3-zone monitoring

The PersonalBest has zone indicators that can be set by the healthcare professional. Once these are set, the indicator will point to the green, yellow or red zone which will allow you to quickly evaluate where the peak flow readings fall within the zones.

- **Green zone**
  - If the reading is above the green mark then their regular medication plan for use of controller medication should be followed.

- **Yellow zone**
  - If the reading is between the yellow markers, their asthma might be worsening. Follow your child’s asthma action plan for instructions on how to use their reliever medication to get back into a green zone.

- **Red zone**
  - If the reading is below the red mark, then you should seek medical advice immediately.

Please refer to the instructions for use supplied with the device for more detailed and specific instructions.

Find out more
www.philips.com/asthma
Peak flow monitoring at your fingertips

Measuring your child’s peak flow using a peak flow meter is an important part of managing their asthma symptoms and preventing an asthma attack. Lightweight, self-contained and portable, Philips PersonalBest puts peak flow monitoring at your fingertips whenever your child needs it. There’s always a way to make life better.

Write their readings in a Philips PersonalBest peak flow chart
Take peak flow readings each morning and record them in their chart to recognize changes with asthma control.

Support your child’s asthma action plan
Determine their personal best peak flow reading to develop a personalised asthma action plan with your Health Care Professional.

Keep it secure
The fold-out handle turns into a sturdy storage case, so that their meter stays protected.

Easy to use technique
A fold-out handle keeps their hand away from indicators, also aiding a good technique for a successful reading.

Help manage their asthma

Find out more
www.philips.com/asthma

References