

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH COPD

COPD at work: How to stay safe and productive

If you have COPD, it's important to be extra careful on the job. Exposure to certain irritants can cause symptoms to flare up. Here's how you can help protect yourself.

Ask for a scent-free workspace.

Odors from perfumes, colognes, deodorants, and more can trigger your COPD. Other common offenders include cleaning products, scented candles, hairspray, and air fresheners or sprays.

Ask your employer to establish a fragrance-free policy, or request that your work area be separated to minimize exposure.

Request regular trash removal.

It will help to limit mold and other pests that might trigger a COPD flare-up, like mice or cockroaches.

Protect yourself against respiratory infections.

A cold, flu, or COVID-19 infection may lead to a COPD flare-up. Try these tips to protect yourself:

- Stay up to date on vaccinations

- Wash your hands often
- Wear a mask or try to work from home if your coworkers are sick

Ask for modifications.

You may benefit from these accommodations:

- Rest breaks so you can get fresh air
- Move your workstation closer to the equipment and rooms you use often
- Make sure your work space can fit oxygen therapy equipment



Traveling with COPD: Planning ahead for different types of transportation

Having COPD doesn't mean you can't still enjoy traveling. Whether you're jumping in the car or hopping on a long-haul flight, these tips can help keep the trip stress-free.

Advice everyone should follow

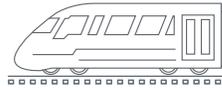
Before you leave, make sure your doctor approves your trip. You should also bring:

- **Oxygen.** Bring enough oxygen to last your entire trip, plus 20 percent extra.
- **Current medications.** Bring enough to last your entire trip, plus a few days' extra. Keep all medication in your carry-on bag.
- **Antibiotics and corticosteroids** in case of an emergency flare-up.
- **Phone numbers** for doctors and emergency contacts.



Flying

- To travel with oxygen, the Federal Aviation Administration (FAA) requires a form that your doctor must complete in advance. Be sure to check weight limits on baggage.
- Request a wheelchair when you make your flight reservation. It may be a long walk to the gate.
- Drink plenty of water on the flight. Airplane air is dry.
- Ask to be moved to another seat if you're near someone who is coughing.



Taking a train

- Check if you can bring your own oxygen equipment. Some train companies have weight limits.
- Check the train's smoking policy, especially if you're traveling abroad. If they allow smoking and you use oxygen, you'll need to stay in a nonsmoking section while on board.



Driving

- Make sure you have cell service throughout your entire route.
- Check altitude levels. If you go through an area of high altitude, you may need extra oxygen.
- Keep car windows up and AC on to avoid air pollution and allergens.
- If you use oxygen, make sure you have enough tanks to last throughout your trip and that your car's electrical system allows you to plug in your concentrator.



To reach a Case Manager

Simply call 1-833-609-0735, email DM@AvMed.org or scan the QR code provided.



Healthy Eating Made Simple



The magic of fiber

Fiber is a nutritional powerhouse. Here's how much you need — and how to get it every day.

When you think about important nutrients, fiber might not top your list. But fiber supports nearly every part of your health. Plus, it keeps you feeling fuller for longer.

Most adults don't get enough fiber. Luckily, it's easy to add more to your diet once you know how.

What is fiber?

Fiber is a carbohydrate that your body can't digest. Instead, it moves through your system.

There are two main types:

- **Soluble fiber** helps lower cholesterol and blood sugar.
- **Insoluble fiber** aids in digestion.

Easy ways to get more fiber in your diet

Small swaps can make a big difference. Try these:

- Choose whole-grain bread, pasta, and rice.
- Add chia seeds, almonds, or flaxseeds to cereal or yogurt.
- Toss extra veggies into soups and stir-fries.
- Swap beans for meat in chili or tacos once or twice a week.

How much fiber do you need?

Your daily needs depend on your age and gender.

Women 50 and younger	25 grams
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Men 50 and younger	38 grams
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Women over 50	21 grams
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Men over 50	30 grams
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Reduce paper waste and get the same great health content delivered straight to your inbox.

To switch, scan the QR code and log into your member portal. Under **Email Preferences**, select **Yes, I want to receive emails.**



Recipe



Matcha Chia Breakfast Pudding

Nutrition facts Calories 420 | Fat 16 g | Saturated fat 1.5 g | Sodium 220 mg | Carbs 48 g | Protein 24 g | Fiber 15 g

Health and wellness or prevention information.

Ingredients

- 1 cup Fair Life chocolate milk
- ¼ cup chia seeds
- ½ scoop unflavored protein powder
- 1 tsp matcha powder
- 1 Tbsp granola
- 2 Tbsp blueberries
- 1 Tbsp slivered almonds

Directions

1. Combine milk, chia, protein powder, and matcha in a pint jar.
 2. Cover with lid, shake for 30 to 60 seconds to dissolve matcha and protein powder, and refrigerate overnight.
 3. The next morning, top with granola, blueberries, and almonds and take it to go.
- If you can't find Fair Life chocolate milk, swap in another high-protein brand.