When you have a lung disease like Chronic Obstructive Pulmonary Disease (COPD) or asthma, you know it’s best to avoid things that can make your breathing worse. Here’s one more thing to add to your list: smoke from wildfires. Polluted air from forest fires or grassland blazes can cause COPD or asthma symptoms to flare up. If you live near fire-prone areas, it’s important to take the following precautions:

**Stock up.** You may want to buy a special dust mask that filters fine particles. These may be called N-95 or P-100 masks. Regular paper masks won’t keep you safe.

**Stay indoors.** As much as possible, try to avoid breathing smoky air. It’s not a good time to exercise or do yardwork.

**Breathe clean, indoor air.** Keep your windows shut. Run your air conditioner on the recirculate setting to avoid drawing smoky air indoors. If you don’t have air conditioning and it’s extremely hot, shutting your windows could be unsafe—go to the air-conditioned home of a friend or family member or to a cleaner air shelter (like a mall or library).

**Monitor the news.** Local media may issue air-quality reports and warnings if a smoky situation gets worse. But don’t rely on these reports alone: If the air looks or smells smoky, it’s usually not safe to breathe.

**Check in about symptoms.** Follow your doctor’s advice and your action plan if your symptoms get worse. Your doctor can tell you if you need to change your medication, for instance.

**Sources:** American Lung Association; U.S. Environmental Protection Agency

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Eat well, Breathe Easier

Even a small job can take a lot of energy when you have COPD. You can boost your energy with good, healthy food. Eating well also can help the body fight infection, says the American Association for Respiratory Care (AARC).

The AARC offers the following tips:

- Choose foods that are high in protein at least twice a day. Good sources of protein include eggs, fish, nuts, and dried beans or peas.
- Eat six small meals instead of three big ones to prevent shortness of breath.
- Eat less salt. Sodium can make you retain fluids, which makes breathing harder.
- Rest before and after eating meals.

Prep for Your Next Test

Do you know how you can get the most accurate results from your next spirometry test?

On the day of your test:

- Don’t eat a big meal within the two hours before the test.
- Refrain from heavy exercise for 30 minutes beforehand.
- Wear loose clothing that allows you to breathe deeply.
- If possible, avoid using your inhaler before the test.

Sources: American Association for Respiratory Care; American Thoracic Society.
Get Care That’s Right for You Whenever, Wherever You Need It

Not feeling well? There are many types of care to choose from—some are even available 24/7.

**PRIMARY CARE PROVIDER (PCP)**
A PCP can help you stay healthy and see you faster when you are sick.

When it’s not an emergency, see your PCP instead—many clinics are open after 5:00 p.m. Can’t find a doctor? Call Member Advocates at **800-515-2220**.

**NURSE LINE**
Not sure where to go—your doctor, urgent care, or the ER? You can call Intermountain Health Answers® 24/7 and talk to a nurse. To reach Health Answers, call **844-501-6600**.

**TELEHEALTH**
Need care right away, but you can’t get to your doctor or urgent care? Intermountain Connect Care® is available anytime, anywhere, using a smartphone or a computer. Download the app or visit [intermountainconnectcare.org](http://intermountainconnectcare.org).

**URGENT CARE**
Is your doctor’s office closed? Intermountain InstaCare® locations are open every day until 9:00 p.m. or later. Download the SelectHealth app to find a location, view wait times, and get in line. Questions? Call Member Services at **800-538-5038**.
Health and wellness or prevention information

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If you have a Medicare Advantage® plan, call us toll-free at 855-442-9900, weekdays 7:00 a.m. to 8:00 p.m., Saturday 9:00 a.m. to 2:00 p.m., closed Sunday. Outside of these hours of operation, please leave a message and your call will be returned within one business day. TTY users, please call 711. SelectHealth is an HMO plan sponsor with a Medicare contract. Enrollment in SelectHealth Advantage depends on contract renewal.

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SIGN UP TO GO PAPERLESS!

OVER 5,800

That’s how many trees we planted at the Bibb County Preserve last year. We partnered with the Arbor Day Foundation to plant trees for members who signed up to go paperless.

Sign up to go paperless and we’ll plant a tree to help restore another forest.

Here’s how: Visit selecthealth.org/trees and log in to My Health.