



Lifestyles for COPD

How serious are your symptoms?

Feeling sick and wondering if you need to be seen by your doctor?

When you don't feel well, but you know it's not serious enough to go to the emergency room, tell your doctor what you're feeling.

The symptoms you describe help the doctor pinpoint what is wrong.

Call your doctor to make an appointment if you have any of these symptoms:

- Increased shortness of breath
- Increased amount or change in color of mucus (sputum or phlegm)
- Fever more than 100 degrees
- More coughing or wheezing
- Swelling in feet or legs
- Difficulty doing usual activities, feeling very tired



Be prepared

With chronic obstructive pulmonary disease, it's best to be prepared. Here are some ways to help in your care:

- See your doctor on a regular basis; take medications as directed; and follow your doctor's advice on how to manage your condition.
- Always call your doctor if your breathing worsens. Keep your doctor's telephone number close at hand for quick access.
- Develop a COPD management plan with your doctor. You should have received one from us earlier this year. If you need another copy, call the Disease Management department.

Think about your drink

Going to or throwing a holiday party? Stay safe by keeping your holiday drinking under control.

Resist the pressure to drink at every event. If you find you have trouble controlling your own alcohol use during the holidays, or any other time, seek help. Behavioral health care is available for conditions that cause emotional or mental distress.

To reach the behavioral health services department, call the number on the back of your ID card.



If you're hosting a party, keep it safe by following these tips:

- Don't make alcohol the main focus of the celebration. Have music, dancing, games, food and conversation.
- Serve an attractive selection of nonalcoholic beverages such as coffee, tea, pop, cider, fruit punch, juice or flavored water.
- Appoint a bartender to monitor guests' drinking and serve measured drinks. Instruct them not to serve anyone who seems to have had too much or who is younger than 21.
- Stop serving alcohol at least one hour before the party ends.
- Do not let anyone drive drunk. Arrange for a ride with a sober driver.

Did you know?

The key to a safe celebration is drinking in moderation. For most, this means no more than one drink a day for women, and no more than two drinks a day for men.

Happy holidays?

Holidays are times for celebration with family and friends, but for many people, this time of year can be stressful, even depressing.

Symptoms of the holiday blues include:

- Trouble sleeping
- Lack of interest in activities that usually make you happy
- Crying for no reason
- Feeling hopeless or worthless

Holiday depression often begins around Thanksgiving and lasts to the new year. In most instances, medication is not needed. Keeping stress in check helps avoid holiday depression.

Do your best to avoid the stress:

- Set realistic goals. Make a list of what is important to you. Learn to say "no" if you can't meet a request.
- Enjoy the present and forget the past. Create new holiday traditions.
- Try to get along with your family. This is not the time to resolve family problems.

- Volunteer to help others. Organizations need people to visit the sick, deliver food and serve holiday meals.
- Enjoy holiday activities such as building a snowman, ice skating, sledding, caroling and looking at holiday lights and decorations.
- Eat healthy. Alcohol and sugar cause fatigue and irritability. If you drink, do it in moderation.
- Excessive drinking doesn't solve problems and makes you feel worse.
- Avoid spending too much on gifts or entertaining. Set a budget and follow it. Money worries cause stress.
- Get enough sleep so you have the energy to cope with holiday demands.
- Make time to relax by yourself. Have fun doing activities you enjoy. Try doing something new.
- Stay focused on positive things. Surround yourself with supportive, caring people who make you feel good.

Source: *Health A to Z*



Take control with an advance directive

Planning for the future should include making an advance care plan.

An advance directive is a written statement of your health care wishes in case you aren't able to make your own care decisions. It lets you decide, in advance, the medical treatments you want and authorizes someone you know and trust to make decisions for you when you can't.

Talk to your doctor about your health and potential future health needs. You may want to discuss your wishes with family and friends. The person you select as your advocate will work with your doctors in the event that you are ill and can't communicate your decisions yourself.

Two types of advance directives are:

- *Durable Power of Attorney for Health Care* form (used in Michigan)
- Living will (not authorized by Michigan law)

Advance directive forms are available online at **MiBCN.com** (for BCN and BCN Service Company members) and **MiBCN.com/medicare** (for BCN Advantage members) or by calling Customer Service at the number on the back of your ID card.



Checkups

Have you had the following screenings, exams and shots within the last year?

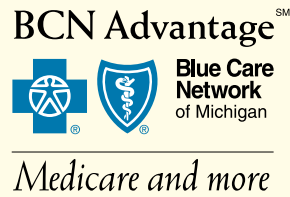
- Review your COPD management plan
- Spirometry test
- Check weight and BMI
- Flu shot
- Pneumonia shot or booster (ask your doctor)
- Tetanus/diphtheria/pertussis vaccine
- Follow up with your doctor at least every three to six months if your COPD is stable or as soon as possible if you go to the emergency room or if you have been in the hospital.
- If you smoke, join BCN's Quit the Nic free smoking cessation program to kick the habit for good. To enroll, call 800-811-1764 (TTY users call 800-240-3050), 9 a.m. to 9 p.m. Monday through Saturday.

These are general suggestions. Check with your primary care physician about how often you need these services. Also, stay healthy by washing your hands often and limiting your contact with sick people.



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Blue Care Network and BCN Service Company are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association. BCN provides health management programs on behalf of BCN Service Company members. Blue Care Network contracts with the federal government to offer BCN Advantage, a Medicare-approved HMO.

How to reach us

If you have any questions about this program, if you feel you have received this information in error or if you would prefer not to receive more information, call the Disease Management department. Please call to inquire about our resources for members with special needs.

Disease Management programs

800-392-4247
800-257-9980 (TTY)
8:30 a.m. to 5 pm. Monday through Friday

Customer Service

Call the number on the back of your ID card

