



Name	
DOB	ID
Date	Time

AIRQ®: Asthma Control and You

The Asthma Impairment and Risk Questionnaire (AIRQ®) and Follow-Up AIRQ® are sets of questions that may help your health care provider talk with you about your asthma control. AIRQ® does not diagnose asthma.

Remember!

- AIRQ® is intended for people with asthma who are 12 years of age and older
- The goal of asthma management is for your asthma to be well-controlled
- All patients with asthma, even those who may be well-controlled, can have an asthma attack

Who should use AIRQ® and Follow-Up AIRQ®?

AIRQ® may be used if you have asthma and take any of the following medicines:

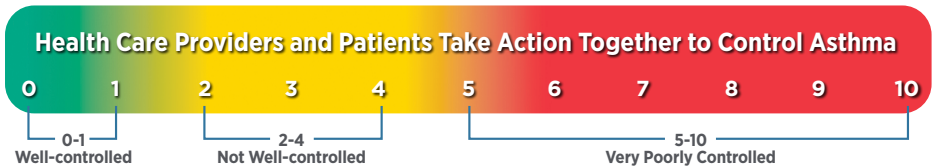
- Rescue (reliever) medicine when you have asthma symptoms
- Asthma maintenance (controller) drugs on a daily basis
- Injectable or biologic drugs for asthma

How do I use AIRQ® and Follow-Up AIRQ®?

- Your health care provider gives you the AIRQ® to complete
- AIRQ® should be used before or during your annual visit with your asthma care team
- The Follow-Up AIRQ® should be taken in between annual completions of the AIRQ®
- Remember to answer all 10 questions
- Add up the number of “Yes” answers
- AIRQ® does not give directions on how to treat your asthma or improve your asthma control
- You may track your AIRQ® scores in the table at the bottom of this page

What does your AIRQ® score mean and how may it help you?

- Discuss your AIRQ® score and answers to each of the questions with your health care provider
- If your score is 2 or higher, your asthma may not be well-controlled (see below)
- Work with your health care provider to build a plan to help control your asthma
- Monitor your asthma and breathing and contact your health care provider with any concerns



AIRQ® Score Tracker

Date	AIRQ® Score	Notes