

Fresh Air News

A Special Newsletter for MVP Health Care[®] Members **Issue 1, 2023**

Understanding COPD

Chronic Obstructive Pulmonary Disease (COPD) is a lung disease that makes it hard to breathe because air doesn't flow easily in and out of your lungs. Chronic bronchitis and emphysema are two lung problems that are types of COPD.

When you have **chronic bronchitis**, the airways that carry air to your lungs get inflamed and make a lot of mucus. This can narrow or block your airways, making it hard for you to breathe. It can also make you cough.

With **emphysema**, the tiny air sacs in your lungs are damaged and lose their stretch. Less air gets in and out of your lungs, which makes you feel short of breath.

COPD gets worse over time. You can't undo the damage to your lungs. But you can take steps to prevent more damage and to feel better. The best thing you can do to keep COPD from getting worse is quit smoking. You should also avoid fumes, dust, and air pollution as much as possible.

Contact Us

1-866-942-7966

Monday–Friday,

8:30 am–5 pm

TTY 711

We Value Your Opinion

Please fill out a brief, anonymous survey at mvp-listens.com.

We will use this information to create a better experience for all of our members. All responses are 100% confidential. The survey only takes a few minutes to complete.

MVP Health Care offers a health management program for members living with Chronic Obstructive Pulmonary Disease (COPD). For more information or to see if you qualify, call 1-866-942-7966. MVP's program is based on the Global Strategy for the Diagnosis, Management, and Prevention of COPD, Global Initiative for Chronic Obstructive Lung Disease (GOLD). This program must be coordinated with your physician. Information in this newsletter does not constitute medical advice. If you have questions about your health, talk to your doctor.

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Saving Your Energy When You Have COPD or other chronic conditions

Sometimes, daily activities can be exhausting when you are living with COPD or other conditions, like heart failure.

Conserving, or saving, your energy means finding ways to do daily activities with as little effort as possible. With some planning and a few tips, you can get tasks done more easily and enjoy your daily routine.

Here are some ways you can use less energy when doing daily tasks:

- Make a list of what you must do every day. Group the tasks by location; for example, do all the chores you have in one part of your house at around the same time
- Go out for errands or do chores at the time of day when you have the most energy
- Leave plenty of time to do tasks or get to events. Adding extra time will keep you from feeling rushed and breathless
- Include rest periods in your day
- Ask for help from family or friends for tasks that are too tiring to do by yourself



Take the First Step to Quitting

If you smoke (or vape), asking for help to quit can be hard to do. But it's never too late to quit. If you are ready, MVP offers support and resources including *The Butt Stops Here*, a free tobacco cessation course, to help you succeed. Call the MVP Case Management team at **1-866-942-7966** to get started.



Quick Tips for Your Next Appointment

Patients who have good relationships with their doctors are more satisfied with their care and have better results.

Whether your appointment is in-person or virtual, here are some tips to help you and your doctor become better partners in improving your health care:

- Write down your questions before your visit. List the most important ones first to make sure they get asked and answered
- Bring a “health history” list with you and keep it up to date
- Always bring any medications you are taking, including over-the-counter, or a list of those medications (including when and how often you take them) and their strength
- Bring someone along to help you ask questions and remember the answers

Source: Agency for Healthcare Research and Quality (AHRQ)

When Should I Use Gia[®]?

The *Gia* by MVP mobile app is a guide to your health, and an easy way for you to talk or text with a doctor anywhere, anytime.

Available 24/7, Gia is a good option when you:

- Want to avoid busy waiting rooms
- Cannot get an appointment with your doctor
- Do not have transportation
- Feel unwell and would prefer to stay home

Did you know that Gia doctors can diagnose and treat many different illnesses? Some of these include:

- Cough or upper respiratory infection
- Cold, flu, and COVID-19
- Allergies, mild allergic reaction, wheezing
- Strep throat
- Ear infection
- Sinus infection
- Muscle or joint pain

And many more!



Based on your symptoms, your Gia doctor can often recommend a treatment plan, or prescribe a medication right from the app. If you do need an in-person visit, your Gia doctor can refer you to the most appropriate care in your area. To learn more about when to use Gia, visit mvphealthcare.com/UsingGia.

Have a **Health Question?**

Our Health Library is your one-stop resource for the latest health information. Visit mvphealthcare.com/HealthandWellness.



Health benefit plans are issued or administered by MVP Health Plan, Inc.; MVP Health Insurance Company; MVP Select Care, Inc.; and MVP Health Services Corp., operating subsidiaries of MVP Health Care, Inc. Not all plans available in all states and counties.

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Stay a Step Ahead with Preventive Care

Preventive care helps you stay healthy by screening for illnesses early on when treatment is more effective. Talk to your doctor to find out if you are due for screenings or any other preventive care services.

Living Well Programs

From yoga and strengthening to gardening and meditation, our Living Well programs have something for everyone. Classes and workshops are offered in-person and virtually and can help you live well physically, emotionally, and otherwise! View and register for upcoming classes at mvphealthcare.com/Calendar. Filter by county to find the programs nearest to you.



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