



ASEA/AFSCME Local 52
Health Benefits Trust

YOU TAKE NEARLY
23,040 BREATHS
EVERYDAY.

EVERY ONE IS PRECIOUS.

**BREATHE EASIER
WITH THE OPTUM
COPD PROGRAM.**

A specialized nurse will teach you breathing techniques to help your lungs work better. She'll help you understand your treatment options, and give you personalized diet and exercise tips that can help slow the progression of your condition and keep you active.

None of them should be difficult. But if you have emphysema – a form of chronic obstructive pulmonary disease (COPD) – breathing can be tough, even painful. We can help.

(855) 738-1768 - <https://asea.optum.com>

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through the program is for informational purposes only and provided as part of your health plan. The wellness team cannot diagnose problems or recommend treatment and is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. The program is not an insurance program and may be discontinued at any time.

Optum is a registered trademark of Optum, Inc. All other trademarks are the property of their respective owners.
© 2011 Optum, Inc. All rights reserved. MRC11CDPc