

Take Control of Your COPD

Learn How to Successfully Manage Your
Condition with an Individualized Care Plan

A DISEASE MANAGEMENT PROGRAM



Live Successfully with

COPD

Chronic obstructive pulmonary disease (COPD) can cause symptoms, like breathlessness and coughing, that affect your everyday life. Live healthier and breathe easier by learning how to successfully manage your COPD with an individualized care plan from our Disease Management Program.

A trained health coach works with you to develop a personalized management plan that supplements the care you receive from your doctor. With our program tailored to your needs, you can rest assured you're in good hands. In fact, 94.4 percent of members said they would recommend our Disease Management Program to others.

Program Highlights

No out-of-pocket cost for program participation:

- Peak flow meter, if needed
- Education and support from a health coach
- Smoking cessation assistance through our QuitLine program, if needed

Enroll Today

Call us at (800) 861-4826 and select option 2 to check eligibility and enroll.

These recommendations are informational only. They are not intended to require a specific course of treatment or take the place of professional medical advice, diagnosis or treatment. You should make decisions about care with your healthcare providers. Recommended treatment or services may not be covered. Eligibility and coverage depend on your specific benefit plan.