



P.O. Box 4004
Bothell, WA 98041

Part# 1345Rev0508



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

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.



Controlled Coughing



Controlled coughing (planned coughing sessions) can help you get the mucus out of your lungs so you can breathe better. It is best to do these sessions when you are not already coughing and when your mucus is thin enough to be cough up.

If you have not learned how to do controlled coughing, follow the steps below:

1. Sit up, and lean your head forward slightly
2. Take a slow, deep breath through your nose, and hold it for two seconds
3. Cough once (to loosen mucus). Cough a second time (to move mucus forward). Use small short coughs, and avoid large blasts of air. Try not to inhale between the first and second cough. If you must, inhale very slowly and not too deeply.
4. Wait a few seconds. Gently inhale. (A big breath may push mucus back into your lungs and make you cough again.)
5. Relax
6. Repeat steps 1-5 for a few more times or until you have cleared your airway.

Ask your provider how many times a day you should do your controlled coughing. Do it after taking your inhaled bronchodilator.

Smoking and COPD Do Not Mix

If you need help quitting, Molina Healthcare has a stop smoking program called **Free and Clear**[®]. Call the Washington Tobacco Quit Line at 1-877-270-7867. Quit for Life.

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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 1-800-869-7165. Your member handbook is also a good resource. You can find it on our website.

COPD News is developed by Molina Healthcare, Inc.

All rights reserved. All information has been written and reviewed by doctors, nurses, health educators, and registered dietitians. All material in this publication is for information only. This does not replace your doctor's advice.

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.

COPD Action Plan: Rescue Plan

<p>GOOD CONTROL 😊</p> <ul style="list-style-type: none"> • Able to do activities • Usual shortness of breath • Mucus that is clear and easy to cough up 	<p>Follow your Daily Plan on page 3</p>
<p>CAUTION 😐</p> <ul style="list-style-type: none"> • More shortness of breath • More signs such as coughing, thicker mucus, wheezing, forgetting things, or feeling confused 	<p>Take the steps your provider has checked:</p> <p><input type="checkbox"/> Call your provider today</p> <p><input type="checkbox"/> Take these medicines:</p> <p>Medicine: _____ How much _____</p> <p>When to take: _____</p> <p>How long to take: _____</p> <p>Medicine: _____ How much _____</p> <p>When to take: _____</p> <p>How long to take: _____</p> <p>Medicine: _____ How much _____</p> <p>When to take: _____</p> <p>How long to take: _____</p> <p><input type="checkbox"/> Other _____</p> <p><input type="checkbox"/> Call your provider again if you are not better after _____ hours.</p>
<p>DANGER 😞</p> <ul style="list-style-type: none"> • Medicine works only a short time, or not at all • Breathing is fast and hard, even after you take medicine • It is hard to walk or talk • Your heart beats fast or not its regular way • You have chest pains 	<p>Call your provider now or call 911</p>

Drink Your Fluids

Thick, sticky mucus can cause shortness of breath, wheezing, hacking coughs and infection. To keep mucus thin, drink lots of water or other caffeine-free fluids each day. For most people, this means drinking 8-16 cups of water or other fluids a day.

Some people need to limit their fluids for other health reasons. Ask your health care provider how much fluid is right for you.

Do you have a COPD Action Plan?

Do you have a COPD Action Plan? If not take this form to your provider and fill it out together.

Name: _____ Date Completed: _____

COPD Action Plan: DAILY PLAN

Take these long-term control medicines everyday:

1) _____ 2) _____

Take these quick-relief medicines as your provider tells you:

1) _____ 3) _____
2) _____ 4) _____

Watch for these signs: (check off)

- | | |
|---|--|
| <input type="checkbox"/> More shortness of breath | <input type="checkbox"/> Wheezing (whistling sound when you breathe) |
| <input type="checkbox"/> More coughing | <input type="checkbox"/> Feeling tired or drowsy |
| <input type="checkbox"/> More or thicker mucus | <input type="checkbox"/> Forgetting things or feeling confused |
| <input type="checkbox"/> Change in mucus color from clear
to yellow or green | <input type="checkbox"/> Other _____ |
| | <input type="checkbox"/> Other _____ |

Avoid these triggers: (check off)

- | | |
|---|--|
| <input type="checkbox"/> Smoke | <input type="checkbox"/> Very hot, humid weather and very cold weather |
| <input type="checkbox"/> Strong smells | <input type="checkbox"/> People with colds or the flu |
| <input type="checkbox"/> Fumes from paint and insect sprays | <input type="checkbox"/> Air pollution |
| <input type="checkbox"/> Dust | <input type="checkbox"/> Other _____ |
| | <input type="checkbox"/> Other _____ |

Follow these food and exercise plans:

Do not smoke

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 1-800-423-9899, ext. 141428.