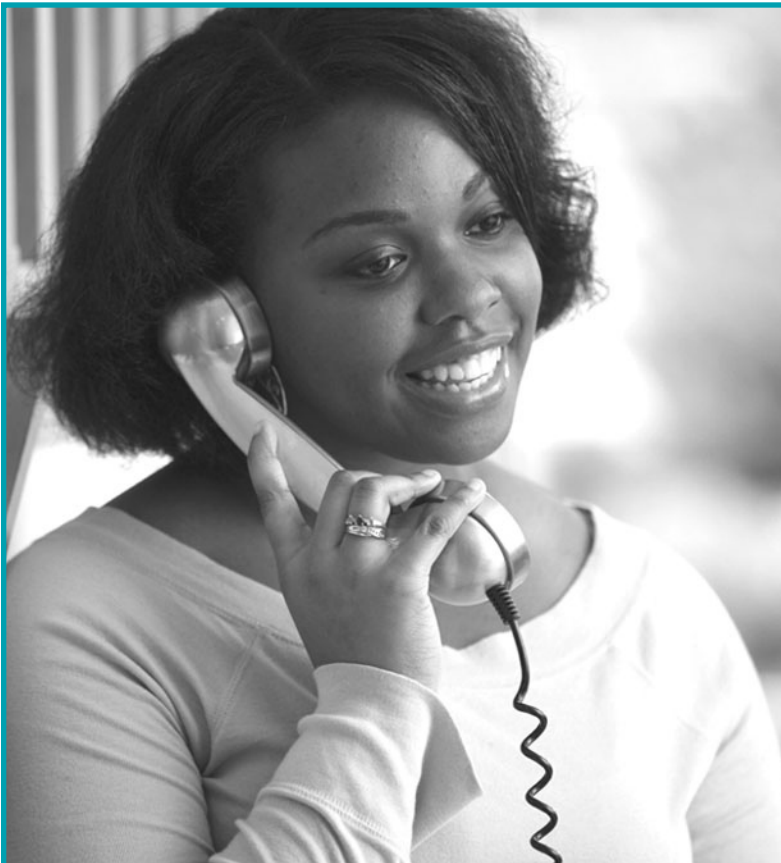




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Part# 1344Rev0508



Questions about your health?

Call Our Nurse Advice Line!

1-888-275-8750 English

1-866-648-3537 Spanish

OPEN 24 HOURS!

Your family's health is our priority!

For the hearing impaired please call

TTY/866-735-2929 English

TTY/866-833-4703 Spanish



Dealing with Anxiety

Living with COPD can bring on a flood of emotions. It is not uncommon for people with COPD to feel stress and anxiety. However, there are things that you can do to keep these feelings in check.

First, find out what is making you anxious. Are you worried about what to do if your COPD gets worse? Are you worried about duties at home? Whatever it is, identify what is making you anxious.

Next, reduce those stressors. One idea is to learn about COPD. Ask your doctor for help. He or she can answer your questions about managing your illness. The more you know about COPD the better you may feel. Create an action plan with your doctor. That way, instead of worrying about what you will do in an emergency, you will be prepared.

Another idea is to get help from friends or family. Support is very important, and it is okay to ask for help. See yourself as team leader and divide up your responsibilities. This is a good way to reduce anxiety and manage your COPD.

Practice your breathing exercises daily and when you start to feel the flutter of anxiety. Diaphragm and pursed-lip breathing are good for your lungs and will help relax you. Exercise can also help. Try going for a walk the next time you are anxious. You can sort out your feelings and reap the physical benefits at the same time.

The next time you are feeling anxious, try these ideas to reduce your anxiety and breathe a little better.



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Check Out the Molina Healthcare Website

Check out the Molina Healthcare website at www.molinahealthcare.com. You can use the Internet for free at most public libraries. "Click" on the member button and drag your mouse down to your state. You can get information on our website about:

- Molina Healthcare's contracted doctors and hospitals
- Your benefits, including copayments and other charges (if they apply)
- What to do if you get a bill or a claim
- FAQs (frequently asked questions and answers)
- Drug formulary (approved drugs that doctors can prescribe)
- How to contact a Nurse to help you with your health care
- How to get primary care, hospital, specialty, and emergency services
- How to get care after normal office hours
- Preventive health guidelines and immunization schedule
- Your rights and responsibilities and the privacy of your information
- Restrictions on benefits or how to obtain care outside the Molina Healthcare service area
- Quality Improvement, Health Education, and Disease Management programs
- How to voice a complaint or appeal a medical decision
- How we decide about using new technology

You can ask for printed copies of anything posted on the website by calling 1-888-483-0760. Your member handbook is also a good resource. You can find it on our website.

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Molina Healthcare does not discriminate in providing medical care on the basis of preexisting health conditions, race, color, religion, age, national origin, disability, or sex.

Smoking and COPD Do Not Mix

Would you like help to stop smoking? Call Molina Healthcare of Utah's **Smoke Free** Program toll-free at 1-888-483-0760 ext. 170458. Molina members can join the **Smoke Free** Smoking Cessation Program at no cost.

When you travel away from your hometown, Molina Healthcare pays for emergency care for you.

You may go to a local emergency room (ER) or an urgent care clinic. Tell them you are a Molina Healthcare member. Show them your Molina Healthcare ID card. But don't forget, routine care is not covered when you travel away from home.

COPD and Your Family

Living with COPD affects you and those you care about. You will face many challenges over the course of your illness, and you may experience many emotions. This is why support from your family and friends is important.

Teach your friends and family about COPD. Encourage them to learn as much as they can about it. Have them come with you to your appointments. They can help write down answers to questions you have asked. Also, let them know about the lifestyle changes you need to make.

To help control your symptoms you should stop smoking if you are a smoker. Rally support for this. Also, encourage your family to exercise with you. Tell them how changes in your diet will help you breathe better. Talk to them about your medications, and go over your action plan and how to get emergent help. You are more likely to stick to a treatment plan with their help.

In addition, you will need support to get through challenges. Some of these will come on suddenly. For example, you might get a respiratory infection. Other challenges will happen every day. You might find it hard to get dressed, or you may need help doing tasks that used to be simple. Your role in the family may have changed.

These situations can make you feel panic, anxious, angry or depressed. Whatever you are feeling it is important to talk about it. Good communication is key. Together you can find a way to get through it. Have your family encourage



you to do the following to help you deal with emotions:

- Get dressed every day.
- Get outside whenever possible.
- Keep up with hobbies you enjoy.
- Stay in touch with others.
- Join a COPD support group.
- Share your feelings.
- Stick to your treatment plan.

Take a team approach and divide up your responsibilities. This can help lower your stress level and help you take the lead in managing your illness. Another way to lower stress is to do a fun family activity. Find something that you all enjoy. Sharing time together can be relaxing and fulfilling.

Take charge of your COPD. Don't worry about asking for help. Getting the support you need is a smart way to manage your disease.

You are receiving this newsletter as part of the COPD program. If you do not want to receive this newsletter or participate in the COPD program, please call the Molina Health Education Line at 1-888-483-0760, ext. 170458.

Family Activities to do Together

Having COPD doesn't mean that you have to sit the bench on family fun. There are many ways to combine family, activities and managing your COPD. Don't be afraid of being physically active. Activity can help improve your COPD symptoms. It will build your energy levels. That way, you can do more activities without getting tired or short of breath.

Here are some ideas to try:

- **PICNIC AT THE PARK** – Have the kids help you pack a healthy lunch or snack. Then walk to a nearby park for a picnic.
- **EXPLORE THE JUNGLE GYM** – While the kids are playing on the jungle gym, take advantage of it too. You can use the bars to help you stretch. Regular stretching increases your range of motion and flexibility.
- **BE A KID AGAIN** – Join in a game of tag or hide-and-go-seek. It will get your heart rate up and put a smile on your face.
- **DUST OFF THE BIKE** – Go for a bike ride or walk around the neighborhood.
- **JUST BREATHE** – Do your pursed lip breathing exercises while putting together a puzzle or doing a craft with the family.

Doing activities with your family doesn't mean that you have to travel far or exert yourself. Setting aside a little time each day will go a long way for you and your family's health.



Expressing Anger

COPD can affect you physically and emotionally. You may feel a range of emotions, including guilt and anger. Managing your COPD takes a great deal of effort and energy. You may not be able to do the things you used to enjoy, or you may need to ask for help in doing things that used to seem easy.

Your body responds to anger by increasing your breathing rate. This makes your heart beat faster and your blood pressure rise. You expend a lot of energy when you are angry! This is not a good situation for someone who is already spending so much energy on breathing.

If you are angry, be honest with your emotions. Tell your family and friends how you feel. Talking it over can help you find ways to make life rewarding. Try to be proactive. That means to look for a way around your challenge rather than doing nothing. Do your diaphragm and pursed-lip breathing. It will help slow your heart rate and relax you. Lastly, talk to your health care provider. Take advantage of what he or she knows. Getting the support you need is important.