My COPD Journey Gameboard

DIRECTIONS:
Use this game board to help you discover how to use the PCG app. Follow the arrows clockwise and become familiar with tools to help you live well with COPD.

OBJECTIVES:
#1 Help you feel confident managing your COPD.
#2 Improve communication between you and your health care team.

START HERE
What are your COPD goals? Watch the goal setting video on the CIRCLES website at https://copdf.co/circles.

START
Review your goals and this gameboard. Update your goals as needed.

FINISH

GOALS:
- [ ] Help you feel confident managing your COPD.
- [ ] Improve communication between you and your health care team.

Wallet Card/Medications
1. Fill in the wallet card on the app.
2. Ask your rehab team about how to use your medications correctly.
3. Watch the videos about your medicines on the app.
4. Practice taking your medicines like in the video.

Exercise/Activity
1. Fill in the Activity Tracker on the app.
2. Think about how you can be more active.
3. How can activity help you reach your COPD goals?
4. Watch the exercise video on the app.

My COPD Action Plan
1. Click the statements in the app that show how you feel today.
2. Use this section of the app every day to track your symptoms.
3. Practice adding your own questions in the app.

For My Next Visit
1. In the app, select questions to ask your health care team.
2. Select any symptoms that have changed since your last visit.
3. Practice adding your own questions in the app.

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