Have you talked with your provider about your asthma lately?

Get treatment for asthma to prevent or lessen asthma symptoms. Print an Asthma Action Plan (see inside) from www.lung.org to discuss asthma medications with your doctor.

Manage your health. Earn rewards.

Earn $50 by completing your Blue Health Assessment (BHA) today.

Your plan for better health™

Your plan for better health™
Asthma is a chronic condition that affects your lungs. You may feel tightness in the chest, shortness of breath, wheezing and coughing. You can take medications to help keep it under control.

Once you've been diagnosed with asthma, your provider will likely give you two types of treatment:

- **Long-term control medicines.** These help reduce your airway inflammation and prevent asthma symptoms. Your doctor will prescribe inhaled corticosteroids. This type of medicine makes inflammation and swelling go down. Most people who take these medicines daily find relief from their symptoms.

- **Quick-relief medicines.** These are also known as "rescue" medications. This type of medicine relieves asthma symptoms when they flare up. Most patients receive an inhaled medicine, which acts quickly to relieve an immediate medicine, which acts quickly to relieve asthma symptoms when they flare up. These patients receive "rescue" medications. This type of medicine relieves "rescue" medications. These are also known as quick-relief medicines.

### Take action to control your asthma

**YOU CAN WORK WITH A PHARMACIST** and discuss your medications. Call 919-765-4703. To receive educational materials and participate in the Healthy Endeavors program, call 1-888-392-3506.

Do you have asthma or do you have allergies? Check with your doctor to confirm the diagnosis for condition-related prescriptions. This will help the pharmacy eliminate unnecessary asthma prescription reminders.

### Asthma Action Plan

#### Emergency Contact

Name ______________________________________________________________________________________ Phone (_____________) _____________-__________________

Healthcare Provider

Name _______________________________________________________________________________________ Phone (_____________) _____________-__________________

Name ________________________________________________________________________________________

DOB ______ /______ /____________

#### Severity Classification

- **Intermittent**
- **Mild Persistent**
- **Moderate Persistent**
- **Severe Persistent**

#### Asthma Triggers

(list)  _______________________________________________________________________________________

#### Peak Flow Meter Personal Best

- **Green Zone:**
  - Doing Well
  - Symptoms: Breathing is good – No cough or wheeze – Can work and play – Sleeps well at night
  - Peak Flow Meter ______ (more than 80% of personal best)
  - Control Medicine(s)
    - Medicine
    - How much to take
    - When and how often to take it

- **Red Zone:**
  - Get Help Now!
  - Symptoms: Lots of problems breathing – Cannot work or play – Getting worse instead of better – Medicine is not helping
  - Peak Flow Meter ______ (less than 50% of personal best)
  - Take Quick-relief Medicine NOW!
    - Albuterol/levalbuterol _____ puffs,  ___________________________________________ (how frequently)
  - Call 911 immediately if the following danger signs are present
    - Trouble walking/talking due to shortness of breath
    - Lips or fingernails are blue
    - Still in the red zone after 15 minutes

- **Yellow Zone:**
  - Caution
  - Symptoms: Some problems breathing – Cough, wheeze, or chest tight – Problems working or playing – Wake at night
  - Peak Flow Meter ______ to ________ (between 50% and 79% of personal best)
  - Quick-relief Medicine(s)
    - Albuterol/levalbuterol _____ puffs, every 4 hours as needed
  - Control Medicine(s)
    - Continue Green Zone medicines
    - Add ____________________________________________
    - Change to ______________________________________________

You should feel better within 20–60 minutes of the quick-relief treatment. If you are getting worse or are in the Yellow Zone for more than 24 hours, THEN follow the instructions in the RED ZONE and call the doctor right away!

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