

My asthma action plan



What is a controller medicine?

Controller medicines help prevent asthma symptoms. Use them each day as prescribed by your provider. Talk to your provider about how long your medicine will last. Refill your medicine five to seven days before it runs out.

What is rescue or quick relief medicine?

Rescue or quick relief medicines act quickly to open the airways and make it easier to breathe. Use these medicines to treat an asthma attack. They relieve symptoms like shortness of breath, coughing, chest tightness and wheezing. However, this medicine will not help to control your asthma.

What are common asthma triggers?

- Exercise
- Illness or colds
- Dust
- Pollen
- Emotions
- Mold or mildew
- Pet Dander
- Certain foods
- Tobacco or wood smoke
- Strong odors

Telehealth visits

To help you keep your appointments, Molina covers telehealth (video calls) visits with your provider. Ask your provider if telehealth is an offered service. To learn more about telehealth visits, please visit MolinaHealthcare.com/WA-Telehealth.

Case management services

For children and adult members, age two and older, who have a diagnosis of asthma, a case manager can provide assistance. A case manager will help you understand and identify your symptoms, help you avoid triggers that increase symptoms, and help you understand your prescribed asthma medications.

For more information on this program, call our Health Management Department at (866) 891-2320 (TTY/TDD: 711)

What are my asthma triggers?



Do you have health questions?

Call our 24-hour Nurse Advice Line. We are here to help you.
(888) 275-8750 (TTY/TDD: 711)

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Fill out this asthma action plan together with your provider to better understand, track and manage your asthma.

Patient Name: _____ Date of Birth: _____

Parent/Guardian Name: _____ Phone Number: _____

Provider Name: _____

Provider Address: _____

Provider Phone Number: _____

GREEN ZONE: I feel well I take these medicines each day to control my asthma (controller medicine):

- Breathing is good
- No cough or wheeze
- Can work and play

My Peak Flow Number _____ to _____

My Best Peak Flow is: _____

Medicine	How Much:	Take When:	Last Filled On:	Need a Refill On:
_____	_____	_____	___/___/___	___/___/___
_____	_____	_____	___/___/___	___/___/___

Before exercise, I take:

Medicine	How Much:	Take When:	Last Filled On:	Need a Refill On:
_____	_____	_____	___/___/___	___/___/___

YELLOW ZONE: I do not feel well

- Hard to breathe
- Wake up at night
- Cough or wheeze

My Peak Flow Number _____ to _____

Start relief medicine:

Medicine	How Much:	Take When:	Last Filled On:	Need a Refill On:
_____	_____	_____	___/___/___	___/___/___
_____	_____	_____	___/___/___	___/___/___

Keep taking controller medicine

Call your doctor if you don't get better in two days.

RED ZONE: I feel awful Medical Alert – Get Help Now!

- So far, medicine not helping
- Breathing hard, fast
- Can't talk or walk well

My Peak Flow Number _____ to _____

Start your medicine below and then call your doctor right away.

Medicine	How Much:	Take When:	Last Filled On:	Need a Refill On:
_____	_____	_____	___/___/___	___/___/___
_____	_____	_____	___/___/___	___/___/___

Keep taking controller medicine

Keep taking all medicines in the yellow zone (above). Call 911 if your asthma attack is severe and does not improve.

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