



Road to Wellness  
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### Asthma Assessment

It is time to complete your assessment for the Road to Wellness Program. Please take time now to answer these few questions and return this form to the address or fax number above. You can also email it to [wellness@shpg.com](mailto:wellness@shpg.com).

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

CURRENT PHONE NUMBER: \_\_\_\_\_

1. How many times do you have chest tightness, cough, shortness of breath or wheezing?  None  2 or less times a week,  more than 2 times a week, but less than 1 time a day,  daily,  more than 1 time a day
2. Have you ever had allergy testing?  yes,  no
3. How often does your doctor check your lung function by spirometry testing?  at least every other year,  only when I was diagnosed,  never  
Date of last spirometry test \_\_\_\_\_ Results  Normal  Abnormal
4. Have you been classified by your physician into one of the following groups?  Yes  NO
  - Intermittent
  - Mild Persistent
  - Moderate Persistent
  - Severe PersistentIf yes, which group? \_\_\_\_\_
5. What is your normal lung function as indicated by testing done by your doctor?  Normal  Abnormal  
 80% or more of predicted function  60-80% of predicted function  less than 60% of predicted function  
 Don't know Date of last test? \_\_\_\_\_
6. Do you check peak flow readings at home?  yes,  no,  don't have a meter
7. How often do you use your quick-relief inhaler?  2 times a month or less,  more than 2 times a month,  1 time a week,  daily  don't have one
8. Do you have a written action plan to include the following components?  
Daily management description  Yes  NO  
How to treat exacerbations  Yes  NO  
When to seek emergency care  Yes  NO  
Medication plan  Yes  NO
9. Have you had any changes in your asthma medications?  Yes  No  
If so please list changes \_\_\_\_\_
10. Have you achieved your current Asthma goal?  Yes  No
11. What goal would you like to achieve for your asthma before our next contact?  
\_\_\_\_\_  
\_\_\_\_\_

Thank you for taking the time to complete this questionnaire. We wish you continued success on your Road to Wellness!