



## **Chronic Obstructive Pulmonary Disease (COPD)**

Amerigroup Washington, Inc. has a program for Chronic Obstructive Pulmonary Disease (COPD). This program will help you better know and manage your COPD. We can assist you to set health goals and create a care plan that fits your way of life. You do not have to join the program. You are signed up as a member of Amerigroup.

### **Living with COPD**

COPD is a group of long-term lung diseases. The airways get narrowed and make it hard to breathe. But, it does not have to slow you down.

You can learn simple steps to help you stop smoking. You can breathe easier and improve your quality of life. We will keep your doctor up to date. We will share your condition and the services we provide you. Your case manager can help you learn how to handle your COPD.

### **Things to know**

- Risk factors are things you may be around at home, work or school. These can cause a flare-up of symptoms. Some of these are: tobacco smoke, wood burning stoves or fireplaces, chemicals, dust or fumes.
- The flu, bronchitis or a cold can make your COPD symptoms worse. Other health issues can make it harder for you to control your COPD.
- We can give you more data to help you handle your COPD.
- Your doctor may want to do testing to see how your COPD is doing.

### **Tips to monitor your COPD:**

- Use a COPD action or management plan  
An COPD action plan is written data from your doctor that tells you how to handle your COPD, such as:
  - Things for you to do every day to treat your COPD.
  - What to do if you are sick or your COPD signs are worse.
  - When to start taking some medicines if you are having more signs than usual.
  - Know when to call your doctor and when to get help right away.
- Know the signs and symptoms that your COPD is getting worse  
Signs that your COPD is getting worse include:
  - Harder to catch your breath
  - Less energy
  - A change in color or thickness of phlegm or mucus
  - More coughing
  - Taking quick relief medicines more often

- Medicines are not helping
- Presence of other symptoms you think may be related

### **How to take your COPD medicines:**

- What kind of COPD medicines are you taking?
  - Quick relief medicines— help you if you have a COPD flare-up or sudden problem breathing. This kind of medicine usually does not last very long. It does not prevent you from having a COPD flare-up.
  - Long-term medicines — this medicine does not work right away. It is used to help your daily COPD symptoms. It will not help you to breathe if you are having a COPD flare-up.
- It is very important to take your medicines just like your doctor tells you even if you are feeling better.
- We can help you know how to take your medicines the right way.
- We can help you to use inhalers, spacers, nebulizers and other devices.
- We can help you understand how your medicines work.

### **Ways you can improve or manage your COPD:**

- Quit smoking. This can make the best progress to control your COPD. We have programs. There are medicines that can help you stop smoking.
- Make short and long-term goals. We can help you make goals to eat better, exercise and maintain a healthy weight. Goals can be made to fit your way of life. We can assist you to make healthy changes. These small steps, one at a time can reduce your COPD.
- Get a flu shot every year. Ask your doctor if you should get the pneumonia shot.

### **Support to help you manage your COPD:**

- We can help you talk to your family or caregiver about your COPD.
- We can help you in find group programs and resources in your area.
- Tips to talk with your doctor and get the most out of your visit:
  1. Ask any questions you have about COPD. Write them down and take them with you to your visit
  2. Follow your doctor's advice – if you have questions or worries, let your doctor know.
  3. Make sure your doctor knows what medicines you are taking.

### **Important screenings:**

- Depression
- Other health conditions
- Preventive care screenings such as wellness checkups, mammograms and Pap tests

**For more helpful information on managing your COPD**

- [American Lung Association](#)
- [National Heart, Lung, and Blood Institute \(NHLBI\)](#)

If the enclosed information is not in your primary language, please call 1-800-600-4441(TDD/TTY only 711). We can translate this at no cost to you.

ENGLISH

Yog cov ntabw ntabwv xov xwm xa tuaj no tsis yog koj hom lus, thov hu xovtooj rau 1-800-600-4441 (TDD/TTY Cov neeg lag ntseg ces siv tus xovtooj no xwb 711) Peb tuajyeem txhais cov ntabw ntabwv no pub dawb rau koj.

HMONG

Afai o lenei faaaliga e le o alu atu i lau gagana masani, faamolemole vala'au mai i le telefoni: 1-800-600-4441 (Na'oto TTD/TTY 711) E mafai ona matou faaliliuina lenei mea e aunoa ma lou totogiina

SAMOAN

Если прилагаемая информация не на вашем родном языке, позвоните, пожалуйста, по телефону 1-800-600-4441 (только TDD/TTY 711). Мы можем перевести вам это бесплатно.

RUSSIAN

Якщо прикладена інформація не на вашій рідній мові, подзвоніть, будь ласка, по телефону 1-800-600-4441 (тільки TDD/TTY 711) Ми можемо зробити для вас цей переклад безкоштовно.

UKRAINIAN

동봉한 안내자료가 귀하의 모국어로 준비되어 있지 않으면 1-800-600-4441 (TDD/TTY 711)로 연락하십시오. 무료로 이 번역을 해드릴 수 있습니다.

KOREAN

Dacă informațiile alăturate nu sunt în limba dumneavoastră natală vă rugăm să sunați la 1-800-600-4441 (numai pentru TDD/TTY 711). Vă putem traduce aceasta fără să vă coste nimic.

ROMANIAN

ይህ የምንልክላቸው መረጃ በቋንቋዎ ካልሆነ፣ እባክዎን በስልክ ቁጥር 1-800-600-4441 (TDD/TTY ብቻ 711) ይደውሉ ያለ ምንም ወጪ ይህን ልንተረጎምልዎ እንችላለን።

AMHARIC

እዚ ንስደልኩም ዘለና ሓበሬታ ብቋንቋኩም ምስ ዘይከውን ብክብረትኩም ብስልኪ ቁጥር 1-800-600-4441 (TDD/TTY ጥራሕ 711) ደውሉ እዚ ብዘይ ምንም ዋጋ ክንትርጎምልኩም ንክእል ኢና።

TIGRIGNA

Si la información adjunta no está en su idioma primario, llame al 1-800-600-4441 (TDD/TTY solamente: 711). Podemos traducir esto sin costo para usted.

SPANISH

ຖ້າຂໍ້ມູນທີ່ໄດ້ເອົາຄັດຕົວມານາຊອງນີ້ບໍ່ແມ່ນພາສາແມ່ຂອງທ່ານ, ກະລຸນາໂທຫາ 1-800-600-4441 (ສາລັບການໂທດ້ວຍ TDD/TTY ແມ່ນ 711) ພວກເຮົາສາມາດແປອັນນີ້ໃຫ້ທ່ານໂດຍບໍ່ເສຍຄ່າ.

LAOTIAN

Nếu thông tin đính kèm không có ngôn ngữ của quý vị, xin gọi 1-800-600-4441(TDD/TTY dành riêng 711). Chúng tôi có thể dịch nội dung này miễn phí cho bạn.

VIETNAMESE

如果隨附的資料不是您的主要語言，請撥打電話 1-800-600-4441 (TDD/TTY 專線 711) 我們可免費為您翻譯。

CHINESE

បើសិនជាព័ត៌មានដែលបានភ្ជាប់មកនេះ មិនមែនជាភាសាដើមរបស់លោកអ្នកទេ សូមទូរសព្ទទៅកាន់លេខ 1-800-600-4441 (សំរាប់ DTT/TTY សូមទូរសព្ទទៅកាន់លេខ 711) យើងខ្ញុំអាចបកប្រែភាសានេះ ដោយមិនគិតថ្លៃពីលោកអ្នក។

CAMBODIAN

Kung ang nakalakip na impormasyon ay hindi sa inyong pangunahing wika, pakitawagan po ang 1-800-600-4441 (TDD/TTY lamang 711). Maaari namin itong isalin para sa inyo nang walang bayad.

TAGALOG

اگر اطلاعات ضمیمه به زبان شما نیست، با شماره 1-800-600-4441 تماس بگیرید ما می توانیم بدون هزینه این را برای شما ترجمه کنیم. (TDD/TTY شماره 711 فقط با شماره برای)

FARSI