

November 9, 2020

Dear parents,

Great News! Our clinic is excited to introduce a new, free resource to those with asthma. Developed in collaboration with researchers at the University of Utah and working with Intermountain Healthcare, the eAsthma Tracker is an online tracking tool used to monitor asthma.

The goal is to help parents, children, and providers work together to better manage your child's asthma. This tool can help you know when your child's asthma is getting worse and when additional medical care is required to prevent an asthma attack.

The **eAsthma Tracker** is easy to use on your computer or smartphone—it takes less than 3 minutes each week to complete the Asthma Symptom Tracker survey. This survey will ask how your child's asthma is doing and which medications they take, then score your child's asthma on a graph, so you can see right away if their asthma is in the green, yellow, or red zone. If your child's asthma control is worsening, you will receive an alert.

The **eAsthma Tracker** has been shown to improve quality of life for children with asthma by:

- Improving asthma control
- Decreasing asthma attacks
- Reducing emergency department visits and hospital admissions

It only takes about 10 minutes to sign up and learn how to use the tool, and we will help you get started. After the initial sign up, parents can complete the eAsthma Tracker weekly test for younger children, or older children can do the test on their own with parent supervision.

Your care manager and an asthma care coordinator will have access to the eAsthma Tracker and can see your child's weekly asthma scores. This information will be shared with Dr. Johnson to help decide the best asthma treatment. Children ages 2-18 are invited to sign up for this program.

We invite you to sign up for the eAsthma Tracker and hope you find it helpful in improving your child's asthma. To learn more, please contact us at (801) 377-4800. Sincerely,

Dr. Joseph Johnson, MD

