

COPD Action plan for _____

WELL = GREEN ZONE

I FEEL WELL BECAUSE I AM:

- Able to do my normal activities without increased shortness of breath.
- Not having extra coughing, mucus, or wheezing.
- Not running a temperature.
- Not showing any signs of infection.
- Sleeping well at night.
- Eating well with a good appetite.

Other: _____

ACTIONS:

- Keep my regular doctor's appointments.
- Take my medicines as ordered.
- Use my oxygen at _____ liters if ordered.
- Refill my medicine and oxygen so that I do not run out.
- Eat a healthy diet.
- Go to pulmonary rehab, if ordered.
- Get my flu and pneumonia shots as recommended.
- Continue to not smoke and avoid smoke or other things that make it harder to breathe.

Other: _____

WORSE = YELLOW ZONE

I FEEL WORSE BECAUSE I AM:

- More short of breath with more coughing, wheezing, or changing mucus.
- Having trouble taking deep breaths.
- Using my rescue inhalers or nebulizer more often without relief.
- Tired because I am not able to sleep well.
- Unable to do my normal activities.
- Not able to eat or not feeling hungry.
- Feeling like I am getting sick with the flu.
- Feeling like I am getting sick with a cold.
- Coughing up yellow or green mucus.
- Running a fever.

Other: _____

ACTIONS:

- Call my doctor right away.
- Use my rescue inhaler or nebulizer every _____ hours .
- Use my oxygen at _____ liters, increase to _____ liters, if ordered.
- Start taking antibiotics, if ordered.
- Start taking corticosteroids, if ordered.
- Continue to eat healthy and get plenty of rest.
- Continue to not smoke and avoid smoke or other things that make it harder to breathe.
- Call my doctor if I do not feel better.

Other: _____

EMERGENCY = RED ZONE

I NEED URGENT MEDICAL CARE BECAUSE I AM:

- Very short of breath; it is difficult to even talk.
- Having an irregular or fast heartbeat.
- Noticing that my lips and fingertips are bluish in color.
- Feeling confused or agitated.
- Feeling more drowsy than usual.
- Experiencing a high fever or chills.

Other: _____

ACTIONS:

- Call my doctor, if able.
- Call 911 immediately.

Other: _____

Highmark Blue Shield is an independent licensee of the Blue Cross and Blue Shield Association.

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。
请拨打您的身份证背面的号码（TTY：711）。

27908 7/2020 MX34110

The information provided is intended to provide general information only and does not attempt to give you advice that relates to your specific circumstances. This information is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions or concerns regarding a medical condition. Check your member materials for details. Call the Member Service number on the back of your insurance card. These are general guidelines. Talk to your health care provider and follow their recommendations.

