

ACMENE A Newsletter for AvMed **Members**

YOUR HEALTHIEST LIFE WITH COPD Coping with anxiety and breathlessness: Simple grounding techniques Feeling short of breath can be scary — and anxiety can make it worse. These calming

strategies can help you break the cycle.

hen you're short of breath, it's easy to panic — and that anxiety can make your breathing feel even harder. But with a few quick grounding techniques, you can calm your nervous system and regain a sense of control.

Try these tips in the moment:

 Name five things you can see. Look around and say them out loud.

- Put your hand on your chest and say, "I'm okay right now." Slow your breathing.
- Touch something **textured.** Focus on the feeling to shift your attention away from panic.
- Use box breathing: Inhale for 4 counts, hold for 4, exhale for 4, hold for 4.

Keep it simple and repeatable. You don't need a perfect meditation technique. Just find something that brings your attention back to the present and tells your body it's safe.

If anxiety keeps showing up, talk to your doctor or a mental health professional. Ongoing anxiety and breathlessness are treatable, and you deserve support for both.



What people with COPD need to know about other lung conditions

COPD can raise your risk for other lung diseases and make infections more serious. Here's how to stay ahead of complications.

f you have COPD, it's important to know how it may interact with other health conditions—especially those that affect your lungs.

You may be more vulnerable to:

 Lung infections like pneumonia, the flu, and COVID Other chronic diseases such as asthma, lung cancer, or pulmonary fibrosis

With COPD, your lungs are already under stress. A new infection or condition can make breathing much harder and take longer to recover from. In some cases, it can lead to hospitalization.

Luckily, these tips can help you protect yourself:

- Stay up to date on vaccines, including flu, COVID, pneumonia, and respiratory syncytial virus (RSV).
- Avoid smoke and pollution, which can make symptoms worse.
- Practice good hygiene, like frequent handwashing.
- Report new symptoms early, especially increased coughing, shortness of breath, or mucus.

Talk with your doctor about your personal risk and how to watch for early warning signs. The better you understand your lung health, the more prepared you'll be to manage it.



To reach a Case Manager

Simply call 1-833-609-0735 or email DM@AvMed.org or scan the QR code provided.

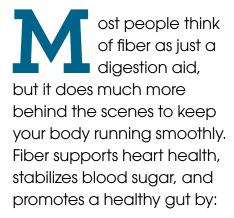


Healthy Eating Made Simple

THE FIBER FIX:

Why most people don't get enough and how to sneak more in

Fiber helps support heart, gut, and blood sugar health. These easy tips can help you close the gap without overhauling your whole diet.



- Lowering LDL ("bad") cholesterol.
- Slowing digestion, helping prevent blood sugar spikes.
- Supporting regular bowel movements and a healthy microbiome.

Still, most adults get less than half the recommended amount each day. According to Mayo Clinic,

- Women need at least
 21 to 25 grams per day
- Men need at least 30 to 38 grams per day

Try these easy tips to sneak more fiber into your diet:

 Add a veggie: Toss spinach into scrambled eggs or top tacos with shredded cabbage.



- Swap your carbs:
 Choose whole-grain bread or brown rice over white versions.
- Snack smart: Try nuts, seeds, popcorn, or fruit with skin (like apples or pears).
- Start slow and hydrate: Increasing fiber too quickly can cause bloating — go gradual and drink plenty of water.

Even small changes can go a long way toward supporting your overall well-being.

Less paper.

Same great health info.

Reduce paper waste and get the same great health content delivered straight to your inbox. To switch, scan the QR code and log into your member portal. Under **Email Preferences**, select **Yes, I want to receive emails**.



The Right Care at the Right Time

When you need quick care, these AvMed services will be on standby.

Access Your Account 24/7

Register or log in at AvMed.org

Call Member Engagement Center

1-800-882-8633 TTY 711

Hours: 8 am to 8 pm Mon to Fri, 9 am to 1 pm Sat.
7 days a week 8 am to
8 pm from Oct 1st to
Mar 31st.

Nurse on call

1-888-866-5432

Speak to a registered nurse at any time of day or night about a non-life-threatening illness or injury.

MDLive Virtual Visits

1-800-400-MDLIVE or MDLive.com/ AvMed

Speak with a licensed doctor virtually or by phone from the comfort of your own home 24/7/365 for non-emergency symptoms. Prescriptions will be sent to your local pharmacy.

Urgent Care Center

If you think you have bronchitis, an infection, an allergic reaction or need wound care, visit an urgent care center if your physician is unavailable. To find an in-network care center, go to **AvMed.org**

Emergency Department

If you suspect you are having a heart attack or stroke, or have uncontrollable bleeding, don't wait: Call **911** or go to the emergency room.

Unencrypted email makes it easier to communicate with your case manager! To opt in, scan the QR code with your phone. Log in or register to the Member portal and select "Set My Preferences."

