

APRIL SHOWERS BRING ... ASTHMA TRIGGERS >>>>

It's beautiful to see flowers blooming in the spring. But if you have asthma, it might be harder to control in upcoming months. Pollen, mold, poor air quality, even temperature change can cause allergic reactions and trigger asthma symptoms.

Work with your health care provider to create an asthma action plan to prevent and control attacks. If your child has asthma, share the action plan with schools, coaches and caregivers. Also list emergency contact information, including your health care provider and local hospital.

The individualized action plan will explain the steps to take based on your symptoms. It's as easy as a traffic light:



GREEN

Go, doing well

- Breathing is good
- No cough or wheeze
- Can work and play
- Sleeps well at night



YELLOW

Caution, getting worse

- Some problems breathing
- Cough, wheeze, or chest tight
- Problems working or playing
- Wake at night



RED

Stop and get help now!

- Lots of problems breathing
- Cannot work or play
- Getting worse not better
- Medicine not helping

FIGHT BACK AGAINST HYPERTENSION >>>>

UNDERSTAND THE HEALTH THREATS FROM HYPERTENSION

High blood pressure (hypertension) is called "the silent killer". Many people with hypertension report no symptoms. Like the plumbing in your home, high pressure in your blood vessels can lead to organ damage, for example to your eyes, heart, kidneys, etc. The time to act is now to prevent damage! Be sure you know your blood pressure targets and work with your provider to take control of your blood pressure.



KNOW WHEN TO CALL 911!

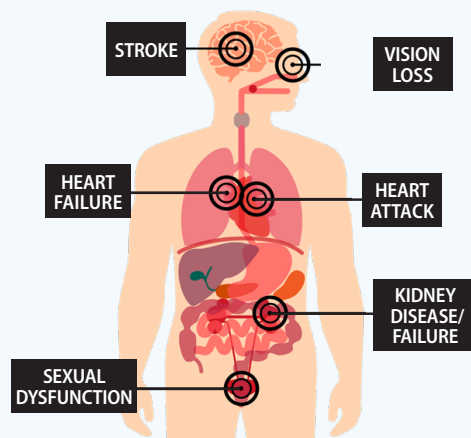
If your blood pressure is **VERY** high, you are at increased risk of heart attack, stroke and other life-threatening conditions. You might not have much time to get help. It's important to track your blood pressure and know when to call 911.

Possible symptoms include:

- Severe headache
- Shortness of breath
- Nosebleeds

If your blood pressure is 180/120 or higher and you have ANY of the above symptoms, call 911 immediately.

If your blood pressure is 180/120 or higher and you have no symptoms: Wait about five minutes and take your blood pressure again. If it is still high and you don't have any symptoms, call your health care provider for advice.



MEMBERSHIP HAS ITS REWARDS >>>>

If you haven't already, we encourage you to become an active member of TakeControl. As an active member, you are eligible for discounts on condition-related supplies and medications by committing to the program and completing the requirements outlined for your condition.

Contact a TakeControl educator to learn more about becoming an **active** member.

855.717.4688

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QuadMed

TAKECONTROL >>>>

CONDITION MANAGEMENT PROGRAM



Scan the code to access the
TakeControl website today.