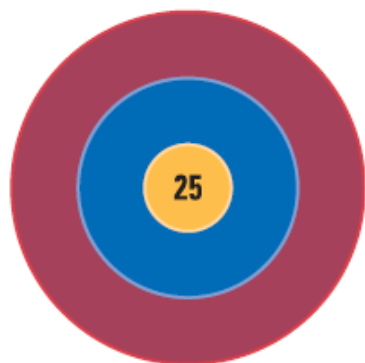


The following test can help people with asthma (12 years or older) assess their asthma control.

Asthma Control Test™

Know your asthma score - ACT now



Score: 25 - Congratulations!

You have **TOTAL CONTROL** of your asthma. You have no symptoms and no asthma-related limitations. See your doctor or nurse if this changes.

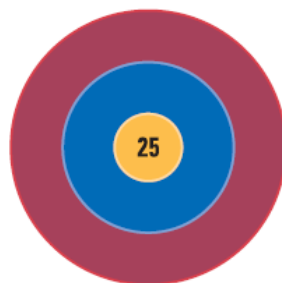
Score: 20 to 24 - On Target

Your asthma may be **WELL CONTROLLED** but not **TOTALLY CONTROLLED**. Your doctor or nurse may be able to help you aim for **TOTAL CONTROL**.

Score: less than 20 - Off Target

Your asthma may **NOT BE CONTROLLED**. Your doctor or nurse can recommend an asthma action plan to help improve your asthma control.

Know your asthma score - ACT now



Step 1: Circle the score for each question and write the number in the box. Please answer as honestly as possible. This will help you and your doctor discuss what your asthma is really like.

During the **past 4 weeks**, how often did your **asthma** prevent you from getting as much done at work, school or home?

Question 1

All of the time	1	Most of the time	2	Some of the time	3	A little of the time	4	None of the time	5	SCORE
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During the **past 4 weeks**, how often have you had shortness of breath?

Question 2

More than once a day	1	Once a day	2	3 to 6 times a week	3	Once or twice a week	4	Not at all	5	
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During the **past 4 weeks**, how often did your asthma symptoms (wheezing, coughing, shortness of breath, chest tightness or pain) wake you up at night or earlier than usual in the morning?

Question 3

4 or more times a week	1	2 to 3 nights a week	2	Once a week	3	Once or twice	4	Not at all	5	
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During the **past 4 weeks**, how often have you used your rescue inhaler or nebulizer medication (such as salbutamol)?

Question 4

3 or more times a day	1	1 or 2 times a day	2	2 or 3 times a week	3	Once a week or less	4	Not at all	5	
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How would you rate your **asthma control** during the **past 4 weeks**?

Question 5

Not controlled	1	Poorly controlled	2	Somewhat controlled	3	Well controlled	4	Completely controlled	5	
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Step 2: Add up your score to get your total.

Step 3: Turn over to find out what your score means

TOTAL