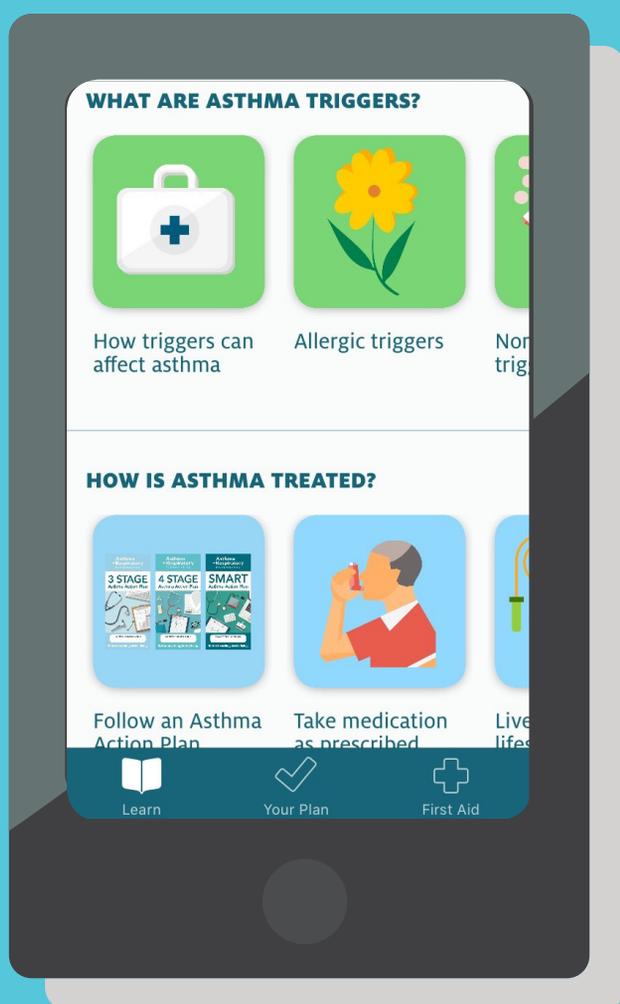


My Asthma App



User Guide

**Asthma
+ Respiratory**
FOUNDATION NZ

What is the My Asthma App?

The Asthma and Respiratory Foundation NZ has launched the free 'My Asthma' app - so that New Zealanders can have asthma information at their fingertips.

The app contains simple asthma information, asthma first aid steps, and an electronic Asthma Action Plan. The Asthma Action Plans in the app are for people aged 16 years and above.

Everyone who has asthma should have an Asthma Action Plan. Having a plan in place helps people to recognise when asthma symptoms worsen and what actions to take.

The app is composed of three sections:

1. **Learn** – Includes basic information about asthma e.g. triggers, how asthma is treated, medication and asthma resources.

Scroll up and down through the menu to view all content. Click on the image to review the information.

Navigate to the Learn section here



2. **Your Plan** – A digital version of the Adult Asthma Action Plans, which is to be completed with a doctor or nurse.

The Asthma Action Plan is then stored in the app for quick reference, and can be shared via email with relevant contacts.

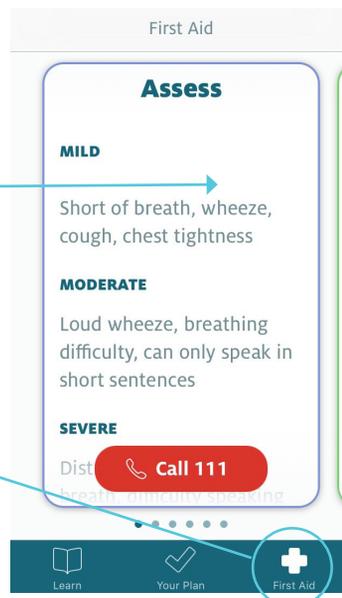
Navigate to the Your Plan section here



3. **First Aid** – A quick step-by-step guide to giving asthma first aid.

Flick through horizontally to view the First Aid steps

Navigate to the First Aid section here



How to fill in the Asthma Action Plan

The Asthma Action Plan is to be filled in with a doctor or nurse.

Your doctor or nurse will select which Action Plan will work best for the treatment of your asthma and will work with you to fill in the details.

Once your Asthma Action Plan is completed by a health professional, you will be able to refer to it in the app whenever you wish.

Tap into each of the sections to view your information and the actions you can take to manage your asthma, depending on how you are feeling and your peak flow measurement.

Navigate to the Your Plan section here

