



Name	
DOB	ID
Date	Time

AIRQ™: Asthma Control and You

The Asthma Impairment and Risk Questionnaire (AIRQ™) is a set 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™?

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

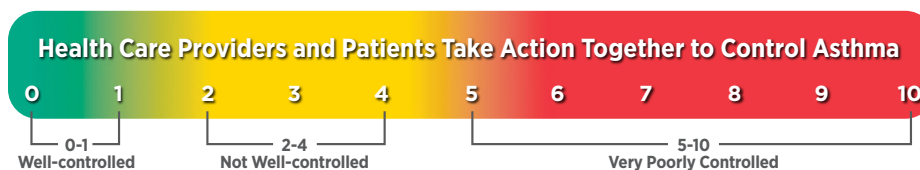
- Rescue (reliever) medicine when you have asthma symptoms
- Asthma maintenance (controller) drugs on a daily basis
- Injectable or biologic drugs for asthma

How do I use AIRQ™?

- Your health care provider gives you the AIRQ™ to complete
- AIRQ™ should be used before or during an asthma-related visit
- 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