

# Take Control of Your **COPD**

Learn How to Successfully Manage Your  
Condition with an Individualized Treatment Plan



# Live Successfully with COPD

Chronic obstructive pulmonary disease (COPD) can cause symptoms, like breathlessness and coughing, that affect your everyday life. Live healthier and breathe easier by learning how to successfully manage your COPD with an individualized treatment plan from our Disease Management Program.

A trained health coach works with you to develop a personalized management plan that supplements the care you receive from your doctor. With our program tailored to your needs, you can rest assured you're in good hands. In fact, 94.4 percent of members said they would recommend our Disease Management Program to others.

## Program Highlights

No out-of-pocket cost for program participation:

- Peak flow meter, if needed
- Education and support from a health coach
- Smoking cessation assistance through our QuitLine program, if needed

## Enroll Today

Call us at (800) 861-4826 and select option 2 to check eligibility and enroll.

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These recommendations are for your information only. They do not take the place of your doctor's advice, diagnosis or treatment. You should make decisions about your care with your doctor. What is covered by your plan will be based on your specific benefit plan.

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