MVP® HEALTH CARE

Fresh Air News

Issue 2, 2021

Keeping Your Diet **Healthy**

Sometimes, living with COPD means you have little appetite or feel too tired to prepare a meal. But eating regularly and eating healthy foods is important because food:

- Gives your body the energy it needs to function, like for breathing and digestion
- Provides you with the energy you need for daily activities
- Helps strengthen your body's immune system, making it easier to avoid infections

You can take simple steps to be sure you eat healthy foods on a regular basis. But because people living with COPD often have other health problems that may restrict the foods they can eat, always talk with your doctor or a registered dietitian before making changes in your diet.

Tips for Healthy Eating

The following tips can make eating easier and help you get necessary nutrition.

Make Eating Easier

- Choose foods that are easy to prepare
- Eat in a relaxed atmosphere
- Eat with friends and family

Continued next page.

Contact Us
1-866-942-7966
Monday–Friday,
8:30 am–5:00 pm
TTY: 1-800-662-1220

We Value Your Opinion

Please fill out a brief, anonymous survey at **mvplistens.com**.

All responses are 100% confidential and help create a better experience.

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.

Healthy eating questions? We can help! Speak with an MVP Health Coach to help manage your diet. Call MVP at **1-866-942-7966**.

- If you eat a main meal, try to eat it early. This way, you will have energy throughout more of the day
- Try to include a favorite food in your meals

Avoid Shortness of Breath

- Stop smoking—it is never too late!
- Rest before eating if eating makes you short of breath or tired
- Clear your lungs beforehand
- Eat while sitting up. This helps remove pressure on your lungs
- If you use oxygen, use it while eating
- Eat six small meals each day instead of three large ones so that your stomach is never extremely full. A full stomach can interfere with breathing by pushing on the diaphragm

- Drink your beverage at the end of the meal. Drinking before or during the meal can fill you up more quickly
- Avoid or eat only small amounts of gas-forming foods (they bloat the abdomen and make breathing difficult). These include onions, cauliflower, broccoli, melons, peas, corn, cucumbers, cabbage, brussels sprouts, turnips, raw apples, and beans (except green beans). Fried and greasy foods can also cause gas or bloating
- Eat and chew slowly so you are less likely to become short of breath
- If you have a hard time breathing in the morning, do not skip breakfast. Have a liquid nutritional drink (such as Ensure®) instead

Choose Healthy Foods

- Eat a varied diet, like fruits and vegetables, dairy products, cereal and grains, and meats
- Avoid foods that are difficult to chew
- Don't waste energy eating foods with little nutritional value, such as potato chips, candy bars, and soft drinks

Winter Weather
and Lung Health

Sudden changes in the weather and extreme weather conditions, such as a cold front that might come with a winter storm, can make symptoms worse if you are living with COPD. The cold, dry air can irritate airways and cause coughing, wheezing, and shortness of breath. Follow your action plan and contact your doctor if your symptoms worsen. When possible, don't spend too much time in the cold and wind. If you need to go outside, cover your nose and mouth with a scarf and breathe through your nose. Don't try to exercise outside in severe cold weather. If you shovel snow, watch your symptoms and do not overexert yourself.

Source: American Lung Association

Lower Your Risk of the Flu and Pneumonia

It is important to get vaccinated against the flu each year, and pneumonia as directed by your doctor. Pneumonia is a lung infection that can cause mild to severe illness in people of all ages. Signs of it include coughing, fever, fatigue, nausea, vomiting, rapid breathing or shortness of breath, chills, or chest pain. Many pneumonia-related deaths are preventable through vaccination and appropriate treatment.

Certain people are more likely to become ill with pneumonia:

- Adults age 65 or older
- Children younger than age five
- People under the age of 65 who have underlying medical conditions (like diabetes or HIV/AIDS)
- People ages 19–64 who smoke cigarettes
- People ages 19–64 who have asthma

Simple steps to preventing the flu and pneumonia:

- Wash your hands regularly
- Clean hard surfaces that are touched often (like doorknobs and countertops)
- Cough or sneeze into a tissue, your elbow, or sleeve
- Limit your exposure to cigarette smoke
- Take steps to treat, control, and prevent conditions like diabetes and HIV/AIDS

Get vaccinated. Several vaccines prevent infections that can cause pneumonia, including Pneumococcal, Haemophilus influenzae type b (Hib), Pertussis (whooping cough), and seasonal influenza (flu) vaccines. Talk to your doctor for more information.

24/7 Urgent Care
With No Wait

Urgent care appointments can be tough to get lately. High demand and fewer workers mean wait times are long—so urgent needs aren't always getting urgent treatment. For you, there's a simple solution: 24/7 Virtual Urgent Care with Gia.®

Gia connects you to urgent care fast. In most cases, there's no wait at all. On top of that, Gia is free for MVP Members.* That means no co-pay, no bills—nothing. Just quick, quality care from wherever you are.

To get started, use your smartphone camera to view the QR code and visit StartWithGia.com.

LivingWell

MVP®
HEALTH CARE

Go online and take charge of your health.

The MVP Healthwise® Knowledgebase is your one-stop resource for the latest health information. Visit **mvphealthcare.com** and select *Members,* then *Health & Wellness.*

Preventive care
is the best care.

Health care screenings help prevent or find illnesses and diseases in their earlier stages when treatment is more effective. If you've put off your screenings, you're not alone, but now is the time to catch up. To find out if you are due for screenings, Sign In to your MVP online account at **mvphealthcare.com/member** and select *Preventive Care Reminders,* and talk to your doctor.

Living Well Programs

MVP offers a variety of classes and workshops—both in-person and virtual—to help you live well physically, emotionally, and otherwise! Find classes like chair moves, tai chi, meditation, or even quitting tobacco. To find a class that is right for you, visit **mvphealthcare.com/LWCalendar**. Filter by county to find the programs nearest you.