



*The Care Factor*

EBMC Care Programs are designed to identify and reach

out to plan participants with chronic illness and make

positive impact on their lives and well-being. By assisting

participants in the managing of their illnesses in compliance

with the standards of care, we will afford all employers the

most value from our Care

Programs while helping their

plan participants achieve their optimum health status.

**We are different.**

**We can prove it.**

## COPD Care Program

Chronic Obstructive Pulmonary Disease (COPD) is a lung disease that makes it hard to breathe. It is caused by damage to the lungs over many years, usually from smoking, but can also be caused by long term exposure to chemical fumes, dust or air pollution as well as second hand smoke.



COPD Care Program participants receive:

- Education on effective ways to make breathing easier which can lead to a longer and more active life
- Support and guidance in making positive lifestyle changes
- Assistance with prescription costs to help participants remain compliant with their physician prescribed treatment plan

Learning how to manage COPD symptoms can help participants have fewer and less severe exacerbations. The COPD Care Program teaches participants how to do this through education. The program can also assist participants with efforts to quit smoking. Program participants receive the benefit of saving money on COPD medications (see page 2 for details). Participation in the program is voluntary and confidential. There is no cost to participate.

**To sign up for the program, please call a Nurse Care Coordinator at 1-877-304-0761 or locally 1-614-932-6374.**

## Participant Requirements

*Interaction with a Nurse Care Coordinator*

- Details of the participant's condition, course of treatment, and specific needs are discussed.

*Annual Doctor Visit with Participant's Doctor*

- Complete an annual doctor office visit to ensure the appropriate treatments and medications are being used.

*COPD Education*

- A home health nurse will visit the participant's home at a date and time convenient for them and provide education on optimizing their health status.

*Smoking Cessation*

- Participants who smoke will need to complete a smoking cessation program at no cost to them. To remain in the program, participants must already be or become a non-smoker. A cotinine test to ensure the participant is smoke free will have to be completed.