

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH COPD

How COPD affects your body from head to toe

Chronic obstructive pulmonary disease (COPD) is first and foremost a condition that affects your lungs and your ability to breathe easily. Even so, COPD can also affect other parts of your body. That includes your bones, heart, and digestive system — and even your emotional health. Here's how untreated COPD can affect your health, plus the steps you can take to avoid complications.

Your bones

Osteoporosis is a condition in which bones become brittle. COPD increases a person's risk of osteoporosis. Nearly 40% of people who have COPD also have osteoporosis.

Early prevention and treatments, such as taking calcium and vitamin D supplements, are essential. Ask your doctor how to keep your bones strong.

Your heart

People who have COPD have an increased risk of heart problems. Eat a diet filled with plant-based foods, and be sure to exercise, manage stress, practice good oral hygiene, and quit smoking. Have regular checkups to make sure

your cholesterol and blood pressure are under control.

Your mental health

Having COPD will change your lifestyle, and with change comes many emotions. Anxiety and depression are the most common. It is estimated that about 40% of people with COPD have severe symptoms of depression. Seek help if you experience symptoms of depression for two weeks or more. Contact Disease Management at 1-833-609-0735 for assistance.





4 vaccines that can protect your lungs

Vaccines offer your immune system a cheat sheet on how best to fight illnesses. Vaccines are vital to living your best life. But they're even more important for those with COPD, who may be at higher risk of complications from illnesses like COVID-19, the flu, and pneumonia. Learn about the essential vaccines that can help your lungs stay strong.

COVID-19: The COVID-19 vaccine helps your immune system learn how to fight off the virus. If you do catch COVID, being vaccinated will reduce your risk of serious illness and hospitalization.

When to get it: The timing depends on when you got

your last COVID shot. Ask your primary care physician (PCP) or Case Manager.

Flu: The influenza vaccine, or flu shot, protects you from infection and complications from the influenza virus.

When to get it: Experts recommend getting your flu shot every September or October. Flu infections spike in winter, so getting vaccinated in the fall will

set you up for success.

Pneumonia: A new pneumonia vaccine for adults, CAPVAXIVE, protects against severe respiratory illness from 21 different types of pneumococcal bacteria.

When to get it: Adults ages 65 and older can get a pneumonia vaccine any time of year. Adults between ages 19 and 65 with certain conditions, such as lung disease, may also be eligible for the vaccine. Ask your PCP or Case Manager if you should get the vaccine.

Tdap: The whooping cough (pertussis) vaccine is part of a vaccine known as Tdap. This immunization protects against tetanus, diphtheria, and pertussis.

When to get it: You can get this vaccine any time of year, every 10 years.

Spotlight on Program Manager

Alissa Kennedy, RN, CCM, has been with AvMed for 13+ years and a registered nurse for 25+ years.



"Our mission within the Disease Management program is to educate and empower our Members to assist with successfully managing their chronic conditions and achieving their health goals." Alissa really enjoys knowing that she and the Disease Management team are helping our Members live their best lives.

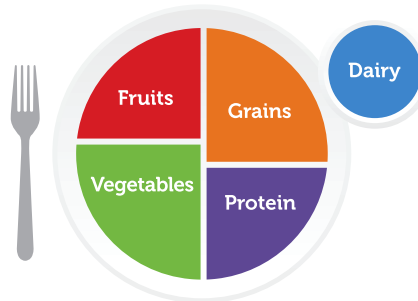
To reach us, please call 1-833-609-0735.



Healthy Eating Made Simple

Natalie M. Sinel-Rojas, M.S., R.D., L.D.N., C.Ph.T., AvMed's Registered Dietitian, shares her favorite tips for happier, healthier meals — without feeling deprived.

How to build a balanced meal



Balanced meals are key to maintaining a healthy weight and feeling energized all day long. While the Food Pyramid served as a helpful guide in the past, the U.S. Department of Agriculture now promotes healthy eating through MyPlate.

Half your plate: **FRUITS AND VEGETABLES**

These nutritional powerhouses provide essential vitamins, minerals, and fiber that help reduce the risk of chronic diseases. Fruits and veggies are also low in calories and fats.

Quarter of your plate: **PROTEIN**

Protein is essential for building tissues and enzymes, preserving muscle mass, supporting brain function, and bolstering the immune system. However, it is important to select lean proteins and avoid consuming undesirable fats, such as the ones found in processed baked goods. Tofu, beans, poultry, fish, and nuts are examples of lean protein.

Quarter of your plate: **WHOLE GRAINS**

Whole grains are more beneficial than refined

grains. Foods such as brown rice, whole wheat bread, and oatmeal are excellent sources of whole grains, providing essential nutrients such as fiber, B vitamins, and minerals.

MyPlate tip: **Remember to mix it up**

MyPlate offers helpful guidelines about portion sizes, but that doesn't mean your meals need to stay divided into quadrants on your plate.

Salads, for example, can be more than just a side dish. Mix different types of greens, add colorful vegetables (such as tomatoes, cucumbers, and carrots), and top it with a source of protein such as chickpeas or hard-boiled eggs. Toss in some quinoa or farro for added texture and whole grains.

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."



Recipe



Fiesta egg tortilla cups

Serves 6 | Prep time: 35 min

This is a great make-ahead breakfast option for busy mornings. These egg cups can be refrigerated and reheated for up to three days after cooking.

Ingredients

- 12 (4.5" - 5") flour tortillas ("street taco" size)
- 12 large eggs
- 1 cup prepared pico de gallo, plus more for serving
- Salt and black pepper to taste

Instructions

1. Preheat oven to 350° F. Place tortillas in a stack and wrap in a damp paper towel. Place on a microwave-safe plate, and microwave for 30 seconds. (This makes the tortillas more pliable.)
2. Press one tortilla into

each cavity of a muffin tin, pressing along the sides to secure. Crack one egg into each tortilla cup, and top with 1 mounded tablespoon of pico de gallo. Repeat with remaining tortillas until all are filled. Season each egg cup with a pinch of salt and black pepper to taste, if desired.

3. Place muffin tin in the oven and bake for 22 to 25 minutes, until the whites are set and yolks are slightly runny. Serve with extra pico de gallo, if desired.

Nutrition facts Calories 300 | Fat 13 g | Carbs 28 g | Fiber 4 g | Protein 17 g