



Asthma Disease Management Program Recommended Treatment Plan

Your doctor will give you a very specific treatment plan to help keep your asthma under control. Please follow your doctor's recommendations. In addition, we recommend that you:

1. Keep a written log of the medicines you use, including the number of rescue medications per week.
2. Know your indoor and outdoor asthma triggers.
3. Avoid your asthma triggers.
4. Know how to use your peak flow meter.
5. Have an asthma action plan.
6. Know how to use your quick relief inhaler properly.
7. Keep your quick relief inhaler with you at all times.
8. Get the flu vaccine every year.
9. Try to learn about the asthma resources in your community.