FALL 2026

AvMed Embrace better health.®

# Achieve

A Newsletter for AvMed Members

## YOUR HEALTHIEST LIFE WITH COPD



# Hidden holiday COPD triggers

You deserve to enjoy every moment of your holidays. Staying ahead of these sneaky triggers can help you enjoy the season to the fullest.

### Hidden trigger #1
### Seasonal scents

For some people with COPD, certain fragrances can irritate the airways. If scents tend to trigger your symptoms, try creating a festive atmosphere with lights and other odor-free décor instead.

### Hidden trigger #2
### Large gatherings

The holiday season often means spending more time indoors, where respiratory viruses may spread more easily. To protect yourself, stay up to date on recommended vaccines, including your annual flu shot, and wash your hands frequently.

### Hidden trigger #3
### Dusty decorations

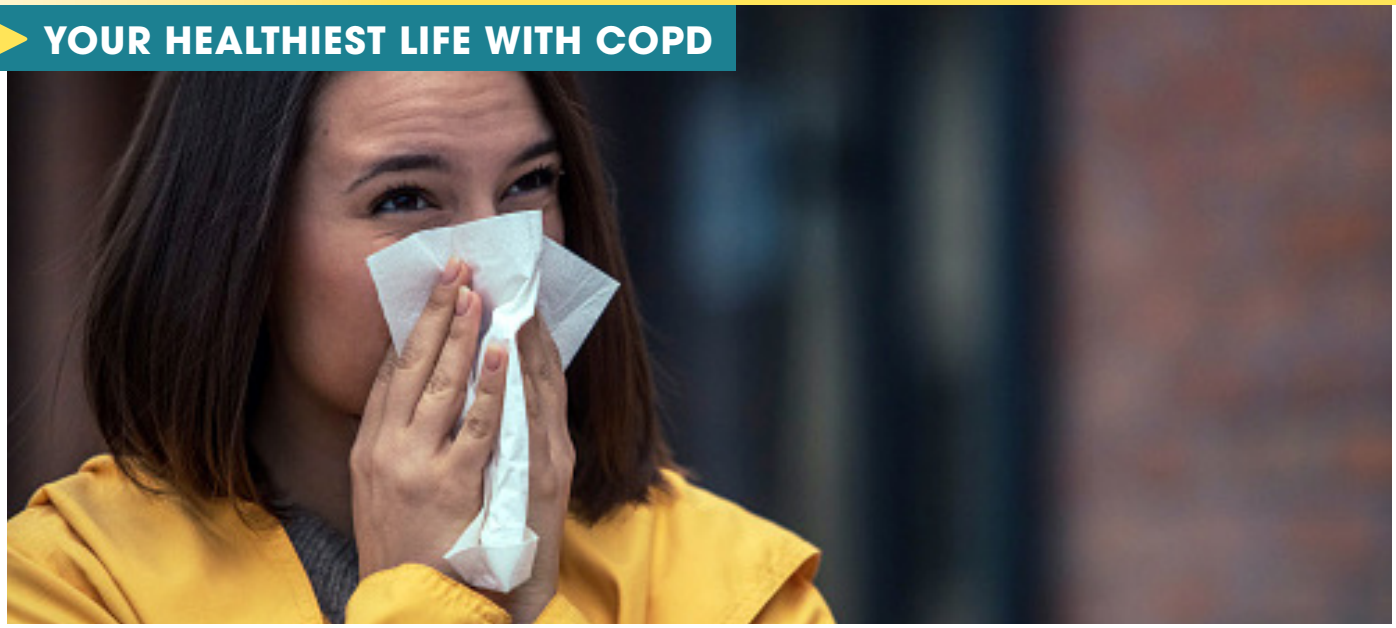
Along with cherished ornaments and festive décor can come some less-welcome guests: dust and mold. Before decorating, clean stored items and consider wearing a mask while unpacking if dust or mold tends to bother you.

### Hidden trigger #4
### Holiday travel

Changes in temperature and humidity can trigger symptoms. Before traveling, review your COPD Action Plan and pack enough medication for your entire trip, plus a few extra days. Keep your medication in your carry-on bag. If winter travel has worsened your symptoms before, ask your physician about other ways to prepare.

Health and wellness or prevention information.

YOUR HEALTHIEST LIFE WITH COPD



# What people with COPD need to know about RSV

RSV is not always "just a cold" when you have COPD. Here's how what you can do to lower your risk.

## What is RSV?

RSV is a virus that affects the respiratory system. That includes your nose, throat, and mouth. Symptoms can look a lot like a cold and may include:

- A runny or stuffy nose
- A cough or sore throat
- A fever
- Feeling very tired

Many people get RSV more than once during their lifetime.

## Why is RSV more serious for people with COPD?

COPD already affects how well your lungs work. When you get RSV, your airways can become swollen and irritated. The virus may also cause extra mucus to build up in your airways.

That combination can make it harder to breathe and may trigger a flare-up. You may notice more shortness of breath, increased coughing, or more mucus than usual.

## How can you protect yourself from RSV?

Lower your risk by:

- Staying up to date on recommended vaccines
- Washing your hands often
- Avoiding close contact with people who are sick
- Wearing a mask in crowded indoor spaces
- Following your COPD Action Plan

## Know when to call your physician

If something feels off, don't wait. Your physician or RN Case Manager is just a phone call away.

**To reach a Case Manager**
**Simply call 1-833-609-0735, email DM@AvMed.org or scan this QR code.**

Health and wellness or prevention information.

# Make the most of your daily walk



**Put a little pep in your step with these expert-approved tips for turning an ordinary walk into a feel-good fitness routine.**

You don't need a gym membership or fancy equipment to get moving. In fact, walking is one of the easiest ways to work toward the recommended 150 minutes of weekly exercise.

"If you can't make it around the block just yet, walking can be a way of building up strength and fitness," says Michele Stanten, a fitness consultant at Harvard Health Publishing and author of *Walk Off Weight*.

Ready to get moving? Talk with your physician first, then try these pro tips from Stanten.

## Start small

The most important thing is to get into a habit and be consistent, Stanten explains. Start with 5 to 10 minutes a day, at a time you can regularly commit to.

Each week, add another five minutes, until you reach 30 minutes.

## Focus on good form

Proper form is the secret to transforming an ordinary walk into a workout, Stanten says. Here's what that looks like:

- **Walk tall.** Your shoulders should line up under your ears.
- **Draw your belly muscles up and in.** It helps support your spine as you walk.
- **Step heel-ball-toe.** This pattern helps you stay stable while in motion.
- **Look up.** You want to look about 10 to 15 feet in front of you as you move. This helps you identify and avoid any trip hazards.

## Leave the weights at home

Stanten does not believe hand weights are the best way to raise the difficulty of your routine.

Instead, further challenge yourself by speeding up or walking for longer. You'll burn more calories going faster than you will by holding weights, Stanten says.

All in all, walking is a great way to start—and maintain—a fitness routine. If you're not sure where to begin, a good first step is talking with your physician or RN Case Manager.

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# The Right Care at the Right Time

When you need quick care, these AvMed services will be on standby.

**Access your account 24/7**
Register or log in at **AvMed.org**.

**Call Member Engagement Center**
**1-800-882-8633** (TTY/TDD: 711)
**Hours:** 8 am to 8 pm Mon to Fri.

## Nurse on call

**1-888-866-5432**

Speak to a registered nurse at any time of day or night about a non-life-threatening illness or injury.

## MDLive Virtual Visits

**1-800-400-MDLIVE or MDLive.com/AvMed**

Speak with a licensed doctor 24/7/365 for non-emergency symptoms.

## Urgent Care Center

If you think you have an upper respiratory infection, bronchitis, or for a minor injury, find an in-network urgent care center at **AvMed.org**

## Emergency Room

If you are bleeding uncontrollably or suspect you are having a heart attack or stroke, call **911** or go to the emergency room.

**Unencrypted email makes it easier to communicate with your case manager!** To opt in, scan the QR code with your phone. Log in or register to the Member portal and select "Set My Preferences."

Health and wellness or prevention information.