

[Date]

[Patient Name]

[Patient Address]

[City, State, Zip Code]

Subject: Follow-Up: Review of Your Adult Asthma Action Plan

Dear [Patient Name],

It was a pleasure seeing you on [Date of Last Appointment] to review your asthma management. This letter is a follow-up to ensure you have the necessary information to manage your symptoms effectively.

Attached to this letter, you will find your updated **Asthma Action Plan**. This document outlines your daily controller medications, how to handle worsening symptoms (the Yellow Zone), and when to seek emergency medical care (the Red Zone).

Key reminders from our discussion:

- Continue taking your maintenance inhaler as prescribed, even when you feel well.
- Always keep your rescue inhaler with you.
- Monitor your triggers, such as [Specific Triggers discussed], and try to avoid them.
- Check your peak flow readings if instructed to do so.

Please review the attached plan and keep a copy in a visible place, such as on your refrigerator or in your wallet. If you have any questions regarding your medications or if your symptoms do not improve as expected, please contact our office at [Office Phone Number].

We have scheduled your next routine asthma review for [Next Appointment Date/Time].

Sincerely,

[Doctor/Provider Name]

[Clinic/Practice Name]

[Office Phone Number]