Chronic obstructive pulmonary disease (COPD) refers to a group of diseases that cause airflow blockage and breathing-related problems.

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Did you know?

The best way to prevent COPD is to never start smoking.

If you do smoke, now's the time to quit.

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COPD treatment includes exercise, nutrition counseling, energy-saving techniques, breathing strategies, and taking medication regularly.

Looking for additional help with COPD?

TRICARE beneficiaries ages 18-64, and not on Medicare, can get individualized telephone coaching with a licensed clinician.

To learn more and nominate yourself, visit: www.tricare-west.com/go/DMFAQ.