

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH ASTHMA

5 signs your asthma isn't under control

If you find yourself constantly reaching for your inhaler or waking up short of breath, it may be time to reevaluate your asthma treatment plan. Uncontrolled asthma can lead to complications, but there are ways to breathe easier. If any of these signs sound familiar, it's time to schedule an appointment with your doctor.

1. Frequent asthma symptoms Occasional asthma flare-ups are normal. But if you have symptoms more than twice a week — whether it's wheezing, coughing, or chest tightness — it could be a sign that your current treatment isn't keeping inflammation and airway narrowing in check.

2. Waking up during the night Waking up gasping for air or coughing is another major red flag. Asthma symptoms that interrupt your sleep more than twice a month are a sign of uncontrolled asthma.

3. Increased use of rescue inhaler Your rescue inhaler is meant for occasional use, not daily relief. If you find yourself relying on it more often, talk to your doctor. A daily controller medication may help reduce your need for quick-relief treatments.

4. Limiting exercise If you're unable to work out without worrying about symptoms, it's a sign that your asthma isn't well-controlled. Your doctor can make suggestions to help you stay active safely.

5. Frequent asthma attacks Asthma attacks that send you to urgent care or the emergency room are a serious sign that your condition needs attention. If you've had more than one severe asthma attack in the last year, let your doctor know.



Ask the pediatrician

Q My tweenager is pushing for independence on managing their asthma. How can I help them stick to their medication schedule?

A As your tween — a child between the ages of 9 and 12 — begins to take on more responsibility in their asthma management, it's important to build healthy habits early. Here's how you can help.

Involve your child in conversations with their pediatrician. Through your Disease



Management Program, a Case Manager is available to speak with your child, as well.

These discussions help your child understand why taking their medicine is important. At home, reinforce the message with regular check-ins.

Make an asthma action plan.

This plan outlines which medicines to take and when, using clear, simple instructions. For example, "Take this daily," or, "Use before exercise." Too much information can overwhelm tweens. Keeping it straightforward helps them feel confident.

Establish a routine.

Encourage your tween to tie medication to everyday tasks. For instance, keeping their inhaler near their toothbrush can help them remember to take their medicine in the morning.

Explain why taking their medication consistently is important.

While their symptoms may be mild, untreated asthma can still impact their health. Empower your tween by showing how good asthma management helps them stay active and healthy.



To reach a Case Manager

Simply call 1-833-609-0735 or email DM@AvMed.org or scan the QR code provided.



Healthy Eating Made Simple



WHICH ARE HEALTHIEST?

Starchy vs. non-starchy vegetables

Vegetables are essential to a healthy diet. But knowing which veggies are “starchy” and which are “non-starchy” can help you make choices that support steady blood sugar levels. Here’s what to know about these types of veggies and how to incorporate them into balanced meals.

STARCHY VEGETABLES

While all vegetables have health benefits, starchy ones contain more carbohydrates. This may lead to a quicker rise in blood sugar. They’re still packed with nutrients, which makes them an important part of a balanced diet — just in smaller portions. Examples include:

- Potatoes and sweet potatoes
- Corn
- Beans and lentils
- Winter squash (like butternut and acorn)

NON-STARCHY VEGETABLES

Non-starchy vegetables are naturally lower in carbs, which makes them less likely to cause blood sugar spikes. They are often rich in vitamins, minerals, and fiber, which supports digestion and overall health. Examples include:

- Leafy greens (spinach, kale)
- Broccoli and cauliflower
- Bell peppers
- Summer squash (like zucchini)
- Mushrooms
- Asparagus

BALANCED EATING FOR BLOOD SUGAR CONTROL

Control portions: Limit starchy vegetables to one cup per meal. Use a measuring cup to help you stay on track.

Pair with protein: Eating starchy veggies with a protein, like chicken or tofu, helps keep blood sugar stable.

Listen to your body: Do certain veggies leave you feeling sluggish or energized?

Unencrypted email makes it easier to communicate with your Case Manager!

To opt in, scan the QR code with your phone. Log in or register to the member portal and select “Set My Preferences.”



Recipe



Black beans and rice

Serves 16 | Prep time: 15 min

This classic dish is hearty, flavorful, and filling.

Ingredients

- 2 Tbsp olive oil
- 1 medium yellow onion, diced
- 1 large green bell pepper, diced
- 4-5 aji cachucha, pierced
- 2-3 garlic cloves, minced
- 4 culantro leaves
- 4 bay leaves
- ½ Tbsp ground cumin
- 4-5 Tbsp prosecco wine vinegar or sweet white wine vinegar
- 4-5 Tbsp regular white vinegar
- 8 15-16 oz cans black beans (low sodium, undrained)
- Salt to taste

Instructions

- 1.** In a large Dutch oven or soup pot, heat the oil over a low to medium setting, then add all ingredients except the beans and water. Sauté until the onions soften and turn yellow (about 5 minutes).
- 2.** Add the undrained beans and water. If you like thicker beans, omit the water. Raise the heat and simmer (or boil) for 20 minutes. Add salt and adjust seasonings to taste.

Nutrition facts Calories 205
Fat 3 g | Carbs 35 g | Fiber 10.5 g
Protein 11 g