

Asthma



Asthma is a disease that affects your lungs. Asthma can cause repeated episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing. Your doctor can help you learn how to manage your asthma.¹

Asthma in adults

Asthma is a disease that affects the lungs. In most cases, we don't know:

- What causes asthma
- How to cure asthma

If you have asthma, you can control it by:²

- Knowing the warning signs of an attack
- Staying away from things that trigger an attack
- Following your doctor's advice about your asthma

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Asthma in children

Asthma is one of the most common long-term diseases of children, according to the Centers for Disease Control and Prevention (CDC).³ A child who has asthma has asthma all the time. A child only will have an asthma attack when something bothers his or her lungs.

If you think your child has asthma, talk to your doctor. Your doctor may prescribe an inhaler for your child to use when he or she has an asthma attack.

Check out this video from the CDC about **how to use an asthma inhaler**.

Your doctor also can help you identify and learn how to address your child's asthma triggers.

Asthma triggers⁴

If you have asthma, many things indoors can cause an asthma attack. You spend most of your time indoors, according to the U.S. Environmental Protection Agency. Indoor allergens and irritants can make asthma worse and/or trigger asthma:

- Symptoms
- Episodes
- Attacks

If you have asthma, you may react to one or more triggers. Some common triggers include:

- **Chemical irritants**
- **Cockroaches and pests**
- **Dust mites**
- **Molds**
- **Nitrogen dioxide**
- **Outdoor air pollution**
- **Pets**
- **Secondhand smoke**
- **Wood smoke**

Talk to your doctor about:

- Your triggers
- A potential treatment plan
- How to reduce exposure to asthma triggers

Asthma action plan

If you have asthma, ask your doctor about helping you with an asthma action plan. An asthma action plan encourages self-management of asthma and includes:

- A list of asthma triggers
- Emergency telephone numbers
- Information about how to avoid asthma triggers
- Instructions for taking asthma medicine
- Information on what to do during an asthma episode
- Instructions on when to call a doctor

Sources

1. "Asthma," Centers for Disease Control and Prevention, last accessed January 21, 2021, <https://www.cdc.gov/asthma/>.
2. "Learn How to Control Asthma," Centers for Disease Control and Prevention, last accessed January 21, 2021, <https://www.cdc.gov/asthma/faqs.htm>.
3. "Learn How to Control Asthma: Parents," Centers for Disease Control and Prevention, last accessed January 21, 2021, <https://www.cdc.gov/asthma/parents.html>.
4. "Asthma Triggers: Gain Control," U.S Environmental Protection Agency, last accessed October 19, 2021, <https://www.epa.gov/asthma/asthma-triggers-gain-control>.

Call If You Need Us

If you have questions or need help reading or understanding this document, call us at **800-480-1825 (TTY: 711)**. We are available Monday through Friday, from 8 a.m. to 8 p.m., Eastern time. We can help you at no cost to you. We can explain the document in English or in your first language. We can also help you if you need help seeing or hearing. Please refer to your Member Handbook regarding your rights.

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- You may file a complaint, also known as a grievance:
Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618.
If you need help filing a grievance, call **800-480-1825** or if you use a **TTY**, call **711**.
- You can also file a civil rights complaint with the
U.S. Department of Health and Human Services, Office for Civil Rights
electronically through their Complaint Portal, available at
<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **800-368-1019**, **800-537-7697 (TDD)**. Complaint forms are available at <https://www.hhs.gov/ocr/office/file/index.html>.

Auxiliary aids and services, free of charge, are available to you. **800-480-1825 (TTY: 711)**

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

Humana Healthy Horizons is a Medicaid Product offered by affiliates of Humana Inc.

Language assistance services, free of charge, are available to you.
800-480-1825 (TTY: 711)

English: Call the number above to receive free language assistance services.

Español (Spanish): Llame al número que se indica arriba para recibir servicios gratuitos de asistencia lingüística.

繁體中文 (Chinese): 您可以撥打上面的電話號碼以獲得免費的語言協助服務。

Tiếng Việt (Vietnamese): Gọi số điện thoại ở trên để nhận các dịch vụ hỗ trợ ngôn ngữ miễn phí.

한국어 (Korean): 무료 언어 지원 서비스를 받으려면 위 번호로 전화하십시오.

Tagalog (Tagalog – Filipino): Tawagan ang numero sa itaas para makatanggap ng mga libreng serbisyo sa tulong sa wika.

Русский (Russian): Позвоните по вышеуказанному номеру, чтобы получить бесплатную языковую поддержку.

Kreyòl Ayisyen (French Creole): Rele nimewo ki endike anwo a pou resevwa sèvis éd gratis nan lang.

Français (French): Appelez le numéro ci-dessus pour recevoir des services gratuits d'assistance linguistique.

Polski (Polish): Aby skorzystać z bezpłatnej pomocy językowej, należy zadzwonić pod wyżej podany numer.

Português (Portuguese): Ligue para o número acima para receber serviços gratuitos de assistência no idioma.

Italiano (Italian): Chiamare il numero sopra indicato per ricevere servizi di assistenza linguistica gratuiti.

Deutsch (German): Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten.

日本語 (Japanese): 無料の言語支援サービスを受けるには、上記の番号までお電話ください。

Diné Bizaad (Navajo): Wóda hí béesh bee hani'í bee wolta'ígíí bich'í' hódíílnih éí bee t'áá jik'eh saad bee áká'ánída'áwo'déé níká'adoowot.

العربية (Arabic): اتصل برقم الهاتف أعلاه للحصول على خدمات المساعدة اللغوية المجانية.