

## Chronic Obstructive Pulmonary Disease (COPD) Program

Do you or a family member have COPD or a breathing problem? The **COPD Program** may help you breathe more easily.

The program is for members with COPD who are 40 years of age or older. It can help you lead a more normal life. We teach you about COPD and how to manage it.

### What is COPD?

Chronic obstructive pulmonary disease (COPD) is a lung disease where the lungs are damaged, making it hard to breathe. In COPD, the airways—the tubes that carry air in and out of your lungs—are partly blocked. That makes it difficult to get air in and out. COPD includes emphysema and chronic bronchitis. COPD is not contagious—you cannot catch it from someone else.

There is no cure for COPD. The damage to your airways and lungs cannot be undone but you can manage it. Plus there are things you can do to feel better and slow future damage. With proper education and treatment, people with COPD can lead active lives.

### How can I manage my COPD?

Talk with your doctor and work together to create a COPD Self-Management Plan. This plan will help you know what medicines to take and when to call your doctor. If you can't follow the COPD self-management plan, tell your doctor and discuss choices. Talking with your doctor is the first step toward managing your COPD. Don't be afraid to ask questions. Write down your questions before your doctor's visit. Learning about your COPD puts you in control.

### There are many things people at risk for COPD can do:

#### Quit Smoking

If you smoke, the best thing you can do prevent more damage to your lungs is to quit. To help you quit, the Tennessee Tobacco QuitLine offers extra help for you and is FREE to all Tennessee residents. After 12 months, 25% of participants are tobacco-free. The QuitLine for Tennessee residents will give you the following:

- A FREE Tobacco Quit Kit.
- A FREE Quit Coach.
- Tips to learn to deal with tobacco cravings and other challenges.

You can call 1-800-QUIT-NOW (1-800-784-8669) or if you are hearing-impaired, you can call, 1-800-332-8615. You may also visit the website at [SmokeFree.gov](http://SmokeFree.gov).

#### Avoid Exposure to Pollutants

Try to stay away from dust and strong fumes and other things that could irritate your lungs. Try to stay indoors when the air quality is poor outside. You should also stay away from places where there might be cigarette smoke.

#### Visit Your Doctor on a Regular Basis

See your doctor regularly even if you are feeling fine. Make a list of your breathing symptoms. Think about any activities that you can't do anymore because they make you short of breath. Be sure to bring a list of all the medicines you are taking to each doctor's visit.

#### Take Precautions against the Flu

Do your best to avoid crowds during cold and flu season. It is also a good idea to get a flu shot every year, because the flu can cause serious problems for people with COPD. You can call your primary care physician (PCP) or you can locate a flu shot clinic in your area at the American Lung Association's Web site, [www.lungusa.org](http://www.lungusa.org). You should also ask your doctor about the pneumonia vaccine, too.

### What is the COPD Program?

Members in the **COPD Program** have free resources available. They include nurse case managers, who offer counseling and treatment guidance. They also have educational materials and pamphlets about COPD.

### How do I sign up for the COPD Program?

To learn more about **COPD Program** or to enroll in our free program, call (800) 690-1606 and enter your member ID, then Press "0" to speak with a Local Customer Service Representative. Tell the Customer Service Representative that you would like to speak with the Disease Management Coordinator.