

A little positive thinking can go a long way

Introducing the new COPD.com

Whether you're dealing with chronic obstructive pulmonary disease (COPD) firsthand or care about someone who is, the site can help you find information about the condition.

1 Make a COPD action plan.

Your goals are as unique as you are. We will show you how to work with your healthcare team to create a plan that's right for you.

2 Manage day to day.

There are things you can do each day to help manage your COPD. From washing your hands to avoiding second-hand smoke, find helpful tips here.

3 Be inspired by others.

Get ideas, words of encouragement, and tips from people like you who are living with COPD.

4 Get support.

Reaching out can be a great way to move forward. Here you can learn how to keep fostering strong connections with others.

5 Talk to your doctor.

Find tools and advice to help you build the best possible relationship with your healthcare team.

The screenshot shows the COPD.com website with the following elements and callouts:

- 1** Home navigation menu: Home, Be Inspired, Learn COPD Basics, Make a COPD Plan, Manage Day to Day, Get Support, Tools & Resources.
- 2** "Create MY PAGE" button.
- 3** "TOP" button.
- 4** "doc talk" logo and "Find out how to work effectively with your healthcare team." link.
- 5** "Take One Step" logo and "Set and achieve goals to help you stay on top of your COPD." link.
- 6** "GET TODAY'S WEATHER" section with "Enter ZIP Code" and "Go" buttons.
- 7** "JOIN US TODAY!" badge and "Sign up and add favorites to your page." text, with a "Get Started Now" button.
- 8** "YOU MIGHT LIKE" section with a "WATCH" button and "Get help online and from others" link.
- 9** "EDNA'S PICK" section with a video thumbnail and "Finding support is key for living with COPD" link.
- 10** "Tools & Resources" section with a "COPD Checklist" link.

Footer text: Patients with COPD are featured in the videos. GSK paid them for their time and expense in sharing their experiences living with COPD.

Be Inspired	Learn COPD Basics	Make a COPD Plan	Manage Day to Day	Get Support	Tools & Resources
Symptoms Diagnosis Exacerbations	Follow Your Plan Treatment Options Smoking	Nutrition Pulmonary Rehab Exercise Activities Sleep & Rest	Where to Find Help Improving Relationships Caregiver Support	Doc Talk Take One Step COPD Checklist	

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GSK Is Here to Help! Contact Us

6 Think positive.

Watch inspiring videos and get tips from others who are living with COPD, staying positive, and more.

7 Join and create a page.

Your personal page will help you keep track of the information that you select to better manage your COPD now and for the long term.

8 If you haven't already, quit smoking.

The benefits are worth it. When you are ready to quit, find resources and tips to support your success.

9 Take one step.

Every step towards a healthier lifestyle is a step in the right direction. Create and track your personalized action plan here.

10 Make a COPD checklist.

Sharing even the small details about changes in your COPD symptoms with your doctor can make a big difference.

Be inspired. Make an action plan. Visit COPD.com today.