

Is Your Asthma Under Control?

If you answer **yes** to any of the following questions, your asthma may not be well controlled. Please speak with your health care provider about your asthma treatment plan.

Questions to Consider:



1. Quick-relief asthma medication usage

Do you use your quick-relief or rescue medication (such as albuterol) more than twice a week?

YES

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NO

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2. Quick-relief asthma medication refills

Have you had to refill your quick-relief or rescue medication more than twice this year?

YES

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NO

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3. Night-time asthma symptoms

Have you woken up at night with asthma symptoms (coughing, wheezing, shortness of breath) more than twice this month?

YES

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NO

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4. Steroid medication

Have you taken an oral or injectable steroid medication, such as prednisone, for an asthma attack twice or more in the past 12 months?

YES

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NO

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Take Control of Your Asthma!

If you answered **yes** to any of the questions above, don't wait. Schedule an appointment with your provider to discuss how you can better manage your asthma and improve your quality of life.