A health reminder for you
Chronic Obstructive Pulmonary Disease (COPD) can be a very serious disease. Don’t just blow it off!

Spirometry is a test that may help determine the health of your lungs. Ask your doctor if a Spirometry test is right for you.

**A spirometry test may**
- Confirm a diagnosis of COPD.
- Help distinguish other conditions, such as asthma or heart failure.
- Show how severe your COPD is.
- Help your doctor decide what medicines to give you.
- Show how well your medicine and other disease management activities are working.

**What happens in a Spirometry test?**
- You will blow into the tube on the spirometer machine as hard and as fast as you can.
- The spirometer measures how much and how fast you can breathe air out.
- Your doctor will explain the results to you.

If you need help finding a doctor call RMHP Customer Service at 800-346-4643.

**To speak with a Health Care Professional, call Kellie Jackson, MPH at 800-843-0719 ext 5106**