

My Asthma Action Plan

Date: _____ Member Name: _____ Date of Birth: _____

Doctor's Name: _____ Doctor's Phone #: _____

Plan Completed by: _____ MD/APRN/PA
SIGNATURE (CIRCLE ONE)

Your doctor will check the box below that describes your asthma. Please talk to your doctor about what this means and which medicines you need to take.

My Asthma Is: Intermittent Persistent Mild
 Moderate Severe

Asthma triggers are things that bring on your asthma or make it worse. Try to avoid your triggers as much as you can.

My Asthma Triggers: Pollen Dust Strong Smells Mold Colds
 Smoke Stress Exercise Seasons

Green
Zone
GO!

- My asthma is doing good and is under control.
- I'm not coughing or wheezing.
- I can play and work just fine!
- To stay in the green, I will keep taking my daily controller medicines.
- My peak flow is between 80 to 100 percent of my personal best peak flow.
_____ to _____

My Rescue Medicines:

Albuterol
 Ventolin
 Other _____

My Controller Medicines:

Dulera Symbicort
 Qvar Singulair
 Pulmicort Other _____

Yellow
Zone
Caution!

- I'm doing okay, but I must take my medicines to avoid an asthma attack.
- I'm coughing, wheezing, waking up at night and have a tight chest.
- I will take my daily controller medicine and rescue medicine to get back to the green zone.
- My peak flow is between 50 to 80 percent of my personal best peak flow.
_____ to _____

My Rescue Medicines:

Albuterol
 Ventolin
 Other _____

My Controller Medicines:

Dulera Symbicort
 Qvar Singulair
 Pulmicort Other _____

Red
Zone
STOP!

- I'm in danger and need help from a doctor quick!
- My medicine isn't working, I'm breathing hard, my nostrils are open wide, I can't walk or talk well.
- I must call 911 right now.
- My peak flow is less than 50 percent or half of my personal best peak flow.

My Rescue Medicines:

Albuterol
 Ventolin
 Other _____

My Controller Medicines:

Dulera Symbicort
 Qvar Singulair
 Pulmicort Other _____

If you have any questions or need help with your Asthma Action Plan, call us at **1-877-903-0082**. TDD/TTY users may call 1-800-691-5566.