

Your Asthma Action Plan

What is an Asthma Action Plan?

An action plan tells you:

- what medications you use regularly for your asthma.
- what things will indicate that your asthma is out of control.
- what to do when you notice that your asthma symptoms increase.
- when you should get medical care for your symptoms.



Some action plans use a color system that corresponds with your symptoms and/or a peak flow meter. They use the colors green, yellow, and red of a traffic light. The colors make it easy for you to know which instructions you should follow.

Asthma varies from person to person, so you need to work with your primary care provider to develop a plan. By having and becoming familiar with your action plan, you can prevent and treat your asthma attacks.



Take charge of your asthma. See your primary care provider. Work with him or her to develop an asthma action plan for you.

If you have questions or want to learn more about asthma, please call Pam at the Upper Peninsula Health Plan at 1-888-904-7526 Ext 7504.