

# Is Your Asthma In Control?

Take this quiz to find out.

- ➔ In the past 4 weeks, have you had coughing, wheezing, or trouble breathing that wakes you up at night or earlier than usual in the morning?

Yes = 1     No = 0

- ➔ In the past 4 weeks, have you had coughing, wheezing, or trouble breathing after moderate physical activity such as walking fast or climbing stairs?

Yes = 1     No = 0

- ➔ Do you use your quick acting reliever medicine such as albuterol or ProAir®HFA more than two times per week?

Yes = 1     No = 0

**Add up your points  
to get your score.** \_\_\_\_\_

Turn card over to see if your asthma is in control.



Harvard Pilgrim  
HealthCare

## Score = 3

**If you need to use your reliever medicine more than twice a week your asthma may not be in control.**

- Use a long-term controller medicine such as Advair® or montelukast, every day to prevent asthma symptoms and flare-ups.
- If you don't have a long-term controller medicine contact your health care provider as soon as you can to see if one would be helpful for you.

## Score = 2

**You should expect to be free from asthma symptoms all or most of the time.**

- If you have a long-term controller medicine such as Advair® or montelukast, and are using it every day, talk to your health care provider to make sure you are using it correctly.
- If you don't have a long-term controller medicine, ask your health care provider if one would be helpful for you.

## Score = 1

**Answering yes to even one of these questions means your asthma could be in better control.**

- Talk to your health care provider to see if you are doing all you can to prevent asthma symptoms.

## Score = 0

**Congratulations – you are in control of your asthma!**

- If your symptoms change in the future, be sure to call your health care provider.

**For more information visit [The American Academy of Allergy, Asthma & Immunology \(AAAAI.org\)](http://TheAmericanAcademyofAllergy,Asthma&Immunology.org)**