

ConditionCare: COPD

Let us help you breathe easier

Our Nurse Coaches can help you control your COPD and live your best life

A cough that won't go away, shortness of breath, wheezing or tightness in your chest could be symptoms of chronic obstructive pulmonary disease, COPD for short. If you find it hard to breathe (especially if you've spent much time around smoke, fumes, dust or chemical vapors) ask your doctor if you could be one of the 12 million people who have COPD and don't know it.*

COPD is sometimes called emphysema or chronic bronchitis. If you, or a covered family member, gets diagnosed with COPD or already has it, there are things you can do to breathe easier. One step you can take is to sign up for our ConditionCare program. It's already part of your benefits, so there's no added cost to join.

When you join ConditionCare, you'll get:

- 24-hour, toll-free access to a nurse to talk about your health.
- An initial health screening by phone.
- Support from Nurse Coaches, pharmacists, dietitians, doctors and other health care professionals to help you reach your health goals.
- Educational guides, newsletters and tools to help you learn more about COPD and to help you stay active and quit smoking.

We may call to find out if ConditionCare can help you and ask you to sign up. To protect you, we'll verify your address or date of birth before talking about your health.



GET STARTED TODAY

To learn more or to join ConditionCare, call us toll-free at **800-522-5560**.



* National Heart, Lung and Blood Institute website: *Take the First Step to Breathing Better. Learn More About COPD.* (accessed October 2011): nhlbi.nih.gov

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