



COPD Foundation Pocket Consultant Guide App

Getting Started: For Patients and Caregivers



1. Download the **FREE COPD Pocket Consultant Guide (PCG)** app in the [AppStore](#) or [Google Play](#).
2. Select the Patient View by tapping on “Change View” in upper right corner.
3. Tap on the colored boxes to access different tools*:

Daily Log	Daily Log: Complete your My COPD Action Plan and tracking calendar to monitor your symptoms.
Wallet Card	Wallet Card: Track important information, including medications and immunizations.
Exercise Videos	Exercise Videos: View videos that feature exercises you can do at home.
COPD Digest	COPD Digest: Read blog posts from experts on COPD management and connect with others in the comments section.
Goal Setting / For My Next Visit	Goal Setting/For My Next Visit: Track your ability to do daily activities, set goals for your COPD management, and find questions to ask your health care provider.
Inhaler and Nebulizer Videos	Inhaler and Nebulizer Videos: Learn how to use and care for your devices.
COPD360social	COPD360social: Join our online community and connect with others like you who are living with COPD.
More	<p>And Much More! The “More” menu includes:</p> <ul style="list-style-type: none">• The COPD Assessment Test (CAT) which checks your symptoms• Information on joining the Patient Powered Research Network, a group interested in COPD research and clinical trials.• Helpful information on living with COPD from the National Institutes of Health (NIH)• Resources such as booklets and flyers on COPD management• Vaccination information

*To return to the main menu at any time, tap on the “Home” button in the upper left corner.

For more information on how to use the PCG app, visit: www.copdf.co/pocket



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Take Action Today. Breathe Better Tomorrow.

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