

Fresh Air News

A Special Newsletter for MVP Health Care[®] Members **Issue 2, 2022**

Breathing Techniques **for COPD**

If you are living with COPD, you may sometimes find yourself short of breath. Breath training may help so you can breathe easier and feel better. Try these two methods:

Pursed-lip breathing helps you breathe more air out so that your next breath can be deeper.

Let's try it:

Breathe in through your nose and out through your mouth while almost closing your lips. Breathe in for about two seconds and breathe out for four–six seconds.

Belly breathing helps your lungs expand so that they take in more air.

Let's try it:

1. Lie on your back or prop yourself up on several pillows.
2. Put one hand on your belly and the other on your chest.
3. When you breathe in, push your belly out as far as possible.
4. You should feel the hand on your belly move out, while the hand on your chest does not move.
5. When you breathe out, you should feel the hand on your belly move in.

Try practicing both breathing exercises three or four times a day. Plan to do each exercise for about 10 minutes.

Contact Us

1-866-942-7966

Monday–Friday,

8:30 am–5 pm

TTY 711

We Value Your Opinion

Please fill out a brief, anonymous survey at mvplistens.com.

We will use this information to create a better experience for all of our members. All responses are 100% confidential. The survey only takes a few minutes to complete.

MVP Health Care offers a health management program for members living with Chronic Obstructive Pulmonary Disease (COPD). For more information or to see if you qualify, call 1-866-942-7966. MVP's program is based on the Global Strategy for the Diagnosis, Management, and Prevention of COPD, Global Initiative for Chronic Obstructive Lung Disease (GOLD). This program must be coordinated with your physician. Information in this newsletter does not constitute medical advice. If you have questions about your health, talk to your doctor.



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Caring for Yourself After a COPD Flare-Up

If you experience a COPD flare-up, it is important to follow your treatment plan to help recover and prevent a future flare-up.

- Take your medicines exactly as prescribed. Call your doctor if you think you are having a problem with your medicine
- If you use an inhaler, a spacer may help you get more inhaled medicine to your lungs. Ask your doctor or pharmacist if a spacer is right for you, and how to use it properly
- If your doctor prescribed antibiotics, take them as directed. Do not stop taking them just because you feel better. You need to take the full course of antibiotics
- If your doctor prescribed oxygen, use the flow rate your doctor has recommended. Do not change it without talking to your doctor first
- Try to quit smoking. Smoking makes COPD worse. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good. See below for how MVP can help



It's Never Too Late to Quit

If you smoke (or vape), asking for help to quit can be hard to do. But if you are ready to quit, MVP offers support and resources including *The Butt Stops Here*, a free tobacco cessation course, to help you succeed. Call the MVP Case Management team at **1-866-942-7966** to get started.



Lower Your Risk of the Flu and Pneumonia

It is important to get vaccinated against the flu each year and pneumonia, as directed by your doctor.

Pneumonia is a lung infection that can cause mild to severe illness in people of all ages. Signs of it include coughing, fever, fatigue, nausea, vomiting, rapid breathing or shortness of breath, chills, or chest pain. Many pneumonia-related deaths are preventable through vaccination and appropriate treatment.

Certain people are more likely to become ill with pneumonia:

- Adults age 65 or older
- Children younger than age five
- People under the age of 65 who have underlying medical conditions (like diabetes or HIV/AIDS)
- People ages 19–64 who smoke cigarettes
- People ages 19–64 who have asthma

Simple steps to preventing the flu and pneumonia:

- Wash your hands regularly
- Clean hard surfaces that are touched often (like doorknobs and countertops)
- Cough or sneeze into a tissue, your elbow, or sleeve
- Limit your exposure to cigarette smoke
- Take steps to treat, control, and prevent conditions like diabetes and HIV/AIDS

Get vaccinated. Several vaccines prevent infections that can cause pneumonia, including Pneumococcal, Pertussis (whooping cough), and seasonal influenza (flu) vaccines. Talk to your doctor for more information.

Wherever Life Takes You, Take Gia[®]

Life is full of adventures. Wherever life takes you, take Gia along. It's your guide to your health, and your health plan.

Start with Gia to:

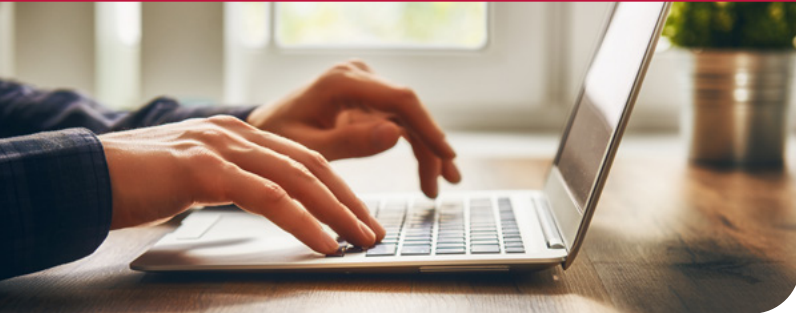
- Access 24/7 virtual care services including urgent/emergency care and advice you can trust
- Text a doctor 24/7 with virtual primary and specialty care from Galileo
- Get same-day treatment for nearly any health concern. Galileo can help you with preventive care, medical questions, chronic conditions like COPD, or prescription refills
- View claims, order MVP Member ID cards, and see progress toward deductibles and limits

Learn more and download the brand-new Gia app at **GoAskGia.com**.



Go online and take charge of your health.

Our Health Library is your one-stop resource for the latest health information. Visit mvphealthcare.com/HealthandWellness.



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Stay a Step Ahead with Preventive Care

Life can get hectic and going to the doctor for any reason can be stressful. But you deserve the peace of mind and control over your health that preventive screenings can provide. To find out if you are due for screenings or any other preventive care services, *Sign In* to your MVP online account at my.mvphealthcare.com and select *Preventive Care Reminders*, and talk to your doctor.

Living Well Programs

MVP offers a variety of classes and workshops—both in-person and virtual—to help you live well physically, emotionally, and otherwise! Find classes like yoga, stretch & strengthening, or even a cooking class. To find a class that is right for you, visit mvphealthcare.com/LWCalendar. Filter by county to find the programs nearest you.



625 State Street
Schenectady, NY 12305-2111
mvphealthcare.com

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