

Lung Health Awareness Month

Did you know?

Many things in your environment can put you at greater risk for serious lung health concerns.

- + Smoking + Air pollutants + Respiratory illness
- + Exposure to fumes or chemicals

These risk factors can cause or trigger conditions such as, asthma, COPD, and even cancer.

What can you do to keep your lungs healthy?

- Quit Smoking as soon as possible
- Avoid or take safety measures to limit exposure to harmful chemicals.
- Talk to your primary care provider about appropriate immunizations to prevent illness.
- Follow the guidance of your primary care provider for asthma control.
- Stay active – exercising not only keeps your muscles and joints healthy, it also keeps your internal systems functioning properly! ¹



What if you already have a chronic lung condition?

Be sure to see your primary care, or specialty care provider as often as recommended. Your provider can help you stay on top of maintaining symptoms, triggers, and risk factors. Your provider will also make sure you are up to date with preventative care screenings and immunizations which will help the condition from potentially worsening.

You also have support from United Health Care! If you are an active member on the UHC health plan, there are clinical and disease management support programs available to you. These programs will connect you with experts who are trained to help you find healthy ways to cope, help you learn to live a rewarding life and overcome challenges you may face. ²

¹ [Asthma | UnitedHealthcare \(uhc.com\)](#); [COPD | UnitedHealthcare \(uhc.com\)](#) ; [Lung Cancer | UnitedHealthcare \(uhc.com\)](#)

² [Support Programs | UnitedHealthcare \(uhc.com\)](#)



Health Engagement Nurses Wendy & Whitney – We are available to help you and your family make better health care decisions, refer you to appropriate wellness programs and services, and demonstrate how to navigate UnitedHealthcare tools and resources. Do you need a Primary Care Physician? Contact the Health Engagement Nurses for more information!

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