

## IS YOUR ASTHMA UNDER CONTROL?

To stay healthy, it is very important to make sure your asthma is under control. Please take a minute to answer the following questions:

Do you have **asthma symptoms** (coughing, chest tightness, shortness of breath or wheezing) **more than twice a week**?

- YES       NO

Do you wake up **at night** with asthma symptoms **more than twice a month**?

- YES       NO

Does your asthma **affect your daily activities or exercise**?

- YES       NO

Have you gone to the **emergency room or urgent care** for your asthma?

- YES       NO

Have you **missed school or work** because of your asthma?

- YES       NO

Do you use a **rescue inhaler** (such as albuterol, Maxair, Proventil or Ventolin) **more than twice a week**?

- YES       NO

If you answered **YES** to any of these questions, your asthma may not be well-controlled.

**Please talk to your doctor today about ways to better control your asthma.**

If you would like to contact the Asthma Disease Management Program, please call Lisa Taylor, RN, BSN, at (810) 230-2186. Asthma information is available online at [www.healthplus.org](http://www.healthplus.org). Click: 1) My HealthQuest 2) Disease Management 3) I agree 4) Asthma Management.