

Your Asthma Visit Checklist



You and your healthcare provider are a team in managing your asthma. Planning for your provider visits can help you use your time to talk about what matters most to you. To assist you in preparing for your visit, fill out this questionnaire before your visit — check “Yes” or “No.”



Symptoms

- In the past four weeks, have you coughed, wheezed, felt short of breath or had chest tightness:

- During the day? Yes No
- At night, causing you to wake up? Yes No
- During or soon after exercise? Yes No



Medicines

- Do you take your rescue inhaler medicine more than two times a week? Yes No
- Have your asthma medicines caused any problems like shakiness, sore throat or upset stomach? Yes No

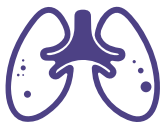
What medicines are you taking for asthma, and how often do you take them?

Medicine	Dose	How often
Daily preventive asthma medicine		
Rescue inhaler		
Other		



Triggers

- Does anything at home, work or school make your asthma worse? Yes No
- If yes, what things?



Living with asthma

- Have you missed work or school because of your asthma?

Yes

No

- Have you gone to the emergency room or been in the hospital because of your asthma since your last provider's visit?

Yes

No

– If yes, when and how often?

- Are you having any problems tracking your asthma symptoms daily?

Yes

No

- Do you need a new or updated asthma action plan?

Yes

No

- Are there things that you want to do but you cannot do because of your asthma?

Yes

No

– If yes, list them here:

Talk with your healthcare provider about any questions you answered "YES" to on this form.

This material was adapted from GSK.

MeridianComplete is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call **1-855-580-1689** (TTY: **711**).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-855-580-1689** (TTY: **711**).

