits. If you haven't already created an account, visit login.hally.com.

For more specific details and information about coverage and costs for our virtual offerings, please see your health plan documents or call the number on the back of your health plan ID card.



Cut here!

Announcing Our New and Improved Member Account and Mobile App



We're excited to announce that we're launching a brand-new Hally® member account – along with a new and improved mobile app – in February 2023. Your member experience is about to get even better!

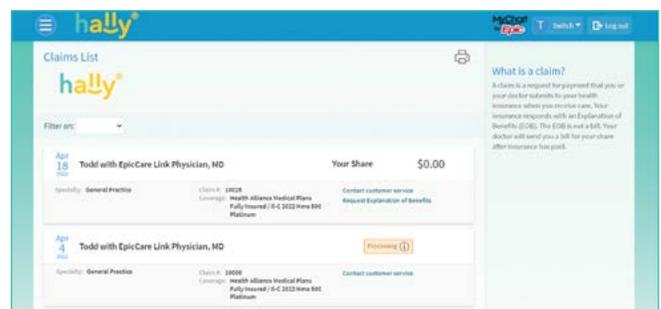
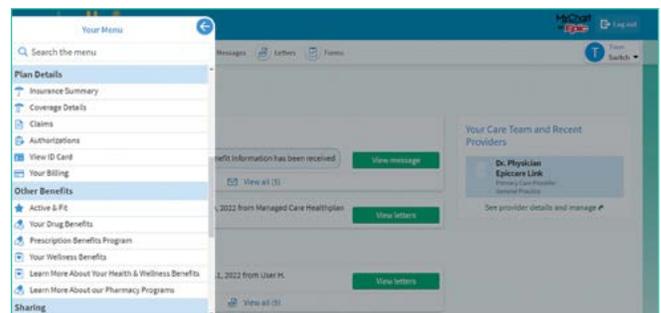
Why are we launching a new member account and member mobile app?

- It'll help us **give you a better member experience**. There'll be a new look, enhanced speed and download times, and much more!
- It'll help us **work more closely with your doctors, hospitals and clinics – resulting in better service and streamlined care for you.**
- It'll give you **more seamless and direct access to all your healthcare needs within one single app**. If your doctors or hospitals are already using MyChart, you can have easy access to both your medical records and your health plan data, all within a single app.
- Just as you do now on the current Hally app and on hally.com, **you'll get the same secure, instant access to your health plan's coverage, plan materials, directories and payment options – and to your claims, authorizations and Explanations of Benefits.**

- It'll also **keep you seamlessly connected to all the Hally health resources, programs, perks and offerings you've come to know and love!**

What's the timeline?

- Launching in **February 2023**.
- We'll keep sharing more about the new member account and mobile app – and how they'll make your experience much smoother – as February approaches.





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Let's cook
something
delish!

BBQ Meatballs

Ingredients

- Nonstick cooking spray
- 20 oz lean ground turkey
- 1 egg
- ½ cup old fashioned rolled oats
- 1 clove garlic (minced or grated)
- 1 Tbsp Dijon mustard
- 1 tsp hot sauce
- 1 tsp steak seasoning (salt-free)
- ½ tsp black pepper

Sauce

- ¼ cup barbecue sauce (reduced-sugar)
- ¼ cup whole berry cranberry sauce
- ¼ cup low sodium chicken broth (fat-free, low-sodium)
- 1 Tbsp hot sauce (optional)

**Serving Size: 5 meatballs
5 servings**

Directions

1. Preheat the oven to 400 degrees F. Coat a baking sheet with cooking spray. Set aside.
2. In a large bowl, mix together the turkey, egg, oats, garlic, mustard, hot sauce, steak seasoning and black pepper. Mix well.
3. Scoop meatballs the size of a heaping tablespoon on to the baking sheet, setting them side by side so they are touching, to make 25 meatballs. Spray the tops of the meatballs with cooking spray and bake for 20 minutes or until the internal temperature is 165 degrees F.
4. While the meatballs are baking, whisk together the BBQ sauce, cranberry sauce, chicken broth and hot sauce (optional). Bring to a boil. Reduce heat and simmer until thickened.
5. When the meatballs are done, toss them in the BBQ sauce to coat.

Find more delicious recipes at hally.com/category/food-cooking. Yum!

Nutrition facts: Calories: 270, Total fat: 10 g, Saturated fat: 3 g, Cholesterol: 125 mg, Sodium: 330 mg, Total Carbohydrate: 15 g, Fiber: 1 g, Total Sugars: 6 g, Protein: 25 g.

Source: <https://www.diabetesfoodhub.org/recipes/bbq-meatballs.html>

Photo may include foods and ingredients that aren't a part of this recipe or included in the nutrition analysis.



Help lower your risk of cancer.

Did you know that you can take steps to help lower your risk of some kinds of cancer? It's true! Here's what you need to know, according to the American Cancer Society®.

What Can Increase Your Risk of Cancer

Certain things people do – but have the power to change – can increase their risk of getting cancer. These include smoking, drinking alcohol, being overweight, eating unhealthily and getting too little exercise.

Behavior	Related Cancers
Smoking	Mouth and throat, larynx, lung, esophagus, pancreas, kidney, bladder, stomach, liver, cervix, leukemia and colorectal.
Drinking Alcohol	Colorectal, mouth and throat, larynx, stomach, esophagus, liver and breast.
Being Overweight	Colorectal, endometrial, esophagus, liver, stomach, kidney, brain, multiple myeloma, pancreas, gallbladder, ovary, breast and thyroid.
Eating Unhealthy Diet	Colorectal, stomach, breast, and mouth and throat.
Getting Too Little Exercise	Colon, breast, endometrial and kidney.

Take action – you have the power.

Although some might be more difficult than others, you can start taking steps today to help lower your risk of cancer.

- **Don't smoke (or use any tobacco products).** If you need help quitting, reach out to your doctor. And if you're a member of a Health Alliance™ administered plan, call the number on the back of your health plan ID card and ask if your plan includes Quit For Life® – a personalized program to help you quit. Visit hally.com/care to learn more.
- **It's best to avoid alcohol too.** But if you do drink, men shouldn't have more than two drinks a day, and women no more than one drink daily.
- **Try to get to – and stay at – a healthy weight.** Ask your doctor what a healthy number for you is, and reach out to them too if you need help losing weight.

- **Eat healthy – and stick with it.** Get plenty of colorful fruits and veggies, as well as whole grains. Limit or avoid red and processed meats, sugary foods and drinks, and highly processed foods.
- **Get moving.** Ask your doctor what type of exercise is best for you. Find something fun, and mix it up to keep it interesting. The key is to be – and stay – active.
- If you're a member of a Health Alliance administered plan, our health coaches can help you with healthy eating, fitness, weight management and more – at no extra cost to you! To sign up for health coaching, or to get more information, call the number on the back of your health plan ID card.

Cancer is scary – but you can take action to help lower your risk of getting at least some types. Talk with your doctor and set up your plan today. Your steps, and your lifestyle changes, can help make a difference.

Ages 40 to 44

You have the option of getting a mammogram every year.

Ages 45 to 54

Get a mammogram every year.

Age 55+

You can switch to a mammogram every other year OR choose to continue yearly mammograms.

Either way, keep getting mammograms as long as you're in good health and expected to live at least 10 more years.

Catch breast cancer early.

Screening Recommendations from the American Cancer Society*

*For Women at Average Risk of Breast Cancer

Always talk with your doctor to see what they recommend for your specific situation.

For information on coverage and costs (if applicable) for mammograms, please see your health plan documents or call the number on the back of your health plan ID card.

Diabetes 101

Your Care Schedule

Managing diabetes can be complicated – there’s quite a lot to remember and do. We’re here to help. Use this care schedule from the CDC to stay on track with your self-checks, exams and appointments all year long.

CARE SCHEDULE

Every Day

- **Blood Sugar:** Check up to several times daily as directed by your doctor. Keep a record of your numbers so you can share them with your care team.
- **Foot Check:** Use a mirror – or the help of a loved one – to see the bottom of your feet. Call your doctor immediately if you have any cuts, sores, blisters, calluses, corns, redness, swelling, or changes to the skin or nails.
- **Medicines:** Take your meds – and the correct amount – even when you feel good.
- **Eat healthy and get your daily exercise.**

Every Three Months

- **A1C Test:** Get this important test every three months if your treatment has changed or if you’re having trouble meeting your blood sugar goals.
- **Doctor Visit:** See your doctor every three months if you’re struggling to meet your treatment goals. They’ll review your self-care plan and medicines, and check your blood pressure and weight. Ask to have your feet checked too if you’ve ever had diabetes-related foot issues.

Every Six Months

- **A1C Test:** Get this test every six months if you’re meeting your treatment and blood sugar goals.
- **Doctor Visit:** See your doctor every six months if you’re meeting your treatment goals. They’ll check your blood pressure and weight, and review your self-care plan and medicines. Also ask to have your feet checked if you’ve ever had issues.
- **Dental Exam:** Get your teeth and gums cleaned – and let your dentist know you have diabetes.

Every Year

- **Kidney Tests.**
- **Cholesterol Test.**
- **Dilated Eye Exam:** If you have diabetes-related eye issues, you might need exams more often.
- **Complete Foot Check:** You may need this more often if you’ve ever had diabetes-related foot issues.
- **Hearing Check.**
- **Flu Shot.**

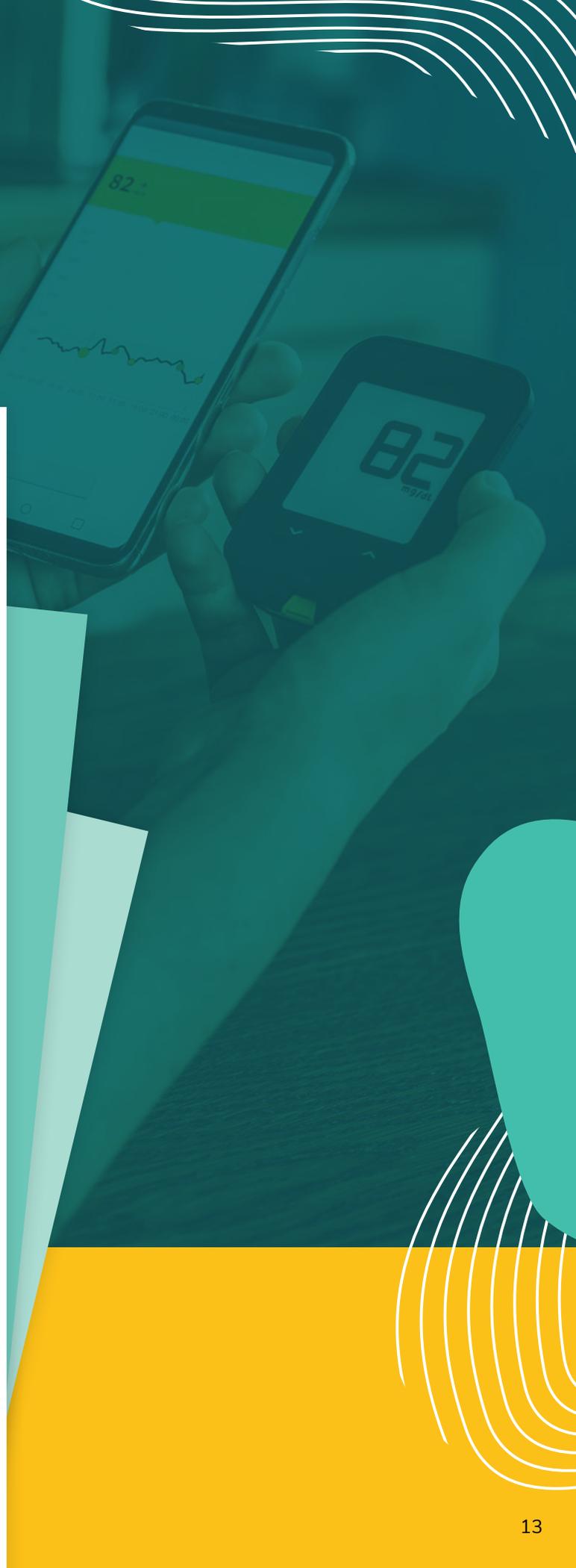


Only Once

- **Pneumonia Shot:** Ask your doctor for more information on timing and how many doses you'll need.
- **Hepatitis B Shot:** If you're 60 or younger, make sure you've had your shot. Over 60? Ask your doctor what's best.

Finally, always make sure to call your doctor immediately if you notice new health issues or symptoms, or if existing issues or symptoms worsen. Your doctor is always there to help you – not just during routine visits and exams.

For information on coverage and costs (if applicable) for specific exams, tests, vaccines and healthcare appointments, please see your health plan documents or call the number on the back of your health plan ID card.



Low Back Pain: Know the different types.



Did you know that back pain is the third leading cause of healthcare visits? In fact, over 40 million people in the U.S. alone are living with chronic low back pain. However, before your doctor can get you the treatment you need, they – and you – need to know about the different types of back pain and what’s best for each. Here’s some key information.

- There are two main types of low back pain: **mechanical back pain** and **inflammatory back pain**.
- **Mechanical back pain** is very common. It’s when something’s wrong with how the mechanics of your spine, discs, nerves and back muscles are working together. It’s often caused by an injury, pinched nerves, poor posture or simple aging. For many people with mechanical back pain, rest, physical therapy and similar treatments may largely take care of the problem.
- **Inflammatory back pain** is different – it’s a problem of the immune system. People with inflammatory back pain may have axial spondyloarthritis (axSpA) – a type of arthritis that causes pain and swelling in the spine and joints.
- **Recognizing the type of back pain you have is key – before your doctor prescribes medications or orders certain imaging, tests or procedures.** Many of these may be unnecessary for many types of mechanical back pain.
- Unnecessary imaging, tests and procedures cost money – and can even, at times, **cause harm.**
- **Opioid medications should be prescribed only when completely necessary and weighed against all their potential harms.**

Here’s a simple screening tool your doctor can use to help recognize back pain that’s inflammatory. They can use this if you’ve had back pain for more than three months. If at least four of the five questions are answered “yes,” you might have inflammatory back pain.

Did the back pain start before the age of 40?	Yes	No
Did the back pain develop gradually?	Yes	No
Does the back pain improve with exercise?	Yes	No
Does the back pain NOT improve with rest?	Yes	No
Does the back pain occur at night and improve after getting up?	Yes	No

With this tool – combined with their own medical knowledge and expertise – your doctor can determine whether your back pain is inflammatory, or whether it’s simply mechanical. Both can be helped, but the treatments for each are quite different. Getting you the relief you need – without taking on additional risks or undergoing unnecessary procedures – depends a great deal on first knowing what type of low back pain you have.

Note: The information in this article comes from the resource, “Importance of Evaluating Patients for Inflammatory Back Pain,” created by UCB.

Pharmacy Corner

What to Know About Statins

Statins are medicines that help fight high cholesterol. Here's some key information to know about these important drugs.

The Basics

High cholesterol can increase your risk of heart disease and cause heart attacks and strokes. Statins can help lower cholesterol – and therefore are a tool in preventing heart attacks, strokes and more. How do these drugs work? Basically, most of the cholesterol in your blood is made by your liver. Statins reduce the amount of cholesterol your liver makes and also help this organ remove cholesterol that's already in your blood.

Should you consider taking statins?

Ask your doctor if they think statins might be right for you if you:

- Have a history of cardiovascular disease.
- Are at risk of developing cardiovascular disease.
- Have an LDL-cholesterol level greater than 190 mg/dL.
- Are age 40 – 75 and have diabetes.

Statins can be especially beneficial for adults with diabetes. Why? According to the American Diabetes Association, cardiovascular disease is the leading cause of death in people with diabetes. Statins can help fight this.

Common Side Effects

Some people do experience side effects from statins. According to Mayo Clinic, these can include headaches, nausea, muscle and joint aches, and – rarely – more serious issues. Some side effects go away once your body adjusts to the medicine. Pregnant people and those with liver disease shouldn't take these drugs.



Talk to Your Doctor

Like with all medications, there are pros and cons. Talking with your doctor is key before deciding whether to start statins. Ask them about:

- Your individual risk for cardiovascular disease, heart attack and stroke.
- Weighing the benefits of statins vs. the possible side effects.
- What to do if you start taking the drugs and begin to feel side effects.
- Other options – vs. the standard statin treatment – that could help you lower your cholesterol and lessen your risk of cardiovascular disease. Sometimes different statins (there are multiple types), different doses or different dosing techniques (like alternate-day dosing) work better for certain people or help against side effects. And there are other medications – and even lifestyle changes – that can help lower cholesterol too.

If you do start taking statins, make sure you take them as often as your doctor prescribes. You'll need to keep taking them long term. Too many people stop using their statins when they see their cholesterol levels improve – but you need to keep taking them so your cholesterol levels stay at these lower numbers. Never stop using the medicine without talking to your doctor.

If you have any other questions, ask your doctor. Statins can be a lifesaving tool against high cholesterol and heart disease.

Medication Home Delivery

We've partnered with OptumRx® to offer home delivery anywhere in the U.S.*

- Potentially pay less for your medication when you get a three-month supply through OptumRx. See your plan benefits for details.
- Get free standard shipping on medications delivered straight to your door.
- Request a signature confirmation for delivery or have your medications sent to one of 30,000 secure FedEx or UPS locations across the nation.
- Request a free Deterra® bag to dispose of your unwanted medications (and to help prevent misuse).

Three Easy Ways to Sign Up

e-Prescribe

Your doctor must send an electronic prescription to OptumRx.

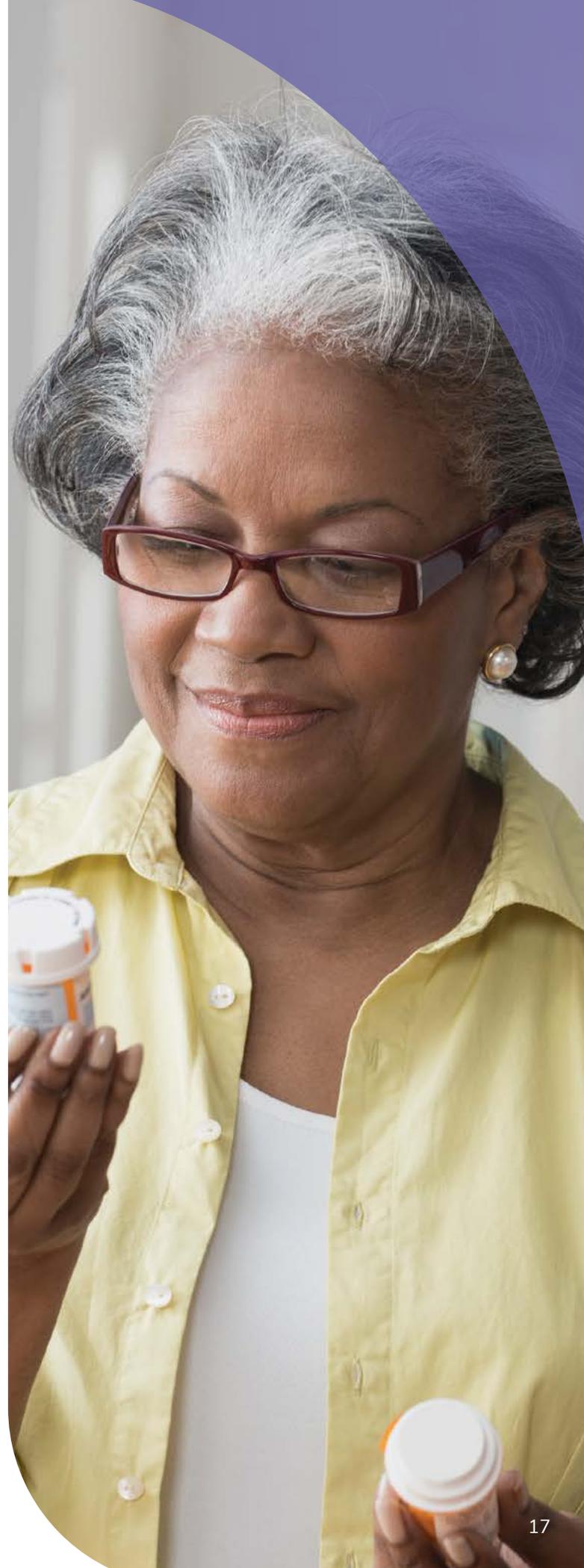
Online

Visit OptumRx.com or use the OptumRx app.

Phone

Call the OptumRx toll-free number on the back of your health plan ID card.

*Not all groups have access to OptumRx. Call the number on the back of your health plan ID card to verify.



Quick Facts About COPD

Millions of Americans live with COPD. Here's what you need to know about this common disease, according to the CDC.

The Basics

COPD stands for chronic obstructive pulmonary disease, and it actually refers to a group of different diseases that cause airflow blockage and breathing problems. COPD includes emphysema and chronic bronchitis. Some common symptoms are:

- Frequent coughing or wheezing.
- Excess phlegm, mucus or sputum.
- Shortness of breath.
- Difficulty taking deep breaths.

Risk Factors

Over 15 million Americans have been diagnosed with COPD – and many more likely have it. Some of the things that put you at greater risk for the disease include:

- Smoking.
- History of asthma.
- Long-term exposure to dust, fumes, chemicals, secondhand smoke and other air pollutants.
- Genetic factors.

How is it diagnosed?

If you're experiencing any of the listed symptoms, a simple test can determine if you have COPD. It's called spirometry, and it tests how well your lungs are working – by measuring how much air you breathe out and how fast you can blow it outward. You can ask your doctor to set up this test for you.

Treatment

Unfortunately, there's no cure for COPD – but there are proven treatments that can help you manage your symptoms and improve

your quality of life. There are multiple options – and the best type of treatment is different for everyone – so you'll need to talk with your doctor and see what they recommend. The most common treatments include:

- Medication (such as inhalers) to help with coughing and wheezing.
- Pulmonary rehabilitation – a personalized treatment program that teaches you COPD management strategies to improve your quality of life.
- Physical activity training.
- Oxygen treatment.



If you smoke, quitting is key. So is avoiding secondhand smoke and other air pollutants. You should also take extra steps to avoid lung infections (like pneumonia and the flu), which can cause serious problems for people with COPD.

Most importantly, talk with your doctor about what's best for you and your health. Together you'll come up with a plan to help you manage your COPD, breathe better and have the best possible quality of life.

EXHALE – A Great CDC Tool to Help People with Asthma

If you or a loved one has asthma, there's a lot you can do to help manage the condition. Of course, your doctor is always there for you, but you can also help yourself by following good self-management practices. To help you along the way, the CDC created EXHALE – a set of six strategies for people with asthma. Visit [cdc.gov/asthma/exhale](https://www.cdc.gov/asthma/exhale) for the full information, but here are the key parts to know.



- **Education.** Educate yourself on how to best manage your asthma. Learn how to recognize and avoid your triggers, properly use your medications, manage your symptoms and more. Your doctor is your go-to person for the information and guidance you need.

- **X-tinguishing.** Extinguish smoking and your exposure to secondhand smoke. Cigarette smoke can trigger serious asthma attacks that can even lead to hospitalization. If you need help quitting, reach out to your doctor. And if you're a member of a Health Alliance administered plan, call the number on the back of your health plan ID card and ask if your plan includes Quit For Life – a personalized program to help you quit. Visit hally.com/care to learn more.

- **Home.** Remove common asthma triggers from your home – such as dust mites; mold; cockroaches and other pests; certain household cleaners, disinfectants, chemicals and fragrances; and (unfortunately) furry pets.

- **Achievement.** Achieve best-possible management of your asthma medications. Follow all instructions and use them correctly. Take them as often as you should. If you're confused or have questions about any of your meds, ask your doctor.

- **Linkages.** Link together all the care and resources you need to manage your asthma. If you have multiple doctors or members of your care team, make sure they're all talking to one another. Also make sure you have everything you need for your care wherever you go – at home, at work (or school), when traveling, when exercising and wherever your daily life takes you.

- **Environmental.** In addition to removing common triggers from the home, make sure you avoid triggers (as much as possible) at work, outdoors and in the places you visit. On the job, make sure your workspace is trigger-free and has proper air flow. Open or close windows or doors if needed. Outside, avoid campfires and places with lots of pollen. Check air-quality forecasts online to plan activities for when pollution levels are low. And when you're out and about at restaurants, sporting venues or bars, avoid places that still allow people to smoke.

You can't control everything in your environment – and daily life will always throw you curveballs – but by taking the steps described in this article, you can begin to get better control over your asthma. Better breathing awaits when you plan to EXHALE.



3310 Fields South Dr.
Champaign, IL 61822

Want to Make a Difference?

We are looking for members who are comfortable sharing their perspectives and feedback on how we, as a health plan, can improve for the greater good of our plan participant's. If you are interested in learning more, please email Gregg.Mottola@healthalliance.org. Meetings are typically held on a quarterly basis, so you would be asked to share your perspective three to four times a year. As always, our goal is to represent our plan participant's diverse geographic, cultural and medical backgrounds.

Benefits and coverage may vary from plan to plan. Please review your plan documents or call the number on the back of your health plan ID card for specifics.