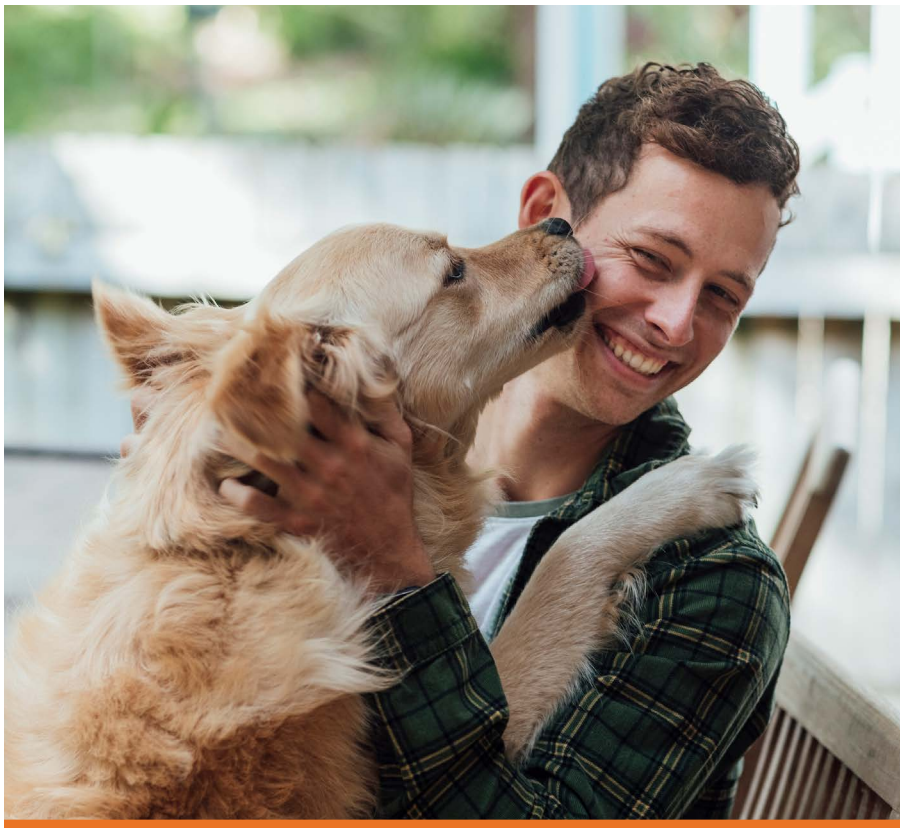


RESPIRATORY

DISEASE MANAGEMENT NEWS



Asthma and pets



Having asthma and living with a dog or cat can come with challenges, but there are things you can do to make the situation easier to endure. Pets become our family, so the goal to help reduce asthma symptoms, is to minimize the dander.

One big misconception is the existence of “hypoallergenic breeds.” While vacuuming your house daily and keeping your pet outside may minimize the impacts of dander in the moment, these are not true, long-term solutions.

Steps you can make to help reduce allergy-causing symptoms include:

- Wash your hands after touching pets, and try to not hug or kiss them.
- Stay away from litter boxes and place them away from central heating and air conditioning vents.
- Place plastic covers on upholstered furniture where your pet sleeps or rests.
- Vacuum at least twice a week, and use a double or micro filter bag.
- Wash your pet weekly to help reduce dander.

You can also talk to your vet about different diets for your pet that may help reduce dander indoors. Speak to your doctor about the possibility of allergy shots. While owning a pet can bring great joy and comfort, managing the risks to your health should be discussed by you and your family.

An important note about TRICARE program information: At the time of publication, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law and federal regulations. Changes to TRICARE programs are continually made as public law and/or federal regulations are amended.

FEBRUARY | 2024

VIRTUAL SUPPORT FROM YOUR DISEASE MANAGEMENT TEAM

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We are glad to give you support with printed materials and expert disease management clinicians. However, we would also like to help you stay healthy through free virtual support, which we offer in three exciting ways:

Webinars: We offer live webinars via computer and phone. Our live webinars bring you up-to-date information about medical subjects from our clinical experts through presentations and audio. After the online session, you will have a chance to ask questions of the clinician. Getting signed up for a free Zoom session is easy. Visit HumanaMilitary.com/dm to make your reservation today.

Community groups: These live sessions, conducted by our clinical experts, give you the support you need to stay healthy. For beneficiaries struggling with diabetes or depression/anxiety disorder, signing up is easy. Visit the group meetings calendar at HumanaMilitary.com/dm.

Web-based training: On our disease management website, you will find videos about your disease and how to control it effectively. Available to you 24/7, these digital resources give you the knowledge you need to stay focused on your health. Please visit HumanaMilitary.com/dm to access this information.


We hope you will take advantage of these exciting tools to help you achieve your health and wellness goals.

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Emergency plan for Chronic Obstructive Pulmonary Disease (COPD)

Symptoms of COPD can quickly worsen, causing breathlessness and anxiety. It is important for you to have a written action plan to guide you when your condition worsens.

 Your doctor can help you develop an action plan to quickly recognize symptoms and seek appropriate treatment. This plan should also include a current list of your medications (names and dosages), allergies, the name and phone number of your physician and your emergency contacts. Make a copy for home and one for your purse or wallet (this is where emergency personnel are trained to look for it).

Symptoms of COPD “flare-ups” can include:

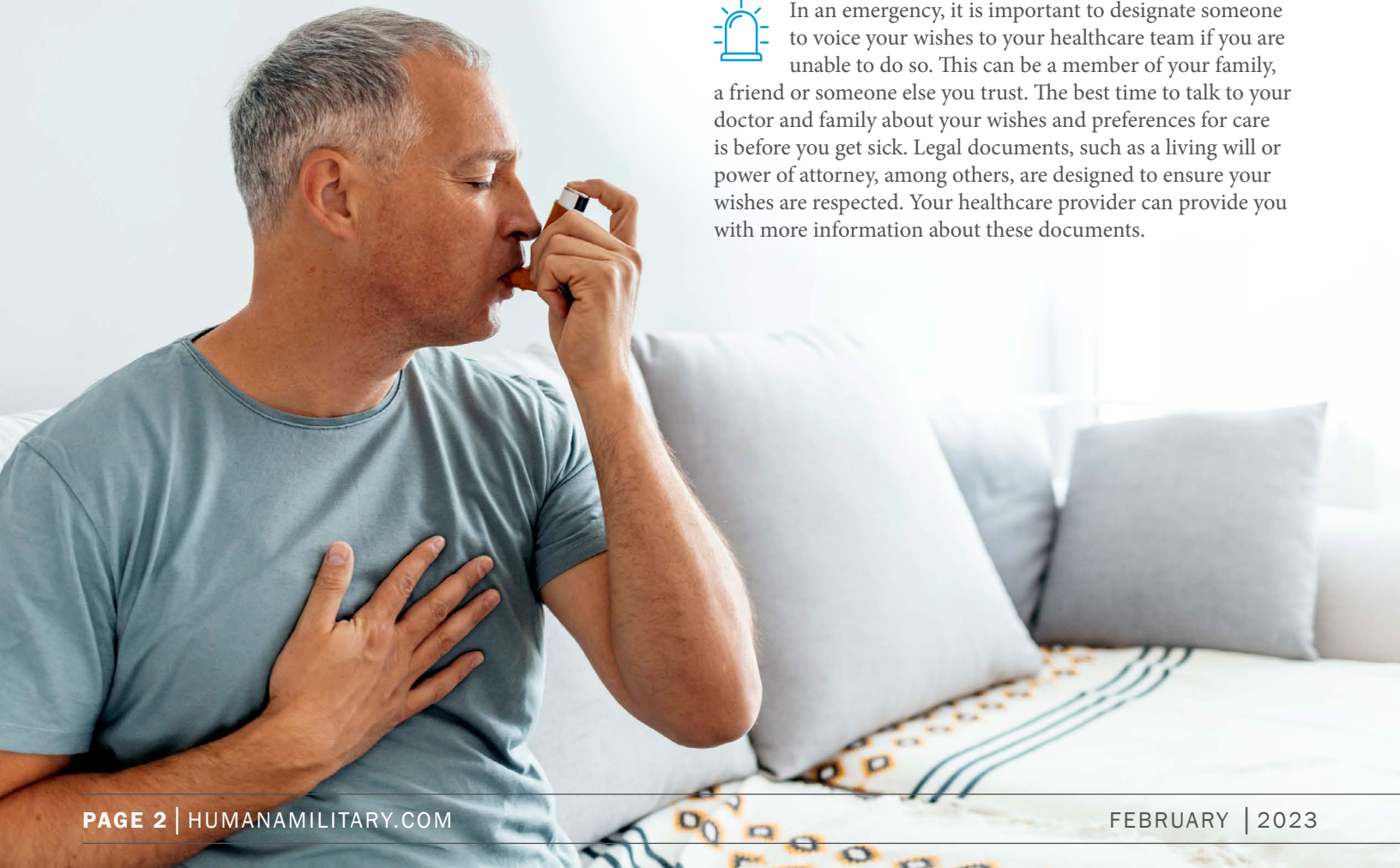
- Fever
- Change in color and/or amount of sputum/phlegm
- Increased cough
- Increased breathlessness and respiratory effort
- Increased chest tightness



These flare-ups are often caused by a lung infection. Early treatment with antibiotics may prevent the infection from getting worse. It is important to recognize symptoms and act quickly.



In an emergency, it is important to designate someone to voice your wishes to your healthcare team if you are unable to do so. This can be a member of your family, a friend or someone else you trust. The best time to talk to your doctor and family about your wishes and preferences for care is before you get sick. Legal documents, such as a living will or power of attorney, among others, are designed to ensure your wishes are respected. Your healthcare provider can provide you with more information about these documents.



Managing your health during colder months



If you or a loved one has diabetes, a respiratory condition or other health concerns, the winter months and being inside close to others may require extra steps to stay healthy! Some tips to help this winter:

1. Prevent colds and infections by washing your hands frequently, sneezing into your elbow or a tissue and not your hand, eating as healthy as possible, and getting six to eight hours of sleep every night.
2. Ask your provider about getting the flu, COVID, RSV or pneumonia shot this season.
3. Ask your employer if there are plans to prevent spreading colds in the work place, and how they will react if multiple people get sick. Wear a mask if you are more susceptible to infection, and see if you can work from home.
4. Take medication with care and talk with your provider about what are considered safe medications.

5. If you do get sick, schedule an appointment, or go to urgent care if after hours. Call the TRICARE Nurse Advice Line at (800) 874-2273.



FROM THE PATIENT



Yvette is a beneficiary who enrolled in the asthma disease management program in May 2023.

While she has had asthma for years, after having COVID, she developed additional breathing issues due to scarring of her lungs and lung tissue.

Yvette had two main goals with the program. She says she did aerobics and other activities prior to these issues and she wanted to return to doing things she loved. She also was interested in using a nebulizer machine to help with her condition, but had been unsuccessful in obtaining one.

During their initial conversation, Yvette's nurse, Lorretha, contacted Yvette's provider's office to request a nebulizer machine. They worked together to understand not just how to use her new machine, but also to better understand her asthma management, triggers and how to slowly work back into an exercise regimen.

Now, Yvette has been able to increase her activity levels, control her cough and minimize the effects of her asthma.

She has since been able to go on vacation without any issues and has even lost weight in the process. Yvette says she is very grateful for Lorretha's assistance through the disease management program.

FROM THE CLINICIAN



Lorretha has been with Humana for 10 years, but has spent the last seven years working as a clinician in the disease management program. She loves getting the chance to make a difference in the everyday lives of the beneficiaries she works with.

Lorretha says that initially, a lot of beneficiaries are reluctant to join the program because they aren't sure it will be a good fit. But, within a short time, she and her patient are able to see changes and improvements with the beneficiary's health.

Her collaboration with each beneficiary begins with getting to know where each person is in their health journey. This means understanding what motivates them, what barriers they are facing, what areas of their health they may be struggling with and also what knowledge gaps they may have. Depending on the needs of each beneficiary, she also helps them coordinate many parts of their wellness journey, including getting appointments with Primary Care Managers (PCM) or specialists, or assisting with any financial assistance that may be available as well.

Working as a clinician in the disease management program truly is about understanding what needs, wants and desires a beneficiary has, and using that information to help make a difference and change people's lives.

THE DOCTOR'S PERSPECTIVE



It's that time of year for longer days, colder temperatures and more time being spent indoors. Close quarters make it ideal for respiratory viruses such as flu, COVID and RSV to spread.

These viruses are especially dangerous for the very young, very old and those with weakened immune systems. Those with chronic lung disease are especially vulnerable since these viruses can cause exacerbations, or worsening, of asthma or COPD. Luckily, there are preventive measures you can take to minimize the risk of these infections in yourself or spreading it to others.



Vaccinations are available for all of these viruses! Now is the perfect time for everyone to get the flu and COVID vaccines, which can be given at the same time. Older adults are eligible for the RSV vaccine and should check with their provider to see if it is right for them. Getting any of these vaccines protects you and those around you from serious illness and hospitalization.

Other good measures to prevent spread of disease include handwashing, covering your nose and mouth when you cough or sneeze, and staying home from school or work if you are ill. For those with lung disease—remember to take your medications, do your breathing treatments and quit tobacco and/or vaping.

Take some time to reflect on things for which you are grateful, and spend some quality time with family and friends. I know I am grateful to connect, in some small way, with TRICARE beneficiaries through this newsletter.

Connie Lorenzo MD,
FAAPMR, CPC-A
Medical Director





OVEN-CRUSTED CHICKEN BREAST

Prep time: 20 minutes
Cook time: 20 minutes
Yield: 4 servings
Serving size: 3 oz chicken breast
 1 c salad

Ingredients for chicken:

- 4 Boneless, skinless chicken breasts (3 oz. each)
- 1 Egg white (or substitute liquid egg white)
- 1 c Fat-free evaporated milk
- 1 c Breadcrumbs
- ¼ c Rolled oats, crushed; pulse a few times in the food processor or crush between fingers to make smaller pieces
- 1 c Whole-wheat flour
- 2 tbsp Olive oil or vegetable oil

Ingredients for salad:

- 2 tbsp Lemon juice
- ½ tbsp Olive oil
- 4 c Red leaf lettuce, rinsed and dried
- 1 c Cherry tomatoes, rinsed and halved
- ¼ tsp Salt
- ¼ tsp Ground black pepper

Nutritional information (per serving):

Calories	264
Total fat	11 g
Protein	24 g
Cholesterol	49 mg
Potassium	553 mg
Carbohydrates	18 g
Saturated fat	2 g
Total fiber	3 g
Sodium	263 mg
<i>Percent daily values are based on a 2,000 calorie diet.</i>	



Directions:

1. Preheat oven to 350 °F.
2. Place chicken in a freezer bag with the air squeezed out, and pound each breast down to ½-inch thickness.
3. Combine the egg white and evaporated milk in a bowl, and mix well. In a separate bowl, combine the breadcrumbs and crushed oats, and mix well.
4. Coat the chicken breasts in flour, and shake off the excess. Dip the chicken breasts in the egg and milk mixture, and drain off the excess. Then dip the chicken breasts in the breadcrumb mixture to coat, and shake off the excess. After all chicken breasts have been coated, discard any leftover breading mixture.
5. Heat oil in a large sauté pan. Stir fry the chicken over medium-high heat on one side until golden brown, about 2–3 minutes. Turn carefully, and pan fry the second side for an additional 2–3 minutes or until golden brown. Remove from the pan, and place on paper towels to soak up excess oil. Place on baking sheet, and finish cooking in a 350 °F oven for about 5–8 minutes (to a minimum internal temperature of 165 °F).
6. For the salad, combine lemon juice and olive oil, and mix well to make a dressing. Toss the lettuce leaves and cherry tomatoes with the dressing, salt and pepper.
7. Serve 1 cup salad with 1 piece of chicken.

Tip: Try serving with a side of oven-roasted potatoes.

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Care management program

- Toll-free phone number: **(800) 881-9227**
- Find more information at [HumanaMilitary.com/dm](https://www.humanamilitary.com/dm)

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Humana Military is here for you!



You are taking care of yourself. You scheduled your visit with your provider, and you have a new respiratory diagnosis, or maybe you have been managing your asthma or COPD for years, and all of a sudden, it's flaring up. Perhaps you are starting a new medication or maybe you have been taking medication for a while and you want to know what else is out there to help manage your asthma and COPD?

Humana Military is here to help! Find resources online at [HumanaMilitary.com/dm](https://www.humanamilitary.com/dm) to manage your health. You can also call Humana Military at (800) 881-9227 and ask to work with a disease management clinician. They can help to set up some health goals to better manage your condition. Don't forget to routinely check in with your provider, and take all medications as instructed. Look forward to a healthier you and keeping your asthma and/or COPD under control!

