



Learning to Breathe Easier

Chronic Obstructive Pulmonary Disease (COPD) is a lung disease that makes it hard to breathe. COPD gets worse over time. You can't undo the damage to your lungs. But you can take steps to breathe easier and feel better.

- If you have severe COPD, you may find that you take quick, small, shallow breaths.
- It's important to avoid shortness of breath. Do all you can to make breathing easier. This includes learning ways of breathing that can help the air flow in and out of your lungs.
- Breath training can help you take deeper breaths and reduce shortness of breath.
- You must practice breath training regularly to do it well.

Continued ➞

Contact Us

1-866-942-7966

Monday–Friday,
8:30 am–5:00 pm
TTY: 1-800-662-1220

We Value Your Opinion

Please fill out a brief, anonymous survey at **mvplistsens.com**.

All responses are 100% confidential and help create a better experience.

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.

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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Use these methods when you are shorter of breath than normal. Practice them often so you can do them well.

Pursed-Lip Breathing

Pursed-lip breathing helps you breathe more air out so that your next breath can be deeper. It makes you less short of breath and lets you exercise more.

- 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 to six seconds.

Breathing with Your Diaphragm

Breathing with your diaphragm helps your lungs expand so that they take in more air. Your diaphragm is the large muscle that separates your lungs from your belly.

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

belly move in. When you can do this type of breathing well while lying down, learn to do it while sitting or standing. Many people with COPD find this breathing method helpful.

- Practice this breathing method for 20 minutes at a time, two or three times a day.

Breathing While Bending Forward at the Waist

Breathing while bending forward can reduce shortness of breath while you are exercising or resting. You can sit or stand to use this breathing method.

To use this breathing method:

- Bend forward slightly at the waist.
- Keep your back straight.
- If you are standing, you may want to rest your hands on the edge of a table or the back of a chair.

Bending forward like this may make it easier for you to breathe. It helps your diaphragm move more easily.

Source: Healthwise Knowledgebase

Recognizing Anxiety and Depression

Anxiety and depression are common in people living with COPD. Unfortunately, they often go unrecognized and untreated. For people living with COPD, shortness of breath can cause anxiety and even panic attacks. Anxiety makes you breathe faster, which increases your shortness of breath.



Taking care of your emotional health improves your mood, ability to stick with your COPD treatment, and your physical health.

Here are some steps you can take:

- Talk with your doctor about your mood. They can help you understand the cause of your feelings and identify coping strategies that will work for you. They may recommend you speak with a mental health professional such as a counselor, psychologist, or psychiatrist.
- Take care of yourself. You may not feel like it, but staying active, visiting with friends, getting outside, and doing things you enjoy can help clear your mind and lighten your mood.
- Connect with others who understand COPD. Look for a COPD support group in your area or find one online.

Feeling anxious or depressed?

Call **1-866-942-7966** to talk to your MVP Case Manager today.

Source: National Lung Association



Get the expert COVID-19 help you need. Now.

This is a free service for MVP members!*

Avoid a trip to the emergency room! Stay home and get the care you need, with help from MVP.

As an MVP member, if you are experiencing symptoms of COVID-19 (coronavirus), or have concerns about being exposed to someone with COVID-19, MVP's **myERnow**SM virtual emergency room is here for you.

Two Ways to Connect

24 Hours a Day / 7 Days a Week

1. Call 1-833-myERnow
(1-833-693-7669) (TTY: 711)

2. Virtual Doctor Visit

Download the MVP **myERnow** app today.



Learn more at mvphealthcare.com/myERnow



Assess if you may be at risk for having COVID-19 and provide proper next-step guidance



If determined to be appropriate and available, prescribe and coordinate testing with local health departments and health care providers



Prescribe medication and make referrals for in-person treatment as needed

*Benefit not available on all self-funded plans.

If you have a life-threatening medical emergency, call 9-1-1 immediately.

LivingWell

Go online and take charge of your health.

The MVP Healthwise® Knowledgebase is your one-stop resource for the latest health information. Visit **mvphealthcare.com** and select *Members*, then *Health & Wellness*.



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myVisitNow® 24/7 Online Doctor Visits

myVisitNow is a good option for MVP members who are at low-risk for COVID-19 but need care. With myVisitNow, members have access to urgent care, psychiatry, qualified mental health professionals, nutrition counseling, and lactation services. Online visits are available, using a smartphone, tablet, or computer with a webcam.*

Costs associated with myVisitNow are currently waived for most members during the State of Emergency

Visit **mvphealthcare.com/myvisitnow** for more information or call MVP Customer Care at the phone number listed on the back of your MVP Member ID card.

* **myVisitNow** from MVP Health Care is powered by American Well and is not included in all plans. Regulatory restrictions may apply.