

## Commit to managing your respiratory disease

Start by creating an action plan with your healthcare provider to monitor and control your respiratory disease.

At times it may be challenging to stick to the plan, as a member of the Mohawk Health Plan, you have many resources available to you to help you through your journey. Healthy Life Navigators and other Healthy Life Team members are just a text way with the Spruce app. You can ask questions, share your numbers and get support.

To get the Spruce app: Text “Hi” to 877-365-0051 or go to [mymohawk-benefits.com/hlct](http://mymohawk-benefits.com/hlct)

Commit to:

- taking your medication as prescribed, if applicable.
- completing an annual spirometry or PFTs.

Remember to talk to your healthcare provider if you have any new or worsening symptoms that cause concern.

It is important to be honest with your healthcare provider about your condition.

*Please note: This information is for educational purposes only and not intended to take the place of your personal physician's advice or to diagnose, treat, cure or prevent any disease. Always consult with your physician or healthcare provider to determine what is right for you.*



## RESPIRATORY CARE PATH



Healthy Life Center  
Healthy Life Navigators  
Healthy Life Center Providers

Text or Call  
1-877-365-0051

[careteamsupport@cigna.com](mailto:careteamsupport@cigna.com)

## KEY POINTS FOR MANAGING RESPIRATORY ISSUES

### REQUIRED

- Annual Spirometry or PFTs
- Member to adhere to medication regimen (take medications as prescribed)  
\_\_\_\_\_ % adherence—inhalers or documented normal spirometry with lifestyle changes
- Asthma/COPD action plan (individualized by your provider)
- Smoking Cessation (if necessary) or
- Symptom Screenings
  - Asthma control questionnaire
  - COPD-mMRC (modified medical research)

### RECOMMENDED

- Flu and/or Pneumonia vaccine
- Annual biometrics: \_\_\_\_\_ Date completed
- Preventive Screenings if due (Colonoscopy, Mammogram, PAP smear)
  - \_\_\_\_\_ Date & test completed
  - \_\_\_\_\_ Date & test completed
  - \_\_\_\_\_ Date & test completed
- Annual Physical: \_\_\_\_\_ Date completed

### Special consult

#### Asthma

- Diagnosis uncertain
- Three different agents without adequate control of symptoms
- Medication intolerance
- Rapidly worsening disease despite appropriate treatment/compliance

#### COPD

- COPD—screening for alpha-1 antitrypsin (AAT) deficiency
- Three different agents without adequate control of symptoms
- Persistent hypoxia despite treatment ( $\leq 90\%$ )
- Poor response to treatment with concern for other or concomitant diagnosis
- Rapidly worsening disease despite appropriate treatment/compliance



Respiratory disease affects your body's ability to absorb oxygen and may get worse over time. Two of the most common respiratory issues are chronic obstructive pulmonary disease (COPD) and asthma.

The changes in COPD are typically irreversible short term, while those with asthma are often completely reversible.

Patients with asthma/COPD often struggle to understand and control the triggers that cause attacks. By following these evidence based guidelines, you will be on the path of self-management and recommended condition control.