

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH ASTHMA

4 vaccines that can protect your lungs

Vaccines offer your immune system a cheat sheet on how best to fight illnesses. Vaccines are vital to living your best life. But they're even more important for those with asthma, who may be at higher risk of complications from diseases like COVID-19, the flu, and pneumonia. These vaccines can help keep your lungs strong.

COVID-19: The COVID-19 vaccine helps your immune system learn how to fight off the virus. If you do catch COVID, being vaccinated will reduce your risk of serious illness and hospitalization.

When to get it: The timing depends on when you got your last COVID shot.

Ask your primary care physician (PCP) or Case Manager.

Flu: The influenza vaccine, or flu shot, protects you from infection and complications from the influenza virus.

When to get it: Experts recommend getting your flu shot every September or October. Flu infections spike in winter, so getting vaccinated in the fall will set you up for success.

Pneumonia: A new pneumonia vaccine for adults, CAPVAXIVE, protects

against severe respiratory illness from 21 different types of pneumococcal bacteria.

When to get it: Adults ages 65 and older can get this vaccine any time of year. Adults ages 19 to 65 with certain chronic conditions may also be eligible.

Tdap: The whooping cough (pertussis) vaccine is part of a vaccine known as Tdap. This immunization protects against tetanus, diphtheria, and pertussis.

When to get it: You can get this vaccine any time of year, every 10 years.



Ask the pediatrician

Q What is an asthma action plan?

A The American Lung Association's Asthma Action Plan is a great tool to help your child manage their asthma and be prepared for asthma emergencies. It explains what asthma is, what to do, and when to do it. It's a good idea to have your child's asthma action plan written out on a piece of paper that they can take with them anywhere.

There are three "zones" in an asthma action plan: green, yellow, and red.

GREEN means you feel good and have no asthma symptoms. When your child is in the green zone, they should continue with their normal medication schedule.

YELLOW indicates that you're having some



trouble breathing or are experiencing some asthma symptoms. Your child may fall into the yellow zone if they have a cold, for example. In this zone, the goal is to keep asthma symptoms from getting worse, which may require using quick-relief medicine.

RED is when you aren't breathing well. Your child is in the red zone if their chest is tight and they can't exhale fully. When this happens, call 911 or

go to the emergency department immediately.

An asthma action plan is based on what's called a peak flow rate, measured using a peak flow meter — which a child usually can't do very well until they are around 5 years old. If your child is too young to use a peak flow meter, you can still make a plan with their daycare or school, so that the staff knows when to contact a parent or call 911.

Spotlight on Program Manager

Alissa Kennedy, RN, CCM, has been with AvMed for 13+ years and a registered nurse for 25+ years.



"Our mission within the Disease Management program is to educate and empower our Members to assist with successfully managing their chronic conditions and achieving their health goals." Alissa really enjoys knowing that she and the Disease Management team are helping our Members live their best lives.

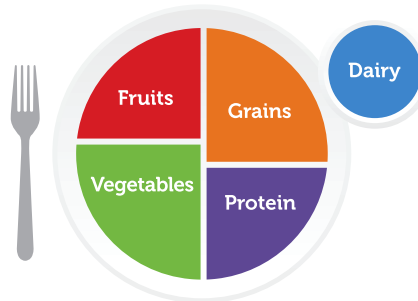
To reach us, please call 1-833-609-0735.



Healthy Eating Made Simple

Natalie M. Sinel-Rojas, M.S., R.D., L.D.N., C.Ph.T., AvMed's Registered Dietitian, shares her favorite tips for happier, healthier meals — without feeling deprived.

How to build a balanced meal



grains. Foods such as brown rice, whole wheat bread, and oatmeal are excellent sources of whole grains, providing essential nutrients such as fiber, B vitamins, and minerals.

MyPlate tip: **Remember to mix it up**

MyPlate offers helpful guidelines about portion sizes, but that doesn't mean your meals need to stay divided into quadrants on your plate.

Salads, for example, can be more than just a side dish. Mix different types of greens, add colorful vegetables (such as tomatoes, cucumbers, and carrots), and top it with a source of protein such as chickpeas or hard-boiled eggs. Toss in some quinoa or farro for added texture and whole grains.

Balanced meals are key to maintaining a healthy weight and feeling energized all day long. While the Food Pyramid served as a helpful guide in the past, the U.S. Department of Agriculture now promotes healthy eating through MyPlate.

Half your plate: **FRUITS AND VEGETABLES**

These nutritional powerhouses provide essential vitamins, minerals, and fiber that help reduce the risk of chronic diseases. Fruits and veggies are also low in calories and fats.

Quarter of your plate: **PROTEIN**

Protein is essential for building tissues and enzymes, preserving muscle mass, supporting brain function, and bolstering the immune system. However, it is important to select lean proteins and avoid consuming undesirable fats, such as the ones found in processed baked goods. Tofu, beans, poultry, fish, and nuts are examples of lean protein.

Quarter of your plate: **WHOLE GRAINS**

Whole grains are more beneficial than refined

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Recipe



Fiesta egg tortilla cups

Serves 6 | Prep time: 35 min

This is a great make-ahead breakfast option for busy mornings. These egg cups can be refrigerated and reheated for up to three days after cooking.

Ingredients

- 12 (4.5" - 5") flour tortillas ("street taco" size)
- 12 large eggs
- 1 cup prepared pico de gallo, plus more for serving
- Salt and black pepper to taste

Instructions

1. Preheat oven to 350° F. Place tortillas in a stack and wrap in a damp paper towel. Place on a microwave-safe plate, and microwave for 30 seconds. (This makes the tortillas more pliable.)
2. Press one tortilla into

each cavity of a muffin tin, pressing along the sides to secure. Crack one egg into each tortilla cup, and top with 1 mounded tablespoon of pico de gallo. Repeat with remaining tortillas until all are filled. Season each egg cup with a pinch of salt and black pepper to taste, if desired.

3. Place muffin tin in the oven and bake for 22 to 25 minutes, until the whites are set and yolks are slightly runny. Serve with extra pico de gallo, if desired.

Nutrition facts Calories 300 | Fat 13 g | Carbs 28 g | Fiber 4 g | Protein 17 g