

Date: [Insert Date]

Patient Name: [Insert Patient Name]

Date of Birth: [Insert DOB]

Patient ID: [Insert ID Number]

Dear [Patient Name],

With the [Spring/Summer/Fall/Winter] season approaching, environmental triggers such as pollen, humidity, or cold air may increase your asthma symptoms. We are sending this letter to help you monitor your respiratory health during this time.

Please track the following symptoms daily:

- Shortness of breath or rapid breathing
- Chest tightness or pain
- Wheezing when exhaling
- Increased coughing, especially at night
- Increased use of your "rescue" inhaler

Current Action Plan Instructions:

[Insert specific medication or peak flow instructions here]

Please contact our office at [Phone Number] if you notice a significant decrease in your peak flow readings or if your symptoms interfere with your sleep or daily activities. If you experience severe difficulty breathing, seek emergency medical care immediately.

Sincerely,

[Physician/Provider Name]

[Clinic/Facility Name]