

Fresh Air News

A Special Newsletter for MVP Health Care[®] Members **Issue 1, 2024**

Using a COPD Action Plan

A Chronic Obstructive Pulmonary Disease (COPD) action plan is a written plan that you can develop with your doctor. It tells you how to treat your COPD and what to do when you have a flare-up. A flare up is when your shortness of breath is suddenly worse, you have more mucus, or are coughing more. It helps you make quick decisions in an emergency. Your action plan has three zones based on your symptoms. For each zone, ask your doctor what type—and what amount—of medicine you should take for your symptoms.

Green Zone: Feeling Well

Your symptoms

- Usual amount of coughing and mucus
- Normal activities and good appetite
- Sleeping well

What to do

- Take daily COPD medicines as prescribed
- Do normal activities and breathing exercises
- Continue other treatments, such as using oxygen, if needed
- Avoid triggers

Yellow Zone: Flare-Up

Your symptoms

- More coughing or mucus than normal
- New or worsening trouble breathing
- Less energy than usual
- Quick-relief medicines needed more often
- Fever, tight chest, or other symptoms
- Trouble sleeping because of coughing or breathing problems

What to do

- Take quick-relief and normal daily medicines as prescribed
- Take oral corticosteroids, antibiotics, or both as prescribed
- Do pursed-lip breathing
- If you use oxygen, ask your doctor if you need to increase it
- Call your doctor if symptoms don't improve

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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 [mvplistsens.com](https://mvphealthcare.com/mvplistsens).

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.

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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Red Zone: Get Emergency Care Right Away

Your symptoms

- Very short of breath
- Can't do activities
- Fever, chills, chest pain, or other symptoms
- Coughing up blood
- Confused or sleepy
- Can't sleep because of coughing or breathing problems

What to do

- Call 911 or get medical care right away
- While getting help, follow any instructions your doctor recommended

Be sure your action plan includes the name and phone number of your doctor, and the name and phone number of an emergency contact.

Avoiding COPD Triggers

Triggers are things, activities, or conditions that make COPD symptoms worse, or cause a flare-up. Knowing your triggers can help you avoid them.

When you are having symptoms, note the things around you that might be causing them.

Here are some ways to avoid common triggers:

- Try to avoid infections such as COVID-19, colds, and the flu
- Wash your hands often
- Do not smoke or allow others to smoke around you
- If there is a lot of pollution, pollen, or dust outside, try to stay inside and keep your windows closed*. Use an air conditioner and/or air filter if you have one. Check your local weather report or **AirNow.gov** for air quality and pollen reports
- Get a flu vaccine every year. Talk to your doctor about getting the pneumococcal and whooping cough (pertussis) shots. Stay up to date on your COVID-19 vaccines

Common COPD Triggers

- Smoke
- Strong odors (from perfume, cleaning supplies, etc.)
- Pollen
- Sudden weather changes
- Respiratory infections (flu, COVID-19, colds, pneumonia)

* If it's hot and you don't have an air conditioner, staying inside with the windows closed may be dangerous. Consider going someplace with air conditioning if you're able.



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)

Living Well Programs from MVP

The MVP Health Promotions team is proud to offer a variety of free classes, discount programs, and vouchers throughout our service area.

To learn more, find classes by you, or to register for any of our programs, check out mvphealthcare.com/calendar.

COPD Support at Your Fingertips

If you have questions related to COPD and need answers quickly, the *Gia*® by MVP mobile app is here when you need it. Connect with a doctor to talk about managing COPD, your medications, and even concerns about stress or anxiety.



Scan the code with the camera on your mobile device, or visit mvphealthcare.com/GetGia to get the app.

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.



Health and Wellness or Prevention Information

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Get Your Newsletter by Email

Good news! You will soon be able to get this newsletter by secure email. Make sure your communication preferences are up-to-date. Sign in to Gia at my.mvphealthcare.com and under Important Links, select *Communication Preferences*. Select *Go Paperless!* and be sure email is selected for Plan Related Documents.

Have a Health Question?

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



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