

## COPD Checklist

COPD can feel overwhelming and it can be difficult to keep track of everything.  
Here is a quick checklist to keep in mind.

- Create a list of questions for your healthcare provider.
- Build a COPD team.
- Create a COPD action plan with your COPD team.
- Join a pulmonary rehabilitation program.
- Meet with a registered dietitian to create a proper meal plan.
- Create an exercise routine and plan.
- Ask your healthcare provider for an application for an accessible parking permit.
- Create an advance care plan.
- Create a list of your medications to carry in your wallet.
- Create a list to help you navigate the healthcare system, including contact information for all services you will need to use.