**COPD Action Plan**

**Important Information**

Name: ________________
Today’s Date: ________________
PCP Name: ________________
Phone: ________________
Answering Service: ________________
Emergency Contact: ________________
Phone: ________________

Other Important Phone Numbers
Pharmacy: ________________
Medical Supply Co: ________________
Emergency Room: ________________

UPMC Health Plan Numbers
Health Management: 1-866-778-6073
My UPMC Health Plan Care Manager: ________________

Date of last flu shot: ________________
Date of last pneumonia shot: ________________
Date of last spirometry test: ________________
(If you are unsure of these dates, call the Member Services number on the back of your ID card.)

**Mild COPD**

Breathing well and able to do usual activities

**Symptoms:**
- Shortness of breath after walking quickly or working hard
- Cough with mucus
- Mucus is clear or white and easy to cough up

**What you can do:**
- **If you smoke, quit.**
- Take your daily medicines as prescribed.
- Keep exercising as directed.
- Continue your usual activities.

**Use these daily medicines:**

<table>
<thead>
<tr>
<th>Medicine</th>
<th>How much</th>
<th>How often</th>
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**Moderate COPD**

Trouble breathing during usual activities

**Symptoms:**
- Increased shortness of breath, wheezing, and coughing
- Increased cough and mucus
- Mucus may be thicker or stickier than usual and may have changed color
- Feel tired after waking up or by late afternoon
- Loss of appetite
- Increased usage of quick-relief medicines

**What you can do:**
- **If you smoke, quit.**
- Take your daily medicines as prescribed.
- Talk to your doctor about breathing exercises.
- Pace your activities.
- Call your doctor if quick-relief medicines do not provide enough relief.
- Talk to your doctor about pulmonary rehabilitation.

**Use these daily medicines:**

<table>
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<tr>
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**Severe COPD**

Trouble breathing most or all of the time

**Symptoms:**
- Excessive cough and mucus
- Extreme difficulty breathing
- Little or no improvement from quick-relief medicines
- Difficulty speaking and walking
- Symptoms getting worse quickly
- Tired very easily

**What you can do:**
- **If you smoke, quit.**
- Take your daily medicines as prescribed.
- Talk to your doctor about oxygen therapy and pulmonary rehabilitation.

**Do this now:**

<table>
<thead>
<tr>
<th>Quick-relief medicine</th>
<th>How much</th>
<th>How often</th>
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**Then call your doctor.**

Go to the emergency room or dial 911 if:
- You do not feel relief within 15 minutes of taking quick-relief medicine.
- You have not reached your doctor.