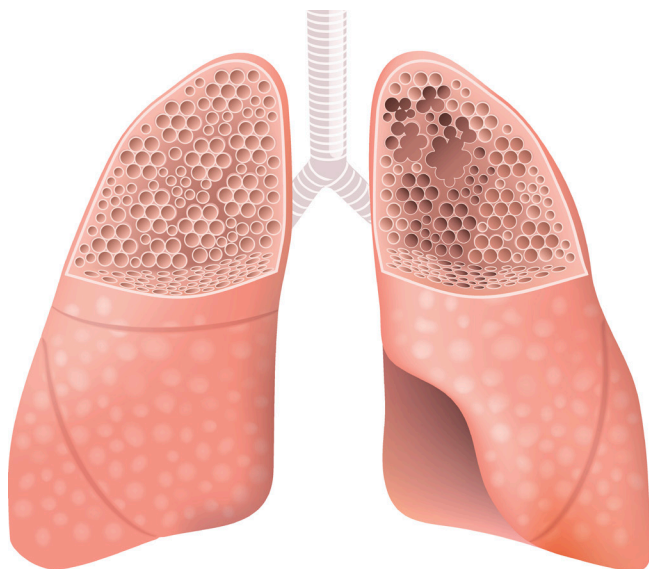


What is COPD?

Chronic Obstructive Pulmonary Disease (COPD) is a disease that affects how you breathe. Smoking is the leading cause of COPD. Air pollution, chemical fumes, dust or other lung irritants may contribute to COPD. The tubes in your lungs carry air in and out as you breathe. When you have COPD, the air sacs within your lungs lose their elasticity and the air is trapped inside making it harder to breathe out.

COPD also causes the walls of the airways to become thick or swollen. This makes it easier for mucus to plug the tubes, causing you to cough more. COPD gets worse over time. It may keep you from doing the things you enjoy. Working with your doctor can help.



Healthy lung

Lung with COPD

Care coordination and integration

GHP Family offers case and health management programs to members. For more information, call 800-883-6355 or 570-214-8649, Monday through Friday from 8:00 a.m. to 5:00 p.m. (TTY: PA Relay 711)

Tel-A-Nurse

For non-emergency healthcare, your first stop should be your primary care physician, who oversees your health needs. If you need non-emergency medical advice, nurses are available 24/7 with the Tel-A-Nurse chat line. Simply call 877-543-5061.

Breathe easier

- Stop smoking and avoid second-hand smoke.
- Avoid breathing in things that affect your lungs like dust or heavy fumes.
- Keep your doctor appointments. Call your doctor between appointments if you are sick or having more trouble breathing.
- Get a flu shot every year. Ask your doctor if the pneumonia vaccine is right for you.

Stay active

Exercise may seem more difficult when you feel short of breath. However, it is an important practice to incorporate or maintain in order to prevent losing the conditioning that you already have. Exercise helps strengthen your respiratory muscles and can improve the use of oxygen and energy levels while reducing anxiety, stress and depression.

What to do when you get sick

Call your doctor when you start to feel sick. Not only will it help you recover sooner, it might help you stay out of the hospital.

Call your doctor when:

- It is harder to breath
- You are coughing more
- Your mucus has changed color or is thicker
- You have a fever

Get immediate help if:

- You're having trouble breathing and it makes it hard to move or talk
- Your heartbeat feels fast or irregular
- Your lips or fingernails are blue or gray

If you need this information in another language, call 1 (855) 227-1302 (TTY: 711), Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m. and Wednesday from 8 a.m. to 8 p.m.

Nếu quý vị cần thông tin này bằng ngôn ngữ khác, hãy gọi 1. (855) 227-1302 (TTY: 711) Thứ Hai, Thứ Ba, Thứ Năm và Thứ Sáu từ 8 giờ sáng đến 5 giờ chiều hoặc Thứ Tư từ 8 giờ sáng đến 8 giờ tối.

Si necesita esta información en otro idioma, llame al 1. (855) 227-1302 (TTY: 711) lunes, martes, jueves y viernes de 8:00 am a 5:00 pm o miércoles de 8:00 am a 8:00 pm.

Если вы хотите получить данную информацию на другом языке, позвоните по номеру 1. (855) 227-1302 (Телетайп: 711) в понедельник, вторник, четверг и пятницу с 8 а.м. до 5 р.м. или в среду с 8 а.м. до 8 р.м.

如果您需要此資訊的其它語言版本，請撥打電話：1. (855) 227-1302 (聽障專線：711) 週一，週二，週四和週五上午 8：00 至下午 5：00 或者週三上午 8：00 至晚上 8：00

ប្រសិនបើអ្នកត្រូវការព័ត៌មាននេះជាភាសាមួយទៀត សូមហៅ 1.855-227-1302 (TTY: 711) ថ្ងៃច័ន្ទ ថ្ងៃអង្គការ ថ្ងៃព្រហស្បតិ៍ និងថ្ងៃសុក្រពីម៉ោង 8 ព្រឹក ដល់ម៉ោង 5 ល្ងាច ឬថ្ងៃពុធម៉ោង 8 ព្រឹក ដល់ម៉ោង 8 យប់។

Take your medicine

Medications can help make it easier to breathe. Most medication for COPD comes in an inhaler. For best results, it is important to learn the right way to use the inhaler. Your doctor or case manager can help. It is also important to follow your doctor's directions. Everyone is a little different. Working with your doctor will help find a treatment plan that best fits you.

Bronchodilators are medicines that relax the muscles around the airways. This helps to open the airways, making it easier to breathe in and out. Steroids are another type of medicine given to people with COPD. They help control the swelling in the airways.

If you need to use your inhaler more than advised, call your doctor. It could mean you are getting sick or need to adjust your treatment plan.

Manage your breathing

If you start to feel tired or out of breath, sit down and try to relax. Breathing techniques can help you breathe better, improve your ability to move air in and out of the lungs and aid in moving trapped air out of your lungs. Your doctor or respiratory therapist can teach you special breathing exercises that can help.

Source: National Heart, Lung, and Blood Institute, COPD Learn More Breathe Better www.nhlbi.nih.gov/health/educational/copd/index.htm



If your COPD gets worse you may need to use oxygen to help you breathe. There is a lot to learn about using oxygen, such as safety measures, when to wear it and how much you need. Your doctor and respiratory therapist will guide you.

Geisinger

GHP Family

100 N. Academy Ave.

Danville, PA 17822-3240

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What is our mission?

Our mission is to help members be as healthy as possible. As a member, you can get expert help to better manage your condition – all at no extra charge. Participation is voluntary and in no way affects the status of your healthcare coverage.

GHP Family believes our care coordination program can be beneficial in improving or maintaining your health.

How can I learn more?

To take advantage of this program, call 800-883-6355 or 855-227-1302 (TTY: PA Relay 711), speak with your healthcare provider or visit us on the web at GHPFamily.com

The program will:

- Help you better understand your condition
- Update you on new information
- Provide assistance from a nurse who is trained to help members with their specialized healthcare needs