

## How does our Asthma/COPD program help you?

Florida Community Care's Asthma/COPD Program has a team of clinical staff with experience helping members who live with a chronic illness.

Our programs for chronic care include educating you about your conditions. We also teach you self-management tools, and help you reach your goals.

### We provide the following support to all our members:

- Education on preventive screenings that may help manage the disease and identify other conditions
- Review of your medicines with the primary physician and/or specialist
- Education on symptoms, and how to report and control them
- Help to identify the causes of the asthma attack
- Education on how to manage the disease and reach your goal
- Emotional support to all our members and their caregivers
- Help you learn to manage stress, which will help control symptoms

**Take charge of your health  
with Florida Community Care**



Florida Community Care, LLC.  
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Miami FL 33126

1-833-FCC-PLAN  
[www.fcchealthplan.com](http://www.fcchealthplan.com)

**This information is available for free in other languages. Please contact our customer service number at 1-833-FCC-PLAN or TTY 711, Monday to Friday 8am to 8pm.**

**Esta información está disponible gratis en otros idiomas. Por favor, póngase en contacto con nuestro número de Servicios para Miembros a 1-833-FCC-PLAN o TTY 711, de lunes a Viernes, de 8 a.m. a 8 p.m.**

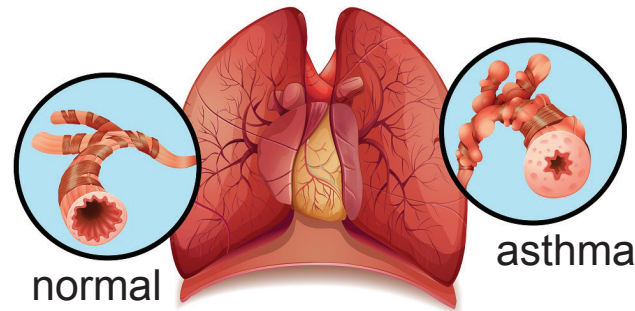


**Don't let Asthma or COPD  
take your breath away!**

*Breathe easy,  
Florida Community Care  
is here to help.*

## What is Asthma?

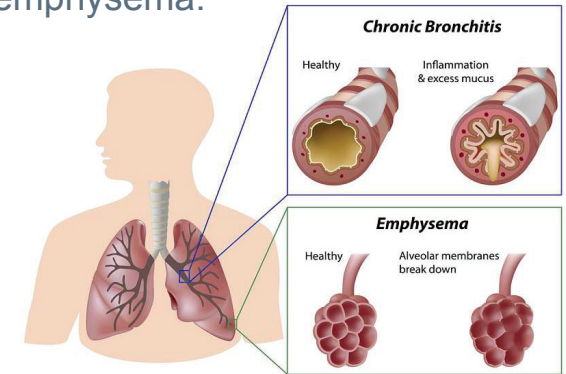
Asthma is a lung disease that causes the inside of the airways to get swollen and the muscles to get tight.



Asthma may cause you to have trouble breathing. You may also get shortness of breath and you may feel weaker.

## What is COPD?

COPD (Chronic Obstructive Pulmonary Disease) can also be known as chronic bronchitis and/or emphysema.



Bronchitis is swelling of the airways in the lungs. Emphysema is damage to the air sacs in the lungs.

Asthma and COPD are diseases that cannot be cured, but they **CAN** be managed.

## Florida Community Care can help!

Asthma and COPD are diseases that can have an impact on your quality of life. There is also added stress on your family members and caregivers.

You may start finding it difficult to do everyday activities. Activities that were once easy to do.

It is important to manage these diseases. With the support of your care manager, you can learn how to report and control your symptoms.

By managing some of the causes, you can help prevent the diseases from getting worse.

## Do you know the difference? Is this Asthma or COPD?

### Asthma

Usually begins  
in childhood

No direct  
relationship

Attacks caused by  
allergens, or exercise

Typically a dry  
cough at night

### AGE?



### SMOKING?



### DYSPNEA?



### COUGH?



### COPD

Patient usually  
> 40 years of age

Mainly smokers  
and ex-smokers

Shortness of breath,  
usually with force

Productive cough,  
in the mornings

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