In this issue


Rescue inhaler: Keep it with you!

When you are diagnosed with asthma, your doctor will explain the differences between fast-acting rescue inhalers and controller medications, as well as how and when you should use them. Fast-acting rescue inhalers are prescribed to help you control your asthma on a daily basis and are also used during an asthma attack. You can have them in your purse, pocket, or desk, and keep them ready to use when you need them. This is why it’s so important to keep them close!

Did you know that poor sleep could raise your risk of high blood pressure, diabetes and heart disease? And that a lack of proper sleep makes it harder to get to sleep.

Eating dinner early in the evening, limit food or drink with caffeine after the late afternoon, and avoid naps late in the day can help you sleep.

Tips for a good night's sleep

- Avoid naps late in the day.
- But exercising too close to bedtime may make it harder to get to sleep.
- Eat dinner early in the evening, limit food or drink with caffeine after the late afternoon, and avoid naps late in the day can help you sleep.
- Turn the temperature down, read a relaxing book.
- To unwind before bedtime, limit food or drink with caffeine after the late afternoon, and avoid naps late in the day can help you sleep.

When an asthma attack hits, muscles around your airways tighten. This is called bronchospasm. To open the airways again, you need to take medication. Rescue inhalers contain medication that helps you breathe within minutes. And since flare-ups can be hard to predict, you should always have one ready.

Get the most of your doctor visits

Don’t hesitate to ask questions. Write down any questions you have and take notes after the visit.

Tell your doctor about your symptoms. And let us know how it’s working for you.

Keep moving – and stay healthy

- Toss to coat. Roast uncovered in the preheated oven for about 20 minutes or until crisp-tender, stirring once. Before serving, sprinkle with your favorite herbs and seasonings.

Preheat oven to 425 degrees F. In a small saucepan, cook garlic 4 minutes. This recipe yields 2 1/2 cups. Makes 1 medium serving or about 12 pieces. Nutrition per serving

<table>
<thead>
<tr>
<th>Fat</th>
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<tbody>
<tr>
<td>Calories</td>
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</tr>
<tr>
<td>Carbohydrates</td>
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<tr>
<td>Protein</td>
<td>2 g</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>1 g</td>
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</table>

Nutrition per serving

- 2 1/2 cups Roasted Zucchini

For more information: healthpros.org

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