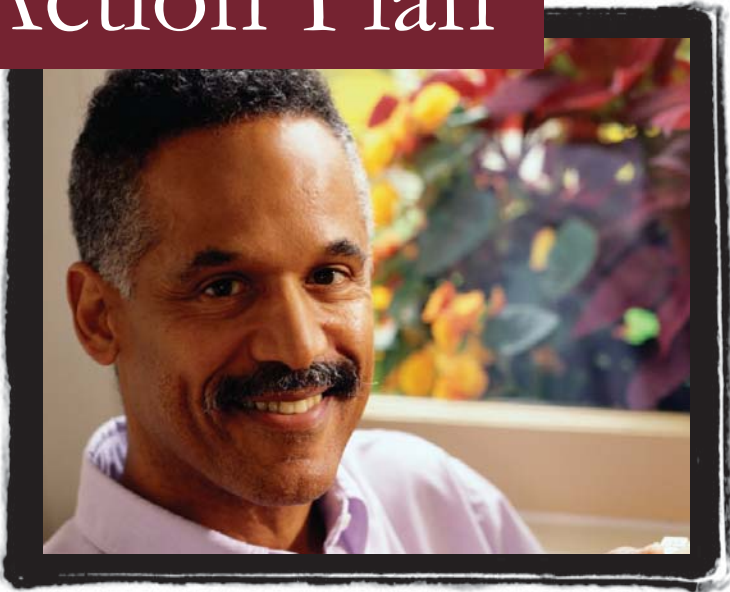


COPD Action Plan



Here is your COPD (Chronic Obstructive Pulmonary Disease) Action Plan. Fill it in with your doctor so you know what to do when you have changes in your symptoms.

Many people with COPD are short of breath and have a cough. If you feel like this every day, it may be hard to notice changes in how you feel, *and* know what to do. That's why making a plan with your doctor is so important and can help you have more peace of mind. Use the chart on the back to help guide you.

Health Coach ConnectionSM

1-800-365-4180



Capital District Physicians' Health Plan, Inc.
Capital District Physicians' Healthcare Network, Inc.
CDPHP Universal Benefits,® Inc.

A plan for life.

Take this to your doctor

Reminders

- When I am well, oxygen in my blood is _____%, and my oxygen should be _____ liters/min for _____ hrs/day.
- My next pneumonia shot should be _____.
- Remember to talk to your doctor about getting a **flu shot** every fall.

Ways To Feel Better

Smoking and Air Pollution

- If you smoke, talk with your doctor about **ways to quit**. Ask those around you to smoke outside, or join you in trying to quit.
- **Avoid indoor smoke** and strong odors from cleaners (especially if they are sprayed).
- If the outside air **pollution or humidity are high, stay indoors** if possible. Check the weather report or newspaper to find out about daily air quality.

Diet and Exercise

- Learn how to do **breathing exercises**. Ask your doctor, take a class, or see a respiratory therapist to learn.
- Almost everyone can benefit from an **exercise-training program**. Talk to your doctor about a program that may help you. Even walking short distances several times a day can help. If it is very cold or hot outside, avoid any unnecessary outdoor activities.
- Eat a well **balanced diet** and **monitor your weight**. Weight gain or loss should be discussed with your doctor.

Sleeping

- **Sleep in a warm room**. The cold may make your breathing more difficult.

When I have MILD symptoms:	My doctor says I should...
Feel more breathless, tired or wheezy than usual	
Start to cough and raise colored phlegm or more phlegm than usual	
Am not sleeping well and eat less than usual	

When I have SEVERE symptoms:	My doctor says I should...
Notice it is harder to breathe than usual with moderate exercise, such as walking	
Have more trouble than usual doing things on my own, like getting dressed, eating, walking or bathing	
Have a fever or feel chills	
<i>Write other things to watch for:</i>	

The information presented here is not intended to diagnose health problems or to take the place of information or medical care you receive from your physician or other medical professional. If you have persistent health problems, or if you have additional questions, please consult your physician or other medical professional. For questions, health information, and support, talk to your Health Coach. A Health Coach is available by phone—at no cost to you 24 hours a day, seven days a week.