



# Manage Your Breathing with Propeller

## What is Propeller?

Propeller makes it easy to stick to your asthma or COPD treatment plan and helps you learn what may be causing your flare-ups, so you can have more symptom free days.



### Snap-On Sensors

Propeller sensors attach to your existing inhalers. They automatically track how often you use your medication, and they can chime when it's time to take a dose.



### Smartphone App

Information is sent to your smartphone, and the app learns more about your flare-ups and medication use over time. Propeller app can help you become an expert at managing your symptoms and identifying your triggers.



### Sharable Reports

Your care team can view this information, adjust your treatment plan as required and provide better care for your asthma or COPD.

## How does Propeller help?

Propeller helps you and your care team understand what may be causing your symptoms. You can work together to develop a treatment plan that helps you live a healthy, active life.

### Top Features



Medication reminders



Trigger discovery



Daily Asthma Forecast



Reports you can share

## Propeller is easy to use and free if you qualify

Independence and your company partnered together to offer Propeller at no cost to people with persistent asthma or COPD. Plus you can sign up for Propeller in 10 minutes or less.

→ Members with asthma or COPD will receive an email, postcard or text with their Propeller Health invitation and personalized access code from Independence. Visit [ibx.com/getwired](https://ibx.com/getwired) to update your contact information.