

Be Prepared



Asthma

No matter how long you've been dealing with asthma, you know that any unknown situation has the potential to trigger an asthma attack. And that's just when you go across town. Now imagine yourself around the world where *every* environment is new to you.

The potential for problems is big. But — with the help of Cigna — you can minimize that tremendously.



## Before you go.

### **Talk to your doctor.**

The next time you see your doctor, talk about where you are going and ask for any advice on managing asthma there. Do some research on your own and bring a list of questions.

### **Get a referral to a pulmonologist or allergist now.**

If you're among the many people who see a specialist for asthma, go to [CignaEnvoy.com](https://www.cignaenvoy.com) to search for a doctor in the area you'll be living in. Or, simply call the International Service Center using the number on the back of your Cigna ID card. Once you find a doctor, make an appointment immediately.

### **Ask for 6-12 months' worth of prescriptions.**

When you see your doctor, ask for long-term prescriptions for medications and inhalers. 6-12 months' worth of medication may be covered under some plans.

### **Get the scoop on the medications you take.**

Log on to [CignaEnvoy.com](https://www.cignaenvoy.com) to find out the generic and local brand names of your medications and inhalers. Then find out if the medications you take are available in your assignment country. If you have any questions, reach out to Cigna.

### **Look for the best facilities in the area you'll be living in.**

It's your first week on assignment. And out of nowhere, an asthma attack hits. The last thing you should be worrying about now is finding a hospital that can handle your situation. While still at home, research hospitals and doctors on [CignaEnvoy.com](https://www.cignaenvoy.com). Come up with a list of the ones closest to you. Of course, you can contact Cigna with any questions.

# While you're there.

## **Proceed with caution.**

When you arrive, be sure your medications are close at hand. You won't have any real knowledge of how much dust, tobacco smoke, exhaust fumes and other triggers are present until you arrive.

## **Share the experience.**

If you came with a spouse, partner and/or children, explore your new home and surrounding area together. Why? Because the people closest to you are likely to know how to help you handle an asthma attack.

## **Check the air.**

Want to know the air quality before you venture outside? Just go to [AIRNow.gov](http://AIRNow.gov). It is a great source to view the latest air quality reports from locations all over the world.

## **Get in touch with your personal**

## **"asthma expert."**

People with chronic conditions like asthma have anytime access to specially trained members of the Cigna clinical team. These "asthma experts" can be reached 24/7/365. To get in touch with them, call the International Service Center using the number on the back of your Cigna ID Card.

## **Take a temperature check.**

For many people with asthma, a change in climate can trigger an attack. So if you're traveling to a location where the seasons are different, take extra precautions. And no matter where you go, avoid overexposure to cold weather.

## **Make your home a sanctuary.**

When you first move into your new home, take care to notice any triggers within the house. Paint fumes, dust mites and mold are just a few to watch out for. Seek them out and get rid of them. Do the same with your car.

Always take your  
emergency inhaler with you.

# Breathe easy.

## **We're always here for you.**

While you may be dealing with a chronic condition, just know that you're not doing it alone. Cigna is here for you anytime. Send a secure e-mail through [CignaEnvoy.com](http://CignaEnvoy.com) or call the International Service Center using the number on the back of your card. Whether you're dealing with a true health emergency or simply need a referral, we'll help you get the care and information you need.



## More Tips

- Before leaving home, make sure you are up to date on your vaccinations.
- Put a card in your wallet or purse that states your name and your preferred doctors and hospitals in the local language. Include your blood type, allergies and an emergency contact.
- Always take your Cigna ID card with you. Also, take a picture of both sides of the card and store it in your phone.
- Moving to a new country can bring stress, anxiety and depression — all of which can increase asthma symptoms. Have a plan to combat those feelings before you go.

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