

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

Asthma Control Test is a trademark of QualityMetric Incorporated.

\* The Asthma Control Test™ is for patients 12 years and older.

**Notes:** \_\_\_\_\_  
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**Show your answers to your healthcare provider. Ask about ways you can better control your asthma.**