

Breathe Better

USE YOUR ASTHMA MEDICATIONS THE RIGHT WAY

There is no cure for asthma. **You can control the symptoms.**

Know when to use your controller medication.

Know when to use rescue medication in an emergency.



CONTROLLER (EVERYDAY) MEDICATIONS HELP CONTROL YOUR ASTHMA



Take your controller medication **every day**. This will help you stay symptom-free.

RESCUE (QUICK-RELIEF) MEDICATIONS ARE EMERGENCY HELP FOR ASTHMA ATTACKS



If you use your rescue medication more than 2 days a week, get your asthma back in control. Talk to your health care provider.

If you are having an asthma attack and your rescue medication is not working, please get emergency help or call 911.

Learn more about your Asthma Medications

Controller (everyday) medications IMPROVE YOUR ASTHMA CONTROL OVER TIME

Videos and pictures that show you how to use:

ADVAIR

advair.com/how-to-use-advair.html

SYMBICORT

mysymbicort.com/asthma/talking-to-your-doctor/how-to-use-the-inhaler.html

QVAR

qvar.com/redihaler/usage-cleaning

Rescue (quick-relief) medications EMERGENCY HELP FOR ASTHMA ATTACKS

Videos and pictures that show you how to use:

PROAIR

proair.com/hfa/about/usage-cleaning.aspx

VENTOLIN

ventolin.com/about-ventolin-hfa/how-to-use.html

PROVENTIL

merck.com/product/usa/pi_circulars/p/proventil_hfa/proventil_hfa_ppi.pdf

XOPENEX

xopenexhfa.com/how-to-use.html#isi

These are some of the medications for asthma. There are other medications. If you have questions about your asthma medication talk to your doctor or pharmacist.

For more information...

We can help you manage your asthma. If you need more help call Member Services. The phone number is 1-844-385-2192, Nebraska Relay Service 711.