



Dear Provider:

Now is the best time to make sure your asthma patients are managing their condition. AMERIGROUP Community Care (AMERIGROUP) wants to share with you information about a new asthma screening test. The Asthma Control Test (ACT) can assist you in understanding your patients' perception of their asthma management. ACT is a helpful tool to facilitate communication between you and your patients.

**What is the Asthma Control Test?**

The ACT is a validated, quick and easy self-administered test using five questions for people age 12 and older and seven questions for children age 4 to 11. A score of 20 or more suggests the patient's asthma may be well managed. A score of 19 or less suggests the patient's asthma may NOT be well managed.

The ACT was developed by physicians and endorsed by the National Institutes of Health (NIH) to be consistent with current national asthma guidelines and to help provide increased communication between the patient and provider about his or her asthma management.

**How often do you administer the Asthma Control Test?**

It is recommended that the ACT be administered at every asthma-specific office visit or at a minimum of once a year. However, you can administer ACT as often as you like, especially if you feel it is helpful to the care of the patient.

**What are the steps to implementing the Asthma Control Test?**

Decide who in your practice will be responsible for distributing the ACT to asthma patients for self-completion in the waiting room. Please note that there are two versions, one for children age 4 to 11 and one for people age 12 and older. Your staff person must ensure that the completed ACT form is returned to the provider and it is added to the patient's medical record.

**How do I obtain Asthma Control Test forms?**

The ACT forms are available free online at [www.asthmacontrol.com](http://www.asthmacontrol.com). Simply download and print copies of the tests for patients to complete. You can even personalize it with your practice name, patient's name and more. The ACT forms are available in many languages, including Spanish.

Finally, discuss the ACT score with your patient. This simple test may help you determine if your patient's asthma treatment plan is working or if it is time for a change. We appreciate your commitment to provide quality care to AMERIGROUP members. If you need additional information, please contact Diana Quinn in the Health Promotion department at 410-981-4035.

Sincerely,

Virginia Moore, MD, FAAP  
Associate Medical Director  
AMERIGROUP Community Care

Enclosure

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