

Asthma & Allergies

May 2024



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App: Asthma Tracker

Asthma Tracker supports you in keeping your asthma diary up-to-date by making it easy to track your peak flow values, your asthma medication intake and your asthma related symptoms. In addition, you can add contextual information to each entry by either associating it with a pre-defined event (such as a doctor's appointment) or with individual notes. With the built-in reminder, you can set Asthma Tracker to remind you to take your daily base medication, to measure your peak flow and to record your symptoms. At the end of each month, it will also prompt you to complete the widely-known Asthma Control Test™ whose intent is to give you a rough idea as to how well controlled your asthma is.



Breathe Well, Live Well.



Having certain lung infections early in your life can make you more likely to develop asthma. So can being around tobacco smoke and other allergy triggers (allergens) at a young age. Click the following link for information regarding staying healthy when you have asthma, managing asthma, what can cause an asthma attack, and finding out if your asthma is under control: [Breathe Well, Live Well.](#)

How To Manage Exercise-Induced Asthma

Exercise is an important ingredient to a healthy life. However, it isn't always easy for everyone. This is especially true if you have asthma. Push yourself too hard or work out in the wrong weather and your asthma symptoms can flare up. This is called "*exercise-induced asthma*". But by being smart about physical activity, you can actually help reduce asthma's health impacts. Click the link below to understand why flare-ups occur and what kinds of exercise are less likely to cause them.

[Exercise-Induced Asthma](#)



Allergic Rhinitis

Allergic rhinitis, often called allergies or hay fever, occurs when your immune system overreacts to particles in the air that you breathe—you are allergic to them. Your immune system attacks the particles in your body, causing symptoms such as sneezing and a runny nose. The particles are called allergens, which simply means they can cause an allergic reaction. People with allergies usually have symptoms for many years. You may have symptoms often during the year, or just at certain times. You also may get other problems such as sinusitis and ear infections as a result of your allergies. Click the link below to find out helpful information about allergic rhinitis including causes, symptoms, risk factors, and more. Be sure to utilize the navigation panel to the right of the page for additional information!

[Allergic Rhinitis](#)



Take Control of Your Allergies

Click the link below for a few great tips to manage, treat, and help prevent allergy attacks. These tips include ways you can help treat and prevent allergic reactions, tips for new moms, and tips to allergy-proof your environment.

[Take Control of Your Allergies](#)



PRE- RECORDED WEBINARS

Homes and Asthma

Tracey Mitchell, Ginger L. Chew, Eugene Pinzer: Learn how trained home visitors can help to find common asthma triggers in homes and discuss ways to reduce and remove these triggers. Removing asthma triggers from the home, along with proper medical care, can improve health. The U.S. Environmental Protection Agency's Indoor Environments Division, with the Centers for Disease Control and Prevention's Asthma and Community Health Branch and U.S. Department of Housing and Urban Development's Office of Lead Hazard Control and Healthy Homes, has developed the Asthma Home Environment Checklist. Click on the link to review the webinar [Homes and Asthma](#)

ASTHMA COMMUNITY NETWORK.ORG

Asthma Monitoring Options for the Digital Age: Improving Outcomes

Many factors are considered in determining and evaluating an asthma treatment plan. Honest conversations between the patient and provider are vital and it's important to use digital resources to enhance asthma management. Dr. J. Allen Meadows will lead a discussion on improving asthma outcomes. Click on the link to review the webinar [Asthma Monitoring Option for the Digital Age](#)



VIDEOS

Understanding the Lungs and How We Breathe

Follow the link below for a short, informational video that provides a basic understanding of the lungs and how we breathe. Provided by the Asthma and Allergy Foundation of America, this video explains what happens inside the lungs when you have asthma.

[Understanding the Lungs and How We Breathe](#)



Creating an Asthma-Friendly Home

Once you know what triggers your asthma symptoms, you can begin reducing your exposure to those triggers. One way to do this is by creating an asthma-friendly environment. Click the link below to watch a video from the Asthma and Allergy Foundation of America that provides tips on how to make your home an asthma-friendly zone.

[Creating an Asthma-Friendly Home](#)



Assessment: Is Your Asthma Under Control?

Take the assessment provided by the American Lung Association to determine your overall asthma control by answering seven short questions. The questions in this assessment will have you rate your experiences on a pre-determined scale. Results are given in two parts: part 1 will reveal your score and what it means, part 2 will provide helpful information on medications and actions you can take today to improve your asthma. Use the downloadable summary given at the end as a guide to talk with your healthcare provider about asthma treatment options and how to improve control. Click the link below to take the assessment:

[My Asthma Control Assessment](#)



 American Lung Association.

Quiz: Could your Child have Asthma?

Asthma is essentially a condition in which the airways are more sensitive, or 'twitchy'. Asthma triggers can vary from patient to patient. Colds, weather changes, vigorous exercise, tobacco smoke exposure, and allergens such as cat, dog, or dust mite exposure are common triggers. Learning to manage exposure to asthma triggers can go a long way in controlling asthma symptoms of coughing and wheezing. The Childhood Asthma Control Test is a way to help your child's healthcare provider determine if your child's asthma symptoms are well controlled. Share the results with your child's healthcare provider. Click on the link to take the test:

[Could your Child have Asthma?](#)



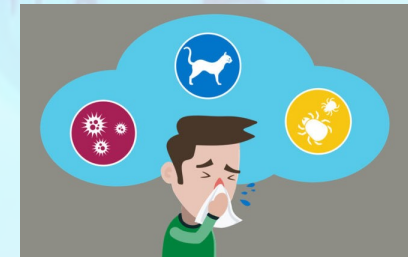
Assessment: Bothered by Allergies?

This assessment, provided online by WebMD, asks a series of questions regarding allergies. After answering each question and completing the assessment, you will receive information about the causes of your allergies, tips for preventing and treating your symptoms, and facts about sinus infections versus allergies. Click on the link below to complete the assessment:

[Allergies Assessment:](#)

[Bothered by Allergies?](#)

 WebMD





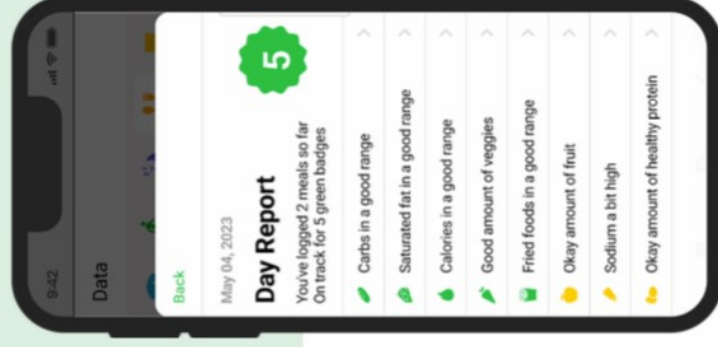
Prevent Type 2 Diabetes with CDC Certified Diabetes Prevention

lark

2M+ Patients Trust and Love Lark

Lark is the first AI-driven Diabetes Prevention Program Fully Recognized by the Centers for Disease Control (CDC). By leveraging **conversational AI** and connected devices, Lark provides personalized coaching to guide members to understand their condition, make healthy lifestyle changes and drive **improved health outcomes**.

Includes
connected scale



Daily Nutrition Report

Proven Outcomes at half the cost of competitors

5.3%

average body
weight loss at 12
months*¹

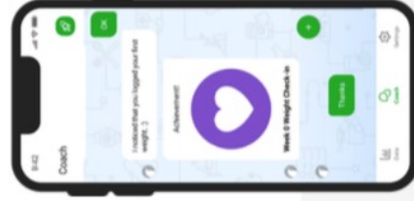
40%

achieve at least
5% weight loss at
12 months*¹

8.56%

average peak
weight loss for
members over
age 65*²

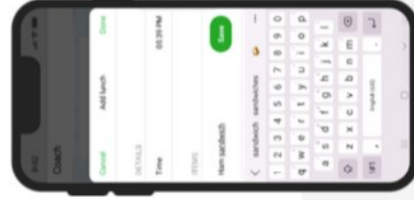
*among members meeting CDC qualification criteria



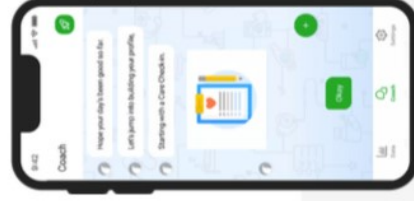
Weigh-In Reminders



Activity Coaching



Meal Logging



PHQ-2 Screener for
Mental Wellness

Improved Access
93%
of Lark DPP users live in
partial or whole county
Health Professional
Shortage Areas (HPSAs)³

1. Graham, Sarah A., et al. "Weight loss in a digital app-based diabetes prevention program powered by artificial intelligence." Digital Health 8 (2022): 20552076221130619.
2. Auster-Gussman, Lisa A., et al. "Engagement in Digital Health App-Based Prevention Programs Is Associated With Weight Loss Among Adults Age 65+." Frontiers in Digital Health (2022): 81.
3. Auster-Gussman, Lisa A., et al. "Reach of a fully digital diabetes prevention program in health professional shortage areas." Population Health Management 25.4 (2022): 441-448.



World's First AI Provider
NPI #1114438157



American
Diabetes
Association.

Tulare County

HEALTH SCREENINGS



Venipuncture Screening includes:

- CBC/CMP/Lipid Panel
- A1C & PSA (for men ages 50 & older)
- Vitals (Blood Pressure, Weight, BMI)
- Digital Health Risk Assessment

ALL Tulare County Employees can receive their health screening for FREE!



**SCAN QR CODE
& ENTER THE FOLLOWING
ACCESS CODE**

TULCOU24



Walk-ins welcome if time allows.

Pre-register to secure your spot!

Or visit the link below:

eliteonsiteappointments.com/

**Fasting is recommended, but
NOT required!**

Date	Time	Location
05.13.2024	7:30AM-1:00PM	Visalia Processing Center
05.14.2024	7:30AM-1:00PM	Visalia Government Plaza
05.15.2024	7:30AM-1:00PM	Porterville Government Plaza S
05.16.2024	7:30AM-1:00PM	Visalia Professional Development Center
05.20.2024	7:30AM-11:00AM	Dinuba District Office
05.21.2024	7:30AM-1:00PM	Probation - Yosemite Room
05.22.2024	7:30AM-1:00PM	Tulare Works
05.23.2024	7:30AM-1:00PM	Tulare Works - DAY 2
05.28.2024	7:30AM-1:00PM	Tulare Ag Building
05.29.2024	7:30AM-1:00PM	Probation - Yosemite Room (DAY 2)
05.30.2024	7:30AM-1:00PM	Probation - Yosemite Room (DAY 3)

Elite
MEDICAL

For more information, please call:

559-733-7772