



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



COPD FOUNDATION®
Take Action Today. Breathe Better Tomorrow.