

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH COPD

An easier way to manage COPD

Take the guesswork out of managing your condition with a COPD Action Plan.

What exactly is an action plan?

A COPD Action Plan is a written guide for tracking how you feel. It helps you:

- Record your symptoms
- Stay on top of your medications
- Know when to call your physician

Most action plans use a simple traffic light system to help you gauge when it's time for care:

Green Zone: This is your "go" zone. Your symptoms are under control, and you can do your usual activities while still breathing comfortably. Continue taking your

medicines and stick to your normal routine.

Yellow Zone: This is your "slow down and pay attention" zone. Symptoms are getting worse, and you may notice more coughing, mucus, or shortness of breath. Contact your physician for next steps.

Red Zone: This is the "stop and get help" zone. You may have trouble breathing, and your medicines may not be helping. It's time to seek

medical care right away.

How to create an action plan

Your care team can help you make one. To get started, check out this helpful template from the American Lung Association: **lung.org/COPD-action-plan**

It's worth the effort:

Having an action plan can help you feel more confident and prepared for whatever the day throws your way.





Breathe easier with these simple exercises for COPD

These two practices can help you feel more in control of your breath both in the moment and over time.

Pursed lip breathing

is recommended for people with COPD for a reason. It's like hitting the "slow down" button when breathing feels hard. But that's not the only time to try it. With regular practice, it can build up muscles around the lungs, too. Here's what to do:

- Breathe in slowly through your nose
- Purse your lips like you're blowing out a candle

- Breathe out slowly through your mouth
- Try to make your exhale longer than your inhale

This exercise helps move air out of your lungs more effectively. Many people find it helpful during activities like walking, climbing stairs, or doing chores. It may also be useful on days when heat, humidity, or poor air quality may trigger uncomfortable symptoms.

Belly breathing

is another easy exercise to work into your day. This technique helps you use and strengthen your diaphragm, the main muscle that helps you breathe. Follow these five steps:

- Sit or lie down in a comfortable position
- Place one hand on your chest and one on your belly
- Breathe in slowly through your nose
- Let your belly rise as you inhale
- Breathe out slowly through your mouth

As you practice, try to keep your shoulders relaxed. Over time, belly breathing may help you take deeper breaths and feel more at ease.

Like any new skill, breathing exercises take practice. The more often you use them, the more natural they'll feel when you need them most.



To reach a Case Manager

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



Quick refresh: Hurricane prep tips



You can't prevent natural disasters, but you can prepare for them. Learn simple steps you can take now to help manage your health during a hurricane.

1. Create or update your emergency plan

Hurricanes often require evacuations. So the first step is to decide where you will go and when you'll leave. Make sure everyone in your household knows what to do.

2. Stock a "go" bag

Having a few essentials already packed can save time if you need to move quickly.

Include:

- Water
- Nonperishable food
- A basic first aid kit
- Flashlights and extra batteries
- A battery-powered or hand-crank radio
- A phone charger or backup power source
- Emergency contacts

Store important documents in a waterproof bag or small bin.

3. Plan for your health

Changes in air quality and disruptions to daily care can make COPD harder to manage during and after a storm.

To help manage COPD symptoms during a hurricane:

- Pack your inhalers, medications, and other supplies first so they're not left behind.
- Consider wearing an N95 mask if you're in a crowded shelter or when the air quality is poor (common after a storm).
- Follow your COPD action plan.

4. Sign up for alerts

Staying informed can help you make safe decisions. Registering for text alerts from local emergency management agencies (such as your county emergency management office) can help keep you updated before and after the storm.

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Recipe



Frozen berry-and-yogurt treats

Built for backyard hangs, beach days, and whatever the long weekend brings. These yogurt dipped berries keep it light — and protein forward.

Serves 4 | Prep: 5 mins | Rest time: 6 hrs

Ingredients

- ½ cup nonfat Greek yogurt
- ½ tbsp honey
- 1 cup mixed berries (strawberries, raspberries, blueberries, blackberries)

Directions

1. Mix the Greek yogurt and honey in a large bowl. Once combined, individually dip the berries into the mixture.
2. Transfer the berries to a baking sheet lined with wax paper, arranging them in a single layer. Freeze for six hours, or until fully frozen. Once solid, transfer the berries to any container you like — they won't stick together. Serve right from the fridge (or cooler). Enjoy!

Nutrition facts (per serving)

Calories 85.9 | Fat 0.3g | Saturated fat 0g | Sodium 21.5mg | Carbs 15.8g | Protein 6.3g | Fiber 3.8g