

How to change from one plan to another

This may be required if a patient needs to switch from one Asthma Action Plan to another.

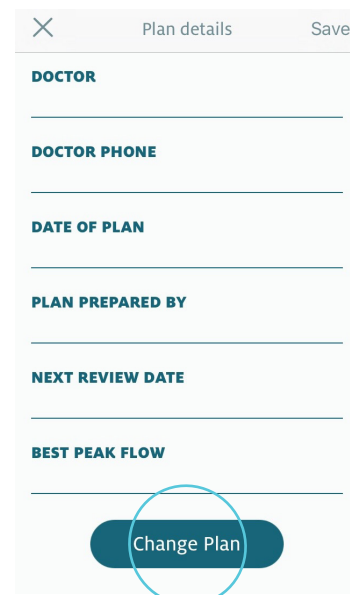
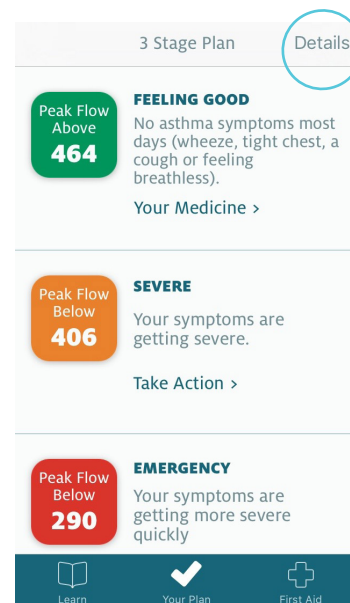
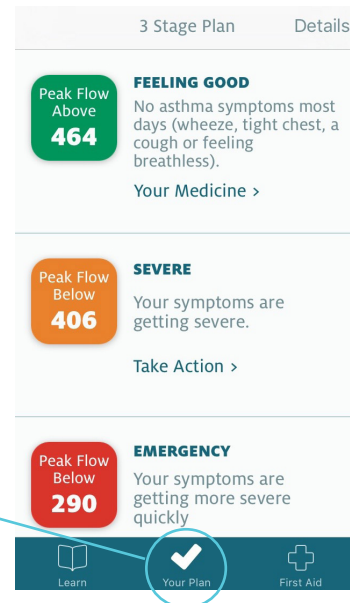
1. Open the 'My Asthma' app on the patient's device.
2. Tap on the 'My Plan' icon at the bottom of the page.

Navigate to the Your Plan section here

3. Tap the 'Details' button on the right top corner.

4. At the bottom of the screen, tap the 'Change Plan' button.

Important note: this will delete all information from the previous plan.



5. From here you are able to select a new plan and start again.

Your Plan

Please fill out your plan with your doctor or asthma nurse, they will select the plan that best suits you. Ensure to have your plan updated if your medication changes.

3 **3 STAGE ASTHMA ACTION PLAN**
Three stage asthma self-management plan

4 **4 STAGE ASTHMA ACTION PLAN**
Four stage asthma self-management plan

Smart **SMART ASTHMA ACTION...**
Used only with the single ICS/LABA Maintenance and reliever therapy.

Learn Your Plan First Aid

For further information please get in touch:
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