

GETTING THE MOST OUT OF YOUR APPOINTMENTS

This guide is designed to help you have more open discussions with your healthcare provider about your asthma. There are suggestions for what you can do before, during, and after your appointments.

1. BEFORE YOUR VISIT: GATHER THE DETAILS

WHAT IS YOUR EXPERIENCE?

Use this chart to show your healthcare provider information about how you've been doing since your last visit. Recording your symptoms—whether they're new symptoms or ones you've had for a while—may give your healthcare provider a more complete picture of how asthma is affecting your life.

SINCE YOUR LAST APPOINTMENT	YES	NO	NOTES
Have you had asthma symptoms more than twice a week?	<input type="checkbox"/>	<input type="checkbox"/>	
Have you noticed any changes in your asthma symptoms?	<input type="checkbox"/>	<input type="checkbox"/>	
Have your asthma symptoms woken you up at night?	<input type="checkbox"/>	<input type="checkbox"/>	
Are you having any concerns with taking your current asthma medications as prescribed?	<input type="checkbox"/>	<input type="checkbox"/>	
Have you used a rescue inhaler more than twice a week?	<input type="checkbox"/>	<input type="checkbox"/>	
Has your asthma limited what you can do at work, school, or at home?	<input type="checkbox"/>	<input type="checkbox"/>	
IN THE LAST YEAR , have you had an emergency visit with a healthcare provider due to asthma?	<input type="checkbox"/>	<input type="checkbox"/>	

Make notes of any challenges you have had managing your asthma. _____

2. DURING YOUR VISIT: SHARE AND ASK

SHARE

Fill out this list and share it, as well as the chart on page 1, with your healthcare provider. Together, they can show a more complete picture of the impact asthma is having on your life.

- Ways I've tried to manage my asthma in the past are _____

- I am worried about _____

- If my asthma were better controlled, I could _____

- My long-term treatment goals are _____

- Other concerns _____

NEXT APPOINTMENT

Date

Time

HEALTHCARE PROVIDER'S INFO

Name

Phone

Email

ASK

During your appointment, write down answers to the questions that you ask your healthcare provider.

- How can I better control my asthma?

- What type of asthma do I have, and how does that affect me?

- What diet and exercise regimen do you recommend for me?

- What can I do when my asthma is especially difficult to manage?
