

Fresh Air News

A Special Newsletter for MVP Health Care[®] Members **Issue 1, 2022**

Caring for Yourself **With COPD**

You can't undo the damage to your lungs from Chronic Obstructive Pulmonary Disease (COPD). But you can take steps to prevent more damage and to feel better.

Try New Quit-Smoking Methods

While important, it is not always easy to quit smoking. You may need to try different methods before you quit for good. Talk to your doctor about different ways you can quit.

Avoid Things that Can Irritate Your Lungs

These things include smoke and air pollution.

Stay as Active as You Can

Try to do activities and exercises that build muscle strength and help your heart. If you get out of breath, take a break until your breathing is back to normal. Always check with your doctor before you start or change an exercise program!

Eat Well

Getting enough to eat will help you keep up your strength. If you are losing weight, ask your doctor or dietitian how you can get the calories you need.

Find Ways to Breathe Easier

Here are some ways you can make breathing easier:

- Conserve your energy by taking breaks or sitting while doing activities or household tasks. An occupational or physical therapist may be able to help you find ways to do everyday activities with less effort
- Learn breath-training methods—such as breathing through pursed lips—to improve airflow in and out of your lungs
- Ask your doctor if pulmonary rehabilitation would be a good choice for you
- Take the medicines prescribed by your doctor. If you use inhalers, be sure you know how to use each of them properly

continued on next page

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.

Questions about managing COPD? Our Health Coaches are here to help. Call MVP at **1-866-942-7966**.

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Avoid Outdoor Lung Irritants

Try to stay inside with your windows closed when air pollution is bad. If possible, use an air conditioner in hot weather so you don't have to open windows.

Seek Education and Support

Here are some things that can help you cope and live better with COPD:

- Educate yourself and your family about COPD and your treatment program
- Seek counseling or a support group if you find that you are not enjoying activities with your friends or family
- Ask for help from family, friends, and health professionals. Learning that you have a condition that may change your life may lead to depression or anxiety, but support can make it easier
- Follow your treatment plan to help feel better physically and mentally. A self-reward for staying on track can help keep you motivated

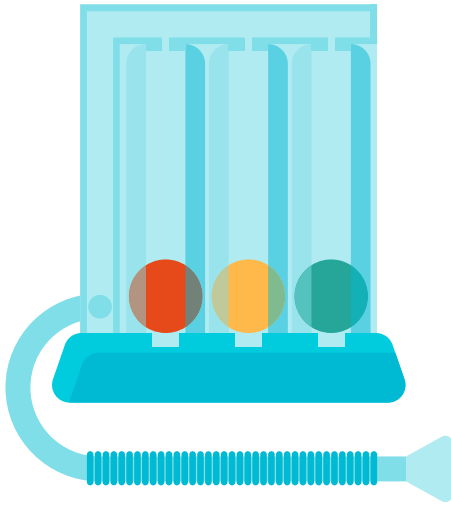


Monitoring Your COPD Symptoms

At times, your COPD symptoms may suddenly get much worse. These attacks are called COPD flare-ups, or exacerbations. They may be life-threatening, so it's important to keep track of your symptoms and know what to do if they get worse. Be mindful if:

- You have more shortness of breath and wheezing
- You have more coughing, with or without mucus
- You are coughing up more mucus than usual, and/or it is a different color

Your doctor can help you make a plan to manage flare-ups. Quick treatment at home may help prevent serious breathing problems.



What is Spirometry?

Spirometry is a common type of breathing test. It measures the amount of air you are able to breathe in and out of your lungs and at what rate. The test can be done at the doctor's office or hospital and is not painful.

How it works:

1. Place your mouth on the mouthpiece that is attached to a recording device (spirometer)
2. Breathe in (inhale) as deeply as possible
3. Blow out (exhale) as hard, fast, and completely as possible

If you were recently diagnosed with COPD, you should have spirometry testing within six months. Spirometry is an important part of your treatment plan as it can keep your symptoms from getting worse and may lower the number of flare-ups you experience. Talk to your doctor to see if you should have a spirometry test.

Get Lab Tests Collected at Home

As an MVP member,* you have access to at-home lab test collection through our collaboration with Scarlet Health®. Scarlet® makes it easy to get routine bloodwork, urine tests, and many other lab tests collected where it's most convenient for you. Simply upload your lab order and schedule your appointment. If you need a lab order, you can request one from your provider, or start with Gia®, MVP's 24/7 virtual care services, to be connected with a provider who can assess your health needs and order your lab test. Learn more at mvphealthcare.com/labs.

*For MVP members age 10 and over.

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

Find more information and printable forms at mvphealthcare.com.

Source: Agency for Healthcare Research and Quality (AHRQ)



Go online and take charge of your health.

Our Health Library is your one-stop resource for the latest health information. Visit mvphealthcare.com and select *Members*, then *Health & Wellness*.



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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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 programs like yoga, walking clubs, caregiver support, or even a cooking class. To find a class visit mvphealthcare.com/LWCalendar. Filter by county to find the programs nearest you.



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