



Welcome to our Chronic Obstructive Pulmonary Disease (COPD) Clinic

We're looking forward to working with you. Here's what you need to know to get started.

What can I expect from the clinic?

- It's virtual — each visit is a phone or video call that takes about 30 to 60 minutes
- You'll have regular visits with your clinic team, usually once every 2 weeks
- At these visits, your team will help you learn more about COPD, offer personalized advice on everyday changes you can make to better manage your COPD and avoid infections, and check that you're on the right medications
- We'll also send a pulse oximeter if you need one, to help you check that you're getting enough oxygen

Who will be involved in my care?

Your clinic team includes your:

- **Registered nurse** who specializes in helping people learn to manage COPD
- **Nurse practitioner** who makes a personalized treatment plan for your COPD
- **Pharmacist** who helps with questions about your COPD medications

We'll also send regular updates to your doctor so everyone's on the same page.

How can I get ready for my first visit?

- Gather all your medications and supplements (including injections and inhalers) — and your pulse oximeter, if you have one
- Make sure you have the names and phone numbers of any doctors who help you manage your COPD
- Write down any questions you want to ask
- Set up in a quiet, comfortable place where you can talk freely about your health
- Decide if you want anyone to join you for the call — like a family member, friend, or someone else who helps with your health

How long will I be working with the clinic?

About 3 to 6 months on average, but there's no set time frame. We may talk to you about ending regular visits once your COPD is stable, you're on the right medications, and you feel comfortable managing your COPD.

Questions? Need to reschedule your visit?

Give us a call at **1-888-802-2738** (TTY 711).



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