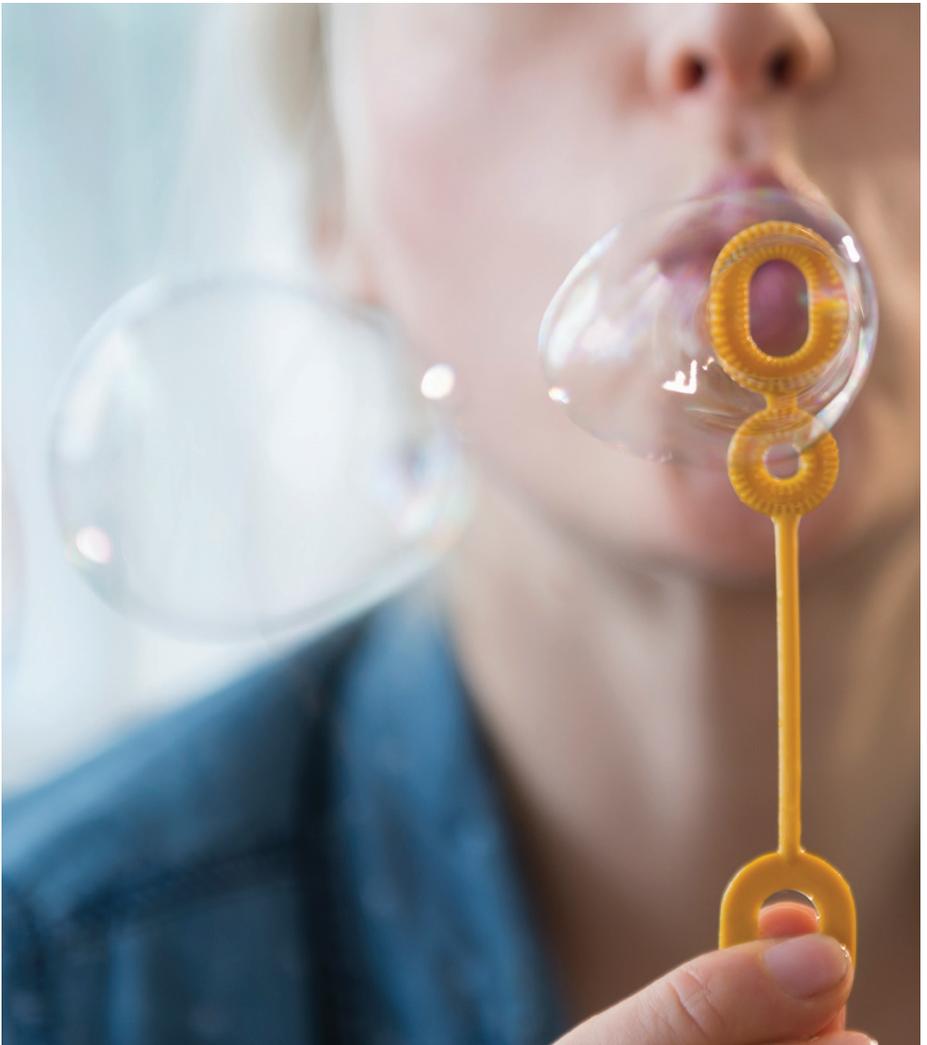


Pharmacy Advisor Program

# Specialized Lung Health Support

♥ **CVS** caremark®



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# Lung Health and Your CVS Caremark Pharmacy Advisor Pharmacist

Managing your lung conditions like asthma and chronic obstructive pulmonary disease (COPD) can be a challenge, but you don't have to do it alone. Your CVS Caremark® Pharmacy Advisor Team is here to help. Your Team, including your Pharmacy Advisor pharmacist, helps you:

- Understand how each medication helps you breathe better
- Explain how and when to take your medication or use your inhaler
- Manage your medication and side effects, so you feel your best
- Set personalized goals to help you stay on track

Your Pharmacy Advisor pharmacist provides you with specialized support so you can focus more on living your life, not your lung condition. If you receive a call or letter that indicates that we need to speak to you, please call us at **1-866-624-1481**. For general questions about your prescription benefits, you should call the number on your prescription ID card or you can visit **Caremark.com**.



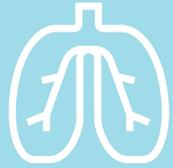
# Knowing Your Asthma

## Asthma and your airways

Your airways are the tubes that carry air in and out of the lungs. With asthma, the open airways in your lungs get smaller or close up. This is caused by irritation in the airways that leads to swelling. The swelling can make it hard to breathe. Asthma is common, affecting people at any age but it often starts in childhood. In fact, one out of four people with asthma are children.<sup>1</sup>

When your airways swell and get smaller, less air can get in and out as you breathe. This can cause asthma symptoms, like:

- Loss of breath
- Coughing
- Wheezing
- Tightness in the chest



Asthma symptoms may vary from time to time. Asthma attack happens when symptoms get worse and/or new symptoms occur. Many things can worsen asthma symptoms. These triggers may include:

- Dust, pet hair, mold, and pollens
- Irritants like cigarette smoke, air pollution and chemicals
- Certain medications like aspirin or nonsteroidal anti-inflammatory drugs
- Sulfites in foods and drinks
- Viral upper respiratory infections like colds
- Physical activity, including exercise

## **Manage your asthma**

Even though you may feel good now, asthma doesn't go away. An asthma attack can happen any time. Work with your doctor to create an asthma action plan that works for you. It's a written plan that helps you manage your asthma and avoid attacks. Your plan may include triggers to avoid, which medication to take, and what to do if you have an attack.

When you can breathe well, you can keep doing the things you enjoy. Managing your asthma means you won't need to see your doctor as much. You may also lower your risk of having other serious health problems in the future.

# Taking Care of Your Asthma

Follow these tips to help you care for your lungs so you can breathe better and have fewer attacks:

- **Know your medication.** You may have two medications to help keep your airways open. One is for quick relief that opens your airways up right away. The other helps keep your airways from swelling over time. It is for long-term control. Know when, why, and how to take each medication so you don't run out.
- **Take your medication the right way.** Your medication may not work if you skip doses or don't take it on time. Call your doctor or pharmacist if you're unsure of how to take it or don't think it is working.
- **Avoid triggers.** Learn what things trigger your symptoms so you can avoid them.
- **Avoid smoking.** Smoke can settle in and irritate your airways. This can set off an attack. Avoid smoking and second-hand smoke. If you want to quit smoking, ask your doctor for help or visit [www.smokefree.gov](http://www.smokefree.gov).
- **Exercise safely.** Being active helps your overall health. But exercise may trigger symptoms in some people. Ask your doctor what types of exercise are right for you and how to get started.
- **Stick to your action plan.** Create an asthma action plan with your doctor. Keep it with you at all times.
- **Get your flu shot.** The flu can make your asthma much worse. Get your flu shot once every year. Ask your doctor about the vaccine for pneumonia too.



### **Did you know?**

You can track your asthma symptoms by using a peak flow meter. Write down your readings and symptoms in a diary. This can help your doctor:

- Know if your asthma is getting worse
- Review your action plan is working
- Adjust your medication as needed

Ask your doctor how to best keep track of your asthma.

# Knowing Your COPD

## COPD and your airways

With chronic obstructive pulmonary disease or COPD, the airways in the lungs are swollen (inflamed) all the time. Your airways become smaller. This happens when smoke or other irritants enter your lungs. Over time, your airways can't stretch back to their normal size. This lets less air into the lungs and less air out. COPD is a serious condition that makes it harder to breath as time goes on. It can cause:

- Severe coughing
- Tightness in the chest
- Wheezing
- Mucus build up in the lungs

## COPD types and causes

Emphysema and chronic bronchitis are types of COPD. Both are conditions that make it hard to breathe. Smoking is the most common cause of COPD. It can also be caused by:

- Dust
- Smog
- Chemicals

## Manage your COPD

Take care of your COPD to:

- Relieve your symptoms
- Slow the progress of the disease
- Stay more active for longer
- Prevent severe breathing problems
- Improve your overall health

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**Life can be hard when you can't breathe well. But you can breathe better, stay active, and enjoy life with medication and healthy lifestyle choices.**



# Taking Care of Your COPD

Follow these tips to help you care for your lungs so you can breathe better:

**Take your medication as directed.** Your medication may not work if you skip doses or don't take it on time. Call your doctor or pharmacist if you're unsure of how to take it or don't think it is working.

- **Avoid smoking.** Smoke can make your COPD worse and cause attacks. To help prevent attacks, the air you breathe in should be free of smoke. Avoid second-hand smoke. If you want to quit smoking, ask your doctor for help or visit [www.smokefree.gov](http://www.smokefree.gov).
- **Exercise safely.** Being active helps your overall health. But exercise may trigger symptoms in some people with COPD. Other exercises may be helpful. Ask your doctor what types of exercise are right for you and how to get started.
- **Get your flu shot.** The flu can make your COPD worse. Get your flu shot once every year. Ask your doctor about the vaccine to prevent pneumonia too.





## Patient Profile

Joe is 56 years old and has COPD. Joe loves to fish. But he lost his breath walking to the lake. Joe thought he would have to give up fishing. A Pharmacy Advisor pharmacist reminded Joe to use his long-term control medication every day. They also talked about how moving more would help his lungs over time. Now that Joe remembers to take his long-term control medication routinely, he is able to go fishing more often and walk around the lake. Joe took control of his COPD so it didn't control him.

# Understanding Your Medication

Medication for asthma or COPD can be for quick-relief or long-term control. Your Pharmacy Advisor pharmacist can help you understand your medication and when to take it.

## Quick-relief medication

Quick-relief medication is generally inhaled. It relaxes and opens the airways fast. You use it when you need help right away to treat symptoms or an attack. It does not replace your long-term control medication. You need to keep using both medications if your doctor prescribed them. Call your doctor if you are using your quick-relief medication often or if it doesn't help. Your doctor may need to change your medication or dose.

## Long-term control medication

Use this medication every day to help keep your airways open. It can either be inhaled or taken as a pill. Long-term control medication won't give you quick-relief, but it can help you have fewer and milder attacks. Take your long-term control medication as part of your everyday routine, so you don't forget.

Know why, how, and when to take your medication so you can be ready for triggers or attacks. Your medication may not work if you don't use it the right way. Read the directions that come with your medication. If you have an inhaler, have your doctor or pharmacist show you how to use it.



## Patient Profile

Sarah is a single mom. Her son Greg has asthma. He uses his quick-relief inhaler for his symptoms. But Greg started to need his inhaler more often. And sometimes it didn't help. Sarah decided to talk with a Pharmacy Advisor pharmacist about this. The pharmacist asked about Greg's morning routine. When Sarah thought about their routine, she realized something. Mornings at their house were very rushed. Sometimes she forgot to take out Greg's long-term control medication. Other times, Greg forgot to take it before he went to school.

The pharmacist told Sarah that Greg could:

- Breathe better by using it every day
- Remember to take it by keeping it next to his alarm clock

Now Sarah and Greg never forget. Greg breathes better and doesn't need his quick-relief inhaler as often.



# Getting the Most from Your Medication

It can be hard to remember when and how to take your medication or use your inhalers. But they can best manage your health when they're taken exactly as prescribed. Never change or stop medications without talking to the doctor who prescribed them. Follow these tips to help stay on track.

## Take medications as part of your routine

- It's best to take medications at the same time(s). For example, after eating breakfast or brushing your teeth.

## Use reminders

- Set a standing alarm on your cell phone. For example, you can download the **CVS Caremark mobile app** from Google Play™ or Apple® iTunes® and set reminders.
- Post a sticky note where it can be seen easily. For example, on the bathroom mirror or refrigerator.
- Schedule tasks or appointments on your computer.
- Use a pill box or make a check-off chart.

## **Make and keep doctor and blood work appointments**

- Doctors may order blood work or other tests to check your response to treatment. Write down and keep all doctor and blood work appointments because missing them could affect your treatment goals.

## **Join a support group**

- Join an in-person or online support group like MyHealthTeams. Talking to others living with lung conditions may help you cope with treatment and everyday challenges.

## **Work with your entire health care team**

- Work closely with doctors, Pharmacy Advisor pharmacists and other providers. They can give advice on managing side effects, what to do if you miss a dose, creating an easy-to-follow medication schedule and more.

# Feeling Your Best

## Fill your prescriptions through CVS Caremark Mail Service Pharmacy

Getting all your medications from one pharmacy allows the pharmacist to have a more complete picture of your medication history. This helps the pharmacist to easily check for drug interactions and manage any side effects you may have.

## Keep up with your refills

Refilling your prescriptions on time is part of staying healthier. Start automatic refills\* through CVS Caremark Mail Service Pharmacy and your medications are mailed directly to your home or anywhere you like. When a prescription expires or is out of refills, CVS Caremark will contact your doctor to request a new one.

## Did you know?

Medication can help you breathe better. It can help you feel your best. But you need to take medication the right way for it to work. Take your medication as your doctor tells you. This will help prevent more problems. If you feel you're having side effects from your medication, talk with your doctor or Pharmacy Advisor pharmacist. They can help by giving you tips on:

- How to use your inhaled medication
- The best time of day to take your medication
- Foods to avoid with your medication
- Other medications to avoid with your medication

# Tracking Your Medication and Symptoms

Use the chart below to track your medication and symptoms. Make copies of this blank page and make a book out of them to fill out over time.

Take your finished pages or book with you on your next visit to the doctor or pharmacist.

## My Breathing Diary

Date	Control medication taken	Triggers	Symptoms Coughing, Wheezing, Short of breath, Tight chest, other:	Relief medication taken
				Response/notes
	<input type="checkbox"/> Y <input type="checkbox"/> N			<input type="checkbox"/> Y <input type="checkbox"/> N
<input type="checkbox"/> AM <input type="checkbox"/> PM				
	<input type="checkbox"/> Y <input type="checkbox"/> N			<input type="checkbox"/> Y <input type="checkbox"/> N
<input type="checkbox"/> AM <input type="checkbox"/> PM				
	<input type="checkbox"/> Y <input type="checkbox"/> N			<input type="checkbox"/> Y <input type="checkbox"/> N
<input type="checkbox"/> AM <input type="checkbox"/> PM				
	<input type="checkbox"/> Y <input type="checkbox"/> N			<input type="checkbox"/> Y <input type="checkbox"/> N
<input type="checkbox"/> AM <input type="checkbox"/> PM				
	<input type="checkbox"/> Y <input type="checkbox"/> N			<input type="checkbox"/> Y <input type="checkbox"/> N
<input type="checkbox"/> AM <input type="checkbox"/> PM				
	<input type="checkbox"/> Y <input type="checkbox"/> N			<input type="checkbox"/> Y <input type="checkbox"/> N
<input type="checkbox"/> AM <input type="checkbox"/> PM				

# Tracking Your Peak Flow Meter Results

Your doctor may ask you to use a peak flow meter to measure how well your lungs are working and if your treatment plan is working.

Use the results tracker below to track your peak flow results. Tear off this page and take it with you on your next visit to the doctor or pharmacist.

My peak score at

100% is: \_\_\_\_\_ 80% is: \_\_\_\_\_ 50% is: \_\_\_\_\_



Green Zone



Yellow Zone



Red Zone

## My Peak Flow Results Tracker

Date	Score	Zone	Medications taken, dosage, time	Notes (triggers, symptoms)
<input type="checkbox"/> AM <input type="checkbox"/> PM				
<input type="checkbox"/> AM <input type="checkbox"/> PM				
<input type="checkbox"/> AM <input type="checkbox"/> PM				
<input type="checkbox"/> AM <input type="checkbox"/> PM				
<input type="checkbox"/> AM <input type="checkbox"/> PM				
<input type="checkbox"/> AM <input type="checkbox"/> PM				
<input type="checkbox"/> AM <input type="checkbox"/> PM				

# Resources

Visit the following websites can help you better understand and manage your lung health. They provide information on the latest lung health news, exercise and other tips to help you breathe better.

- American Academy of Allergy Asthma and Immunology | [www.aaaai.org](http://www.aaaai.org)
- National Heart, Lung, and Blood Institute | [www.nhlbi.nih.org](http://www.nhlbi.nih.org)
- Centers for Disease Control and Prevention | [www.cdc.gov](http://www.cdc.gov)
- COPD Foundation | [www.copdfoundation.org](http://www.copdfoundation.org)
- CVS Caremark | [www.caremark.com](http://www.caremark.com)
  - Schedule or request a refill
  - Start automatic refills\*
  - View your prescription records
  - Information about managing your condition and medication

If you do not want to receive any more communications about this program from CVS Caremark, please call **1-866-624-1481**.

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This information is not a substitute for medical advice or treatment. Talk to your doctor or health care provider about this information and any health-related questions you have. CVS Caremark assumes no liability whatsoever for the information provided or for any diagnosis or treatment made as a result of this information.

\*Your refill will be mailed to you automatically before your refill due date, without any service, shipping or handling charges. Any copay or coinsurance will be charged at that time, unless you cancel the order. We will alert you before your prescription is refilled or renewed. To cancel, you must notify us by calling the toll-free Customer Care number on your prescription ID card or notify us. You will have at least 10 days to cancel the order. If we do not provide you with at least 10 days to cancel, we will accept a return of the order and issue a full refund, including postage. To cancel your enrollment in automatic refill at any time, call us or notify us at [www.caremark.com](http://www.caremark.com). Automatic refill is available for most common maintenance medications for chronic conditions or long-term therapy. Not all mail service prescriptions are eligible. Medications such as controlled substances, specialty drugs and prescriptions covered by certain government payers, including Medicate Part B, are not part of this program.

CVS Caremark does not operate the websites/organizations listed here, nor is it responsible for the availability or reliability of their content. These listings do not imply or constitute an endorsement, sponsorship or recommendation by CVS Caremark.

Your privacy is important to us. Our employees are trained regarding the appropriate way to handle your private health information. Patient stories are represented for illustrative purposes only. Any resemblance to an actual individual is coincidental. All data sharing complies with applicable firewall and privacy laws.

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## Take Control of Your Health

- ✓ Create a medication schedule
- ✓ Take your medication as part of your routine
- ✓ Use reminders to help you stay on track
- ✓ Call a CVS Caremark Pharmacy Advisor pharmacist anytime with questions
- ✓ Start automatic refills\*
- ✓ Keep your medical appointments
- ✓ Stick to your action plan and avoid symptom triggers
- ✓ Work with your doctor to create an exercise plan that works for you
- ✓ Stay up-to-date on vaccinations
- ✓ Learn more about your lung health

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## Control the Cost of Your Medication

**CVS Caremark** understands that the cost of medication can add up. We can help you with these costs so that the expense of your medication and supplies does not prevent you from taking care of your lungs. Some ways you might be able to save money include ordering a 90-day supply of your medication or choosing generics when possible. Generics work the same as the brand-name medications, but often cost less.

For more information on ways to save, visit **Caremark.com**. You can also call the toll-free number on your member ID card.