

Fresh Air News

A Special Newsletter for MVP Health Care[®] Members **Issue 2, 2023**

Using Exercise to Feel Better

When you are living with COPD, activity and exercise can:

- Build muscle strength and endurance. This will help you be more active—you will be able to do more activities for longer amounts of time
- Reduce shortness of breath

Lower body exercises develop lower body muscles and will help you move around more easily for longer periods of time.

Upper body exercises increase strength in arm and shoulder muscles, which provide support to the rib cage. They help in daily tasks such as carrying groceries and doing housework.

Aerobic exercise gets more oxygen to your muscles. This allows them to work longer.

Exercises for COPD can be done nearly anywhere. They are often done as part of a pulmonary rehabilitation program.

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 [mvplistsens.com](https://mvphealthcare.com/mvplistsens).

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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Exercises to Help with COPD

Before starting any exercise program, talk to your doctor. They may ask that you do specific exercises and will help you decide how often and how long to do them. Start the exercise slowly and gradually. Either keep track of how long you can do it or count the number of times you can do it before you are mildly out of breath. Then, rest and move on to the next exercise. Each week, increase the amount of time you do them or how many you do.

The following are two examples of exercises that you can do from anywhere.

Elbow Curls

1. Sit or stand with your feet slightly apart
2. Place your hands on your shoulders with your elbows at shoulder level and pointing out
3. Slowly make a circle with your elbows
4. Breathe out as you start the circle and breathe in as you complete the circle
5. Repeat at least three times. Over time, increase to eight to 12 times
6. Change direction and repeat your circles



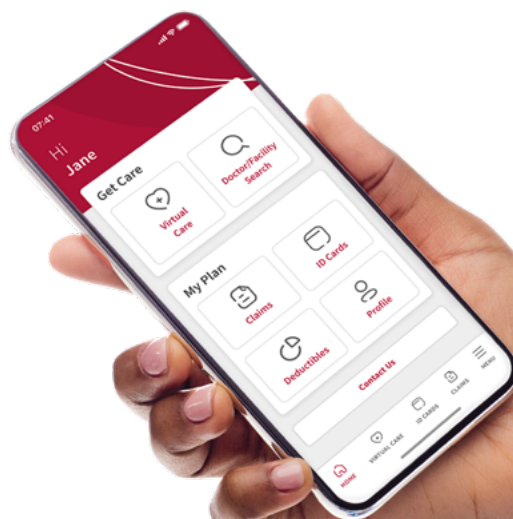
Knee Extension

1. Sit in a chair with your feet slightly apart
2. Breathe out as you straighten one knee and raise your leg
3. Breathe in as you return your foot to the floor
4. Repeat at least three times. Over time, increase to eight to 12 times
5. Repeat these steps with your other leg



Access to Care, When You Need It

For urgent medical needs or questions, the *Gia*® by MVP mobile app is here when you need it. *Gia* is available 24/7 and quickly connects you to a doctor via phone, in-app messaging, or video. *Gia* is a good option when you can't get to your doctor's office, do not have transportation, or cannot get time off work.



Scan the code with the camera on your mobile device, or visit GoAskGia.com to get the app.

Try *Gia* for flu, strep, ear and sinus infections, and more.

Lower Your Risk of Influenza (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 for 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 flu vaccines. Talk to your doctor for more information.

Have a Health Question?

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



Health and Wellness or Prevention Information

Health benefit plans are issued or administered by MVP Health Plan, Inc.; MVP Health Insurance Company; MVP Select Care, Inc.; and MVP Health Services Corp., operating subsidiaries of MVP Health Care, Inc. Not all plans available in all states and counties.

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Living Well Programs from MVP

The MVP Health Promotions team is proud to offer a variety of classes, discount programs, and vouchers throughout our service area. To learn more, find classes by you, or to register for any of our programs, check out mvphealthcare.com/calendar.

Stay a Step Ahead with Preventive Care

Preventive care helps you stay healthy by screening for illnesses early on when treatment is more effective. Talk to your doctor to find out if you are due for screenings or any other preventive care services.



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