The Asthma Control Test™ (ACT™) is a five question health survey used to measure asthma control in individuals 12 years of age or older. The survey measures the elements of asthma control as defined by the National Heart, Lung, and Blood Institute (NHLBI). ACT™ is an efficient, reliable, and valid method of measuring asthma control with or without lung functioning measures such as spirometry.
IF YOUR SCORE IS:

5-19  
Your asthma may not be under control. Talk to your doctor about treatment options that might help.

20-25  
Your asthma appears to be controlled. Remember to discuss your results with your doctor.

Help make sure you’re in control. Calculate your ACT™ score regularly.

This survey is not a diagnostic tool. It is intended to supplement, but not replace or contradict, the advice of your personal physician. If you have any questions or concerns about your health, you should talk to your doctor.

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Please ask your doctor to affix this sticker to your file.

Total ACT™ score

Date: ____________________