

Is your asthma getting worse?

1. Are your asthma symptoms occurring more often or are they more severe? YES NO
2. Do your asthma symptoms bother you at night and cause you to lose sleep? YES NO
3. Do you limit your normal activities and miss school or work because of your asthma? YES NO
4. Is your peak flow number low compared to your personal best? YES NO
5. Does your peak flow number vary a lot from day to day? YES NO
6. Do you feel like your asthma medicines do not seem to work well anymore? YES NO
7. Do you use your quick-relief inhaler more than two days a week? YES NO
8. Have you gone to the emergency room or doctor lately because of an asthma attack? YES NO

If you answered YES to any of these questions, your asthma may be getting worse. You should see your primary care provider right away to discuss your symptoms and possible treatment to improve your health.



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.