

Take a deep breath, help is on the way

ConditionCare: chronic obstructive pulmonary disorder

Our nurse care managers can help you control your chronic obstructive pulmonary disorder

A cough that won't go away, shortness of breath, wheezing or tightness in your chest ... This is the reality of chronic obstructive pulmonary disorder (COPD), sometimes called emphysema or chronic bronchitis.

If you or a covered family member is living with COPD, ConditionCare can help you breathe easier. It's a no-cost health and wellness program that connects you to nurse care managers for COPD-management support and resources.

With ConditionCare, you get:

- 24/7, toll-free phone access to nurses who can answer health questions.
- Guidance from nurse care managers, pharmacists, dietitians and other health care professionals to help you reach your health goals.
- Educational guides, electronic newsletters and tools to help you learn more about COPD, stay active and quit smoking.

You might get a call from us to see whether the program is a good fit for your needs. Before talking about your health on the phone, we'll check your address or date of birth to be sure we're speaking only with you and protecting your privacy. Any information you share is confidential.



You can take steps to manage your COPD

For more details or to join ConditionCare, call us
toll free at 866-962-1071.

