

FOR A HEALTHIER YOU

CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

KNOW WHEN TO CALL YOUR DOCTOR

Call your doctor if your breathing is:

- Getting harder or faster than before
- You cannot get a deep breath
- You need to lean forward when sitting
- You are using muscles around your ribs to help you breath.
- You are having headaches more often
- You feel sleepy or confused.
- You have a fever.
- You are coughing up dark mucus
- Your fingertips, or the skin around your fingernails, are blue.



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“I was recently discharged from the hospital” What do I do now?”

The first step is to follow the instructions from your doctor. If you received a Personal Health Record, take it with you to all your medical appointments. You may be instructed to follow-up with a lung specialist, which is a Pulmonologist. Check to see if your medications or dose have been changed. Below are some tips to help you during your recovery.

Keep Active

Walk to build up strength. Ask the doctor or therapist how far to walk.

Try not to talk when you walk.

Walk until it is a little hard to breathe. Ride a stationary bike. Ask your doctor or therapist how long and how fast to ride. Make yourself stronger even when you are sitting:

Use small weights or rubber tubing to make your arms and shoulders stronger.

Stand up and sit down several times.

Hold your legs straight out in front of you.

For questions contact Care Coordination

at **800-809-1350**

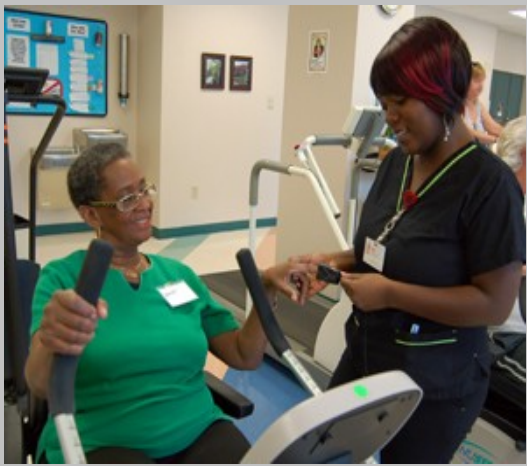


Enjoy active living

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PULMONARY REHABILITATION TREATMENT



Did you know?

PHC offers Pulmonary Rehabilitation Treatment for members who meet the criteria listed below. The aim of treatment is to restore COPD patients to the highest level of independent function by becoming more physically active and educated about their lung disease, treatment and being able to cope. The criteria to obtain this benefit are:

- Severe COPD, with completed Pulmonary Function Testing

- Decreased quality of life due to problems with control of COPD
- Worsening pulmonary symptoms
- Maximized medication treatment
- Unable to walk more than 300 feet
- No longer smoking or actively quitting cigarettes by use of a tobacco cessation product

This service requires a treatment authorization request (TAR) from your doctor, along with documentation of the above issues. Members may be approved for up to 24 visits. Ask your doctor or pulmonologist if you feel you meet the criteria for this exciting enhanced benefit!

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WHEN YOU CAN'T BREATHE, NOTHING ELSE MATTERS



YOU CAN TRAVEL, HERE ARE SOME TIPS:

Notify your doctor. If you've been in the hospital recently, check with your doctor for clearance before traveling.

Obtain the necessary paperwork to travel. You may need a letter from your doctor that verifies all your medications including oxygen.

Have a copy of your oxygen prescription. Carry it with you. You will need to show the prescription to travel personnel.

Have the name of your doctor, and your oxygen supplier, and his/her phone number with you.

Have enough medication with you. Remember to pack all medicines and supplies in your carry-on luggage.

Keep a list of your current medications with you at all time.

PARTNERSHIP HEALTHPLAN OF CA

www.partnershiphp.org

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