



Having a treatment plan can help you keep your asthma in control. Take this brochure with you to your next doctor's appointment and ask your doctor to help you complete this asthma action plan. After your doctor fills out your treatment plan, put it in a place where you can review it daily.

# What is Asthma?

Asthma is a chronic illness.

Airways are small tubes in the lungs through which we breathe. These airways become narrowed or blocked after exposure to a trigger.

A trigger is something that irritates your airways and starts your symptoms.

Asthma cannot be cured, but it can be controlled.

The MVP Asthma Care Program was designed to provide you with the information you need to obtain good asthma control.



Call 1-866-942-7966 to learn more about this program or to request materials to help you stay healthy.

