

# Your COPD Action Plan

## Green Zone

You are doing well. This is where you want to be.

- Breathing without shortness of breath
- Able to do daily activities
- Usual amount of coughing and phlegm/mucus
- Sleeping well
- Good appetite

**Take your medications every day to help manage your COPD** (Chronic obstructive pulmonary disease, including chronic bronchitis, emphysema, or both.) **symptoms.**

## Yellow Zone

Call your doctor. Your symptoms are changing.

- Shortness of breath
- Difficulty completing daily activities
- More coughing/wheezing
- Thicker and discolored mucus
- Using a quick-relief inhaler or nebulizer most often
- Trouble sleeping

## Red Zone

Call 911. This is an emergency!

- Severe shortness of breath, even at rest
- Not able to do any activity because of difficulties breathing
- Not able to sleep because of breathing
- Fever or shaking chills
- Feeling confused or very drowsy
- Chest pains
- Coughing up blood

### Managing an ongoing medical condition sometimes takes an extra hand.

The MVP Health Management programs offer help to members who need guidance and support to improve their chronic health conditions. These programs offer innovative solutions to help get chronic health conditions under control and on track for improvement. Working in partnership with doctors, we help members get the care they need and make the most of their benefits.

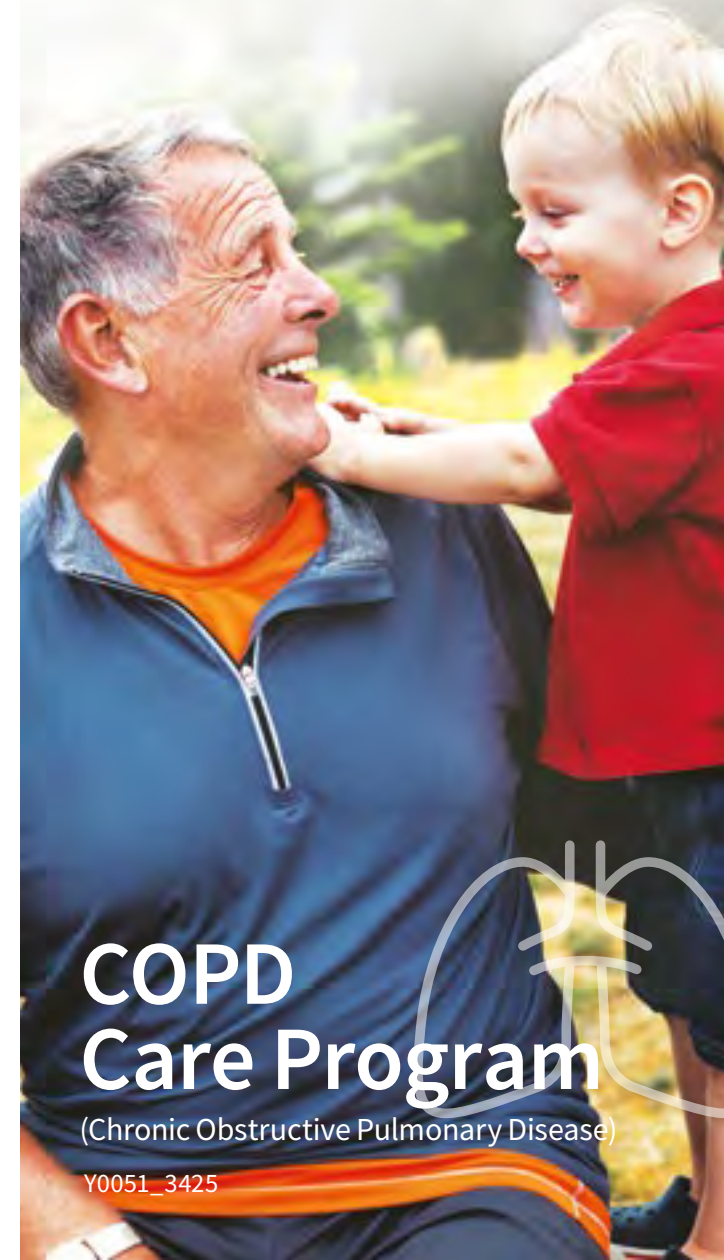
**Contact MVP to learn more about the MVP Health Management programs.**



Call **1-866-942-7966**  
(TTY: **1-800-662-1220**)



Or visit [mvphealthcare.com](http://mvphealthcare.com)



# COPD Care Program

(Chronic Obstructive Pulmonary Disease)

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# What is COPD?

(Chronic Obstructive Pulmonary Disease)

COPD—also known as emphysema or chronic bronchitis—is a serious disease that partially blocks the airways, or tubes, that carry air in and out of the lungs. It worsens over time, making it harder to breathe.



The **MVP COPD Program** was designed to provide you with the information you need to help you manage your COPD.

## What does the program provide?

A health coach will assist you in making lifestyle changes to help you breathe better and improve your quality of life.

Through phone consultation, your coach will help you develop an individual plan that may include:

- Taking medications as prescribed by your doctor
- Determining when to take “as needed” medications
- Recognizing triggers and getting treatment as needed
- Smoking cessation
- Stress reduction
- Developing a regular exercise program
- Eating a balanced diet
- Getting flu/pneumonia shots
- Monitoring for depression and getting treatment as needed

## What can you do to breathe better and improve your quality of life?

- Quit smoking.
- Avoid exposure to pollutants.
- Visit your provider regularly.
- Follow treatment advice.
- Take precautions against the flu.
- Seek support from others who have COPD.



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