



MedStar Family Choice

DISTRICT OF COLUMBIA



Manage Asthma

What is asthma?

Asthma is a chronic disorder. It causes swelling of the airways. This results in narrowing of the airways that carry air from the nose and mouth to the lungs. Allergens or irritants entering the lungs can trigger asthma symptoms.

How do I treat asthma?

While there is no cure, you can treat asthma by:

- Managing your symptoms
- Taking your prescribed medication
- Following an asthma treatment plan

What are the symptoms of asthma?

The most common symptoms are:

- Wheezing
- Shortness of breath
- Chest tightness or pain
- Chronic coughing
- Trouble sleeping due to coughing or wheezing in the late night or early morning.

Know the Facts. Get Informed. Be Empowered!

If you have been diagnosed with asthma or have experienced symptoms, please contact your Doctor. Your efforts to take control of your asthma can result in a better quality of life.

To find a doctor or schedule an appointment, please call: **844-391-6678**. For **Transportation**, please call: **866-201-9974**. For more information about events, programs and classes, please visit the **MedStar Family Choice District of Columbia (MFC-DC) Enrollees Events and Outreach Programs** website: www.medstarfamilychoicedc.com/enrollees/events-and-outreach-programs.

MedStar Family Choice District of Columbia complies with all applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

If you do not speak and/or read English, please call 888-404-3549 between 8:00 a.m. and 5:30 p.m. A representative will assist you.

Si no habla o lee inglés, llame al 888-404-3549 entre las 8:00 a.m. y las 5:30 p.m. Un representante se complacerá en asistirle.

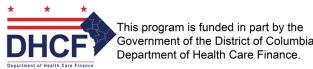
Nếu bạn không nói và/hoặc đọc tiếng Anh, xin gọi 888-404-3549 từ 8 giờ 00 sáng đến 5 giờ 30 chiều. Sẽ có người đại diện giúp bạn.

‘영어로 대화를 못하시거나 영어를 읽지 못하는 경우, 오전 8시 00분에서 오후 5시 30분 사이에 888-404-3549번으로 전화해 주시기 바랍니다. 담당 직원이 도와드립니다.

Si vous ne parlez pas ou lisez l'anglais, s'il vous plaît appeler 888-404-3549 entre 8:00 du matin et 5:30 du soir. Un représentant vous aidera.

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‘如果您不能講和/或不能閱讀英語，請在上午 8:00 到下午 5:30 之間給 888-404-3549 打電話，我們會有代表幫助您



It's how we treat people.