Is Your Asthma Under Control?



Having your asthma under control means you have very few or no asthma symptoms. When your asthma is under control, you can do more of the things you enjoy.

Look at the list of questions below. Answer the first five questions based on your symptoms over the past 2 to 4 weeks.

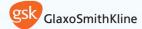
For people with asthma 12 years and older

	Your asthma is under control	Your asthma is not controlled	
How often do you have asthma symptoms?	□ 0 – 2 days per week	☐ 3 or more days per week	
How often do your asthma symptoms wake you up at night?	□ 0 – 2 times per month	☐ 1 or more times per week	
How many of your normal activities can you do?	□ All	☐ Not all	
How often do you use your rescue inhaler?	□ 0 – 2 days per week	☐ 3 or more days per week	
If your provider has told you to use a peak flow meter, what is your peak flow?	☐ More than 80% of your personal best	■ 80% or less of your personal best	
How often do you take corticosteroids by mouth for your asthma?	□ 0 – 1 time per year	☐ 2 or more times per year	
What is your score on the Asthma Control Test™*	□ 20 or higher □ Lower than 20		

Asthma Control Test is a trademark of QualityMetric Incorporated.

Notes:			

Show your answers to your healthcare provider. Ask about ways you can better control your asthma.



 $^{^{\}star}$ The Asthma Control Test $^{\text{TM}}$ is for patients 12 years and older.