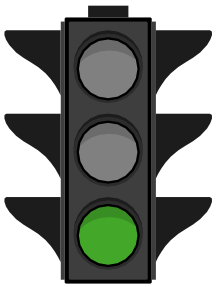


## Your Plan for Action

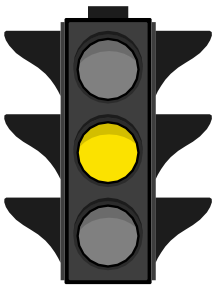
- Use this guide to tell your doctor about changes in your symptoms.
- You are less likely to go to the hospital when you notice your symptoms early and take action.

### You are in control and doing well.



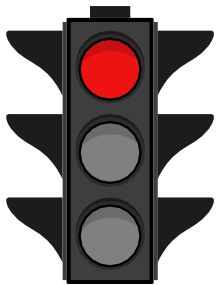
- I am breathing well.
- I have no coughing or wheezing, even while working or moving.
- I sleep through the night.
- I can work and play.

### Take action today. Call your doctor, the MyCare Advice Line, or schedule a same day in-person or virtual appointment.



- I am showing the first signs of a cold.
- I have had to use my rescue medicine more than 2 to 3 times a week.
- I am waking up from sleep because I have trouble breathing.
- I am coughing, especially at night or first thing in the morning.
- I have mild wheezing.
- My chest feels tight.

### Take action now! Call 9-1-1 or go to the Emergency Department right away!



- I am breathing too hard and too quickly.
- My lips, fingers, or toes are a bluish color.
- I cannot speak in full sentences.
- My symptoms do not get better within 15 to 20 minutes after using my rescue medicine.
- I am having chest pain.