

# Living with chronic obstructive pulmonary disease

Learn how to care for your chronic obstructive pulmonary disease (COPD) symptoms and get the most out of life.



Join our Living with COPD program. This program includes a virtual class and one-on-one care by a team of medical professionals. To help you take care of your COPD, you'll get tools, resources and support.



## Virtual class

This no-cost class is led by a health educator.

Topics include:

- COPD action plan
- COPD causes and symptoms
- Breathing techniques
- Ways to save energy and lower stress
- COPD medicines
- Living with COPD patient and family guide
- Quit smoking resources



## One-on-one care

You'll enjoy the advantages of seeing a team of health care professionals. This team is an extension of your primary care provider (PCP). You may work with a:

- **Health advocate:** This is a dedicated partner to help you find the care you need. They can help you make appointments with the teams below.
- **Pharmacist:** Medicines can be hard to understand. A clinical pharmacist is the person who will go over all your medicines and make care plans just for you. If needed, they'll work with your PCP to make changes. This way you can get the best results.
- **Care manager:** A care manager is a nurse who will help you get the care you need. They'll help you take care of your COPD and check your symptoms.
- **Pulmonologist:** This doctor takes care of problems with your lungs and other body parts that help you breathe. They'll make a personalized care plan for your lungs.
- **Clinical team:** A team of doctors and specialists who will work with you to care for your COPD.



## Enroll in the Living with COPD program

1-310-354-4230, TTY 711

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### Learn more

Optum Patient Resource Center [resources.optum.com](https://resources.optum.com)  
Or scan this code.



[optum.com](https://optum.com)

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請注意：如果您說中文(Chinese)，我們免費為您提供語言協助服務。請致電：800-403-4160, TTY 711。

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