



MASSACHUSETTS

PLAN TO MANAGE YOUR ASTHMA

Asthma Action Plan

Print this Asthma Action Plan and complete it with your doctor during your next visit. You should review your Asthma Action Plan with your doctor every year. Keep a copy with you at all times, and share it with your family, friends, and caregivers so that you know the steps to take when you have asthma symptoms.



Patient Information	Doctor Information
Name:	Name:
Asthma Triggers:	Phone Number:
Best Peak Flow Reading:	Emergency Contact
	Name:
	Phone Number:
Long-term Controller Medication	Quick-relief Rescue Medication
Name:	Name:
How much to take:	How much to take:
When to take:	When to take:
Expiration date:	Expiration date:

Learn More

Visit myblue.bluecrossma.com/healthy-living/chronic-conditions/asthma.



GREEN ZONE: GOOD

Symptoms

- ☰ Breathing well
- ☰ Not coughing or wheezing
- ☰ No chest tightness or trouble breathing
- ☰ Can work and exercise

Action

- Take controller medication as directed:
Take ___ puff(s) ___ times per day.
- Avoid asthma triggers.

Peak flow reading: (More than 80% of best reading)



YELLOW ZONE: CAUTION

Symptoms

- ☰ Signs of a cold or cough
- ☰ Coughing or wheezing
- ☰ Some shortness of breath or tight chest
- ☰ Exposed to asthma trigger
- ☰ Can't complete regular activities

Action

- Take controller medication as directed AND rescue medication:
 - Take ___ puff(s) of my controller medication ___ times per day.
 - Take ___ puffs of my rescue medication ___ times per day.
- Avoid asthma triggers.
- Call doctor if symptoms don't get better in one hour.

Peak flow reading: (50%–80% of best reading)



RED ZONE: DANGER

Symptoms

- ☰ Breathing is difficult and fast
- ☰ Continuous coughing or wheezing
- ☰ Very short of breath or tight chest
- ☰ Can't walk or talk without struggling to breathe
- ☰ Rescue medication isn't helping

Action

- Take controller medication as directed AND rescue medication:
 - Take ___ puff(s) of my controller medication ___ times per day.
 - Take ___ puffs of my rescue medication ___ times per day.
- Call doctor immediately.
- If doctor isn't available, **call 911 or go to nearest Emergency Room.**

Peak flow reading: (Less than 50% of best reading)

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ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Service at the number on your ID card (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).

ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).