

## Is your asthma well controlled? Take this quick test and find

1. In the past 4 weeks, how much of the time did your asthma keep you from getting things done at work, school, or at home?
 

|  |   |   |   |   |                                |
|--|---|---|---|---|--------------------------------|
| All of the time <input type="checkbox"/> | Most of the time <input type="checkbox"/> | Some of the time <input type="checkbox"/> | A little of the time <input type="checkbox"/> | None of the time <input type="checkbox"/> | Score <input type="checkbox"/> |
|--|---|---|---|---|--------------------------------|
  
2. During the past 4 weeks, how often have you had shortness of breath?
 

|   |                                       |  |   |                                     |                                |
|---|---------------------------------------|--|---|-------------------------------------|--------------------------------|
| More than once per day <input type="checkbox"/> | Once per day <input type="checkbox"/> | 3 to 6 times per week <input type="checkbox"/> | Once or twice per week <input type="checkbox"/> | Not at all <input type="checkbox"/> | Score <input type="checkbox"/> |
|---|---------------------------------------|--|---|-------------------------------------|--------------------------------|
  
3. During the past 4 weeks, how often did your asthma symptoms (weezing, coughing, shortness of breath, chest tightness, or pain) wake you up at night or earlier than usual in the morning?
 

|  |   |  |  |                                     |                                |
|--|---|--|--|-------------------------------------|--------------------------------|
| 4 or more nights per week <input type="checkbox"/> | 2 to 3 nights per week <input type="checkbox"/> | Once per week <input type="checkbox"/> | Once or twice <input type="checkbox"/> | Not at all <input type="checkbox"/> | Score <input type="checkbox"/> |
|--|---|--|--|-------------------------------------|--------------------------------|
  
4. During the past 4 weeks, how often have you used your rescue inhaler or nebulizer medication (such as Albuterol)?
 

|  |   |  |  |                                     |                                |
|--|---|--|--|-------------------------------------|--------------------------------|
| 3 or more times per day <input type="checkbox"/> | 1 or 2 times per day <input type="checkbox"/> | 2 or 3 times per week <input type="checkbox"/> | Once a week or less <input type="checkbox"/> | Not at all <input type="checkbox"/> | Score <input type="checkbox"/> |
|--|---|--|--|-------------------------------------|--------------------------------|
  
5. How would you rate your asthma control during the past 4 weeks?
 

|  |  |  |  |  |                                |
|--|--|--|--|--|--------------------------------|
| Not controlled at all <input type="checkbox"/> | Poorly controlled <input type="checkbox"/> | Somewhat controlled <input type="checkbox"/> | Well controlled <input type="checkbox"/> | Completely controlled <input type="checkbox"/> | Score <input type="checkbox"/> |
|--|--|--|--|--|--------------------------------|

**Total Score**

To score the Asthma Control Test (ACT): Add up the point values for each response to all five questions. If your total point value is 19 or below, your asthma may not be well controlled. Be sure to talk to your health care professional about your asthma score.



**Questions?**  
 Call UHA's Health Care Services  
 (808) 532-4006, or  
 (800) 458-4600, extension 300 (toll free)

HCR-0704-030121



# Are you managing your asthma?



## How can UHA help me with my Asthma?

UHA Health Insurance offers a one hour, one-on-one, personalized class with a certified asthma educator nurse who can show you how to control your asthma. This class will not only help you stay healthy and happy, but more importantly out of the emergency room.

### What can I learn from this class?

- \* What asthma is and is not
- \* Review your asthma medications
- \* Help identify your triggers and environment controls to identify what worsens your asthma
- \* Review proper use and maintenance of your peak flow meter, inhalers, or any other equipment
- \* Write an action plan so you know why, when, and how you need to get medical follow-up or go to the E.R.
- \* Work with your doctor to agree on your action plan
- \* Partner with you and coach you on self-management
- \* Provide support and talk about your concerns

### How do I contact an Asthma Educator Nurse?

Call UHA Health Insurance, Health Care Services at 808-532-4006

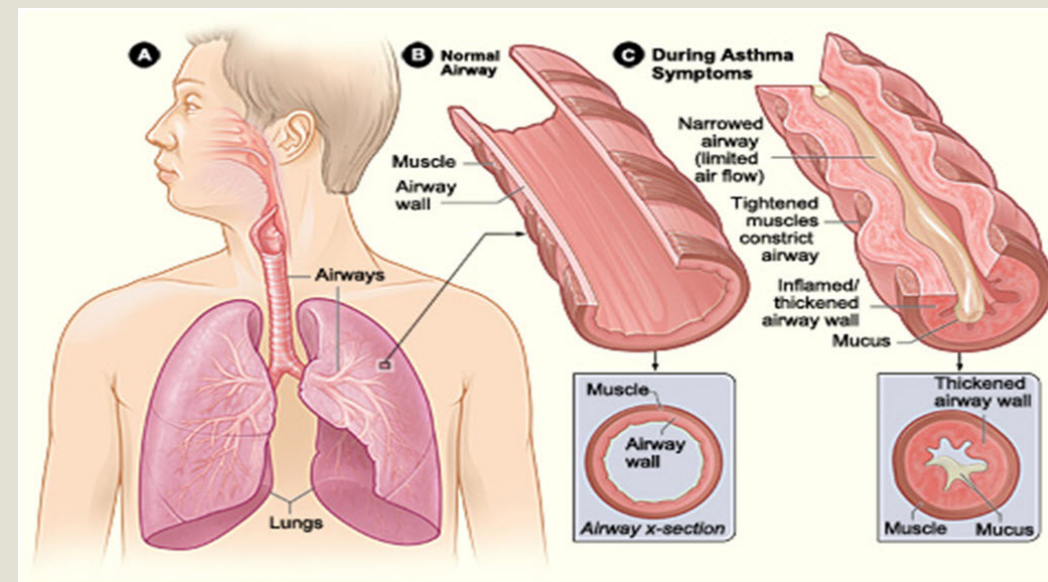
Please note: UHA in-house asthma certified educator service is based on the nurse's availability.

## Healthy Lungs vs. Asthmatic Lungs

A healthy lung has airways that are open and can exchange oxygen freely to the body. An asthmatic lung has airways that are tight, inflamed and has thickened airway walls lined with mucus which trap air and affect the flow of oxygen to your body.

The good news is that there are medications that can treat this. It is important to prevent these symptoms because inflammation and lung damage can occur before you actually feel sick.

The diagram below shows you what happens to your airways when you have asthma symptoms.



\*source: <http://www.nhlbi.nih.gov/health/health-topics/topics/asthma>