

## What Is It?

Your healthcare practitioner (prak-tih-shun-er) may want you to have pulmonary rehabilitation (pull-muh-nair-ee ree-ha-bill-ih-tay-shun). This is a care plan made just for you. It may include

- Education
- Medical and nursing management
- Nutrition counseling
- Help with your psychological and social needs

## How Can It Help?

This care plan

- Can help you learn how to breathe easier
- May reduce your need for some medicines, office visits, and hospital stays
- May relieve stress and worry
- May increase your ability to do daily activities and exercise
- Can help you have a better quality of life

### Did you know?

**A care plan can include breathing exercises. It can guide you on how and when to take your medicines. It can also help you make healthy changes, such as exercising more and eating better. Ask your healthcare practitioner if pulmonary rehabilitation is right for you.**

\*Chronic (kron-ick) obstructive (ob-struck-tiv) pulmonary (pull-muh-nair-ee) disease, including chronic bronchitis (brank-eye-tis), emphysema (em-fuh-zee-muh), or both.

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