

## Your MVP Asthma Treatment Plan

### **GOOD** Green Zone

You have all of these:

- Breathing is good
- No cough or wheeze
- Sleep through the night
- Can work or play

Peak flow from  
\_\_\_\_\_ to \_\_\_\_\_

### **CAUTION** Yellow Zone

You have any of these:

- First signs of a cold
- Exposure to known trigger
- Cough
- Tight chest
- Mild wheeze
- Coughing at night
- Increased breathing rate

Peak flow from  
\_\_\_\_\_ to \_\_\_\_\_

### **DANGER** Red Zone

Your asthma is getting worse fast:

- Medicine is not helping
- Breathing is hard and fast
- Nose opens wide
- Ribs show
- Can't talk well

Peak flow  
reading below  
\_\_\_\_\_

Having a treatment plan can help you keep your asthma in control. Take this brochure with you to your next doctor's appointment and ask your doctor to help you complete this asthma action plan. Your doctor can explain what you should do when your peak flow meter readings fall in the green, yellow or red zones. After your doctor fills out your treatment plan, put it in a place where you can review it daily.

### **My best peak flow meter reading is**

- Monitor peak flow or signs daily

### **Green Zone**

This reading is 80-100% of your personal best \_\_\_\_\_

### **My daily medications:**

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### **Yellow Zone**

This reading is 50-80% of your personal best \_\_\_\_\_

- Monitor peak flow or signs every 4-6 hours and medicate to stay in your green zone
- Take three deep breaths and then cough every 1-2 hours

### **My caution plan:**

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### **Red Zone**

This reading is below 50% of your best \_\_\_\_\_

- Get help from a doctor now. If unable to contact your doctor, call 911.

### **My emergency plan:**

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If you have any questions, call **1-866-942-7966**.



[www.mvphealthcare.com](http://www.mvphealthcare.com)

# Asthma Care Program



# What is Asthma?

## **Asthma is a chronic illness.**

The airways, which are small tubes in the lungs through which we breathe, become narrowed or blocked after exposure to a trigger. A trigger is something that irritates your airways and starts your symptoms. Asthma cannot be cured, but it can be controlled.

**MVP's Asthma Care Program** was designed to provide you with the information you need to obtain good asthma control.

## **Asthma is in good control when you:**

- Can run as long and as fast as you want
- Miss no work or school because of asthma
- Make no unscheduled doctor visits because of asthma
- Sleep through the night without coughing or wheezing
- Use rescue inhaler less than two times a week (excluding prior to exercise)

## **What does the program provide?**

A Registered Nurse will be your personal health coach to assist you in making lifestyle changes to achieve good asthma control. Through telephone consultation, your health coach will help you to develop an individualized plan that may include:

- Developing a routine for monitoring your asthma using a peak flow meter and/or signs diary
- Taking controller medications as prescribed by your doctor
- Determining when to take "as needed" medications based on peak flow readings or asthma signs
- Managing sick days by increased monitoring and use of preventative medications
- Recognizing triggers early and getting treatment as needed
- Smoking cessation
- Stress reduction
- Developing a regular exercise program
- Eating a balanced diet
- Weight loss
- Monitoring for depression and getting treatment as needed



**To obtain more information about this program or materials to better help you control your asthma call 1-866-942-7966.**

# Tips

## *For good asthma control*

- Understand what asthma is and how simple monitoring and early treatment can help prevent asthma attacks.
- Take your asthma controller medications even when you are feeling well.
- Identify your asthma triggers and learn to avoid them.
- Use a peak flow meter daily to monitor your asthma and get advanced warning of asthma flare-ups (age > 5 years).
- To get advanced warning of asthma flare-ups in children under the age of five, learn how to monitor for asthma signs.

