

# You can take control of your asthma!

## Complete your Asthma Action Plan.

- Fill it out with your doctor every year and take it to all your visits.
- An Asthma Action Plan can help you remember how to take your medicines and keep your asthma in control.

## Use your medicine correctly.

### Long-term or Controller Medicine:

- Use this each day.
- This medicine is the most important way to control asthma and prevent attacks or flare-ups.
- Use this medicine as your doctor prescribes, even if you feel fine.

### Quick-relief or Rescue Medicine:

- Use this for a flare-up or asthma attack.
- Always have this with you.

## How will you take control?

### Mark the things you will do to take control of your asthma:

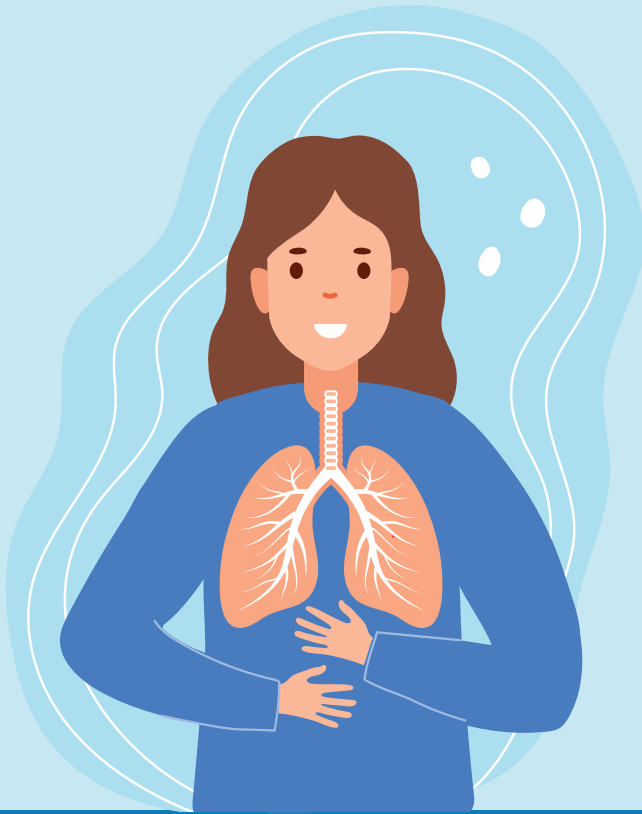
- Take my asthma medicines exactly as my doctor prescribes.
- Take my daily controller medicine, even when I feel like I don't need it.
- Work with my doctor to complete my Asthma Action Plan.
- Put my Asthma Action Plan somewhere I will see it often, like on the refrigerator or bathroom mirror.
- Bring all my medicines to every asthma checkup.
- Call my doctor today and schedule an asthma checkup.

The image shows a sample Asthma Action Plan form. It is titled 'Asthma Action Plan' and includes fields for 'Name', 'Doctor's Name', 'Today's Date', and 'Phone Number for Doctor or Office'. Below these are sections for 'My best peak flow is:' and 'Notes:'. The form is divided into three color-coded zones: 'Green Zone (Doing Well)' with a smiley face icon, 'Yellow Zone (Use Caution)' with a neutral face icon, and 'Red Zone (Emergency)' with a sad face icon. Each zone has a 'Peak flow more than:' threshold and a list of symptoms. The Green Zone section is titled 'Controller Medicines - take these every day.' and has columns for 'Which Medicines?', 'How much do I take?', and 'When do I take?'. The Yellow Zone section is titled 'Rescue Medicines - take these when you have a flare-up.' and has similar columns. The Red Zone section is titled 'Medicines of Alert - Take these medicines and call your doctor or go to the ER.' and also has similar columns. At the bottom, it says 'To learn more about asthma, visit [www.cdc.gov/asthma](http://www.cdc.gov/asthma)'.





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## You can take control of your asthma!



To see if you qualify for **free transportation** to your appointment, call CenCal Health's Member Services department toll-free at 1-877-814-1861 (TTY/TDD 1-833-556-2560 or 711), Monday - Friday, 8 a.m. - 5 p.m. or Ventura Transit Systems at (855) 659-4600.



For access to our **online health education library** with information, tools, and resources for preventive care and healthy lifestyles, visit [www.cencalhealth.org](http://www.cencalhealth.org) and click on "Health and Wellness."



To **speak with a Health Educator** at CenCal Health, please call 1-800-421-2560 ext. 3126. Leave a voicemail with your request for support or information, and we will call you back as soon as possible. You can also request health education materials through your Member Portal account at [qrco.de/CCHmemberportal](http://qrco.de/CCHmemberportal).

# Asthma Action Plan

Complete this with your doctor.

Name:	Today's Date:
Doctor's Name:	Phone Number for Doctor or Clinic:
My best peak flow is: _____ Notes: _____	

**Green Zone**  
**Doing Well** 

**Controller Medicines - take these every day.**

Peak flow more than:	Which Medicines?	How much do I take?	When do I take it?
_____			
<ul style="list-style-type: none"> <li>Breathing well</li> <li>No coughing</li> <li>No wheezing</li> <li>Can play or work</li> </ul>			

**Yellow Zone**  
**Use Caution** 

**Rescue Medicines - take these when you have a flare-up.**  
(Continue to take Controller Medicines, as shown above.)

Peak flow more than:	Which Medicines?	How much do I take?	When do I take it?
_____			
<ul style="list-style-type: none"> <li>Breathing is worse</li> <li>Coughing</li> <li>Wheezing</li> <li>Hard to play or work</li> </ul>			

**Red Zone**  
**Emergency** 

**Medical Alert - Take these medicines and call your doctor or 911!**

Peak flow more than:	Which Medicines?	How much do I take?	When do I take it?
_____			
<ul style="list-style-type: none"> <li>Rescue medicine is not helping</li> <li>Very short of breath</li> <li>Hard to talk or walk</li> </ul>			

To learn more about asthma, visit [cencalhealth.org/asthma](http://cencalhealth.org/asthma)