



I'm not just managing, I'm thriving.

If you find it difficult to manage your chronic obstructive pulmonary disease (COPD), the **COPD Support Program** may be right for you.

Connect one-on-one with a personal nurse who will work with you over the phone to help you live your healthiest life. This program is available to you at no additional cost as part of your benefits.

See how small steps can lead to meaningful results by working with your nurse to:

- Understand how COPD affects you and how to avoid triggers
- Maintain a healthy lifestyle and follow your treatment plan
- Manage any related conditions effectively, including depression, hypertension and others
- Understand your treatments, tests and procedures

The COPD Support Program

The information provided through the COPD Support Program is for informational purposes only and provided as part of your health plan. This service should not be used for emergency or urgent care situations. In an emergency, call 911 or go to the nearest emergency room. COPD Support Program nurses, coaches or other representatives cannot diagnose problems or recommend specific treatment and are not a substitute for your doctor's care. Your personal health information is kept private in accordance with your plan's privacy policy. This program is not an insurance program and may be discontinued at any time.

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1-800-689-5697

**Call myNurseLineSM for
more information about
this program.**



BAPTIST HEALTH PLAN[®]



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