

## The MVP COPD Program

is designed for members who are living with COPD, providing extra support to help you better manage your health. By working with your MVP Health Coach—and following your doctor’s recommendations—you’ll have the tools, education, and resources to better understand COPD and make lifestyle changes to keep your health under control and on track for improvement.

### What does the program provide?

A Health Coach will assist you in making lifestyle changes to help you breath 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
- Quitting tobacco or vaping
- Reducing stress
- Developing a regular exercise program, as recommended by your doctor
- Eating a balanced diet
- Getting flu/pneumonia shots
- Monitoring for depression and getting treatment as needed
- Educational materials about your specific needs and concerns



# 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 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 more 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

## Set and Meet Program Goals

Your objectives may include some or all of the these COPD management goals:

- ✓ Quit tobacco products, including vaping.
- ✓ Avoid exposure to pollutants.
- ✓ Visit your provider regularly.
- ✓ Follow treatment advice.
- ✓ Take precautions against the flu.
- ✓ Seek support from others who have COPD.

## Questions?

**We are here to help.**

Call MVP Case Management  
at **1-866-942-7966**,  
Monday–Friday 8:30 am–5 pm.