Figure 3: MAP Home Page

Welcome Lisa!

This portal is your tool to help you improve your confidence and knowledge about your overall asthma health. With more self-confidence and knowledge, you will be able to better:

- Recognize your triggers and symptoms.
- Follow your action plan and prescribed medication.
- Manage your overall asthma health and improve your quality of life.

Let's get started!

First, you need to Update your Asthma Target. You can do this by clicking either the button below or the yellow Post It Note on the top right corner of every page.

Then, click on the tab called My Asthma Target to view your asthma information. Don’t forget to review your Asthma Action Plan.

You can also communicate with your health care team in My Mail, and learn more about asthma in Learning Centre.

Quick tips:

- Review your action plan
- Be aware of your triggers

Keep using MAP and you could win a $50 gift prize!

click for details