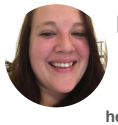
Icahn School of Medicine at Mount Sinai

Asthma Health App, U.S. Participants



Danielle
COLORADO SPRINGS, CO
"I am now much more actively involved in my healthcare and I'm pleased that I was able to partner with my doctor to create my Asthma Plan."

Michael
EVANSVILLE, IN
"I'm really affected by pollen and knowing the air quality helps me figure out what kind of day I will have. I also find the charts on doctor dashboard very handy for my physician. I only see him every three months, but with the app, I can gauge my asthma daily and answer my doctor's questions more accurately."

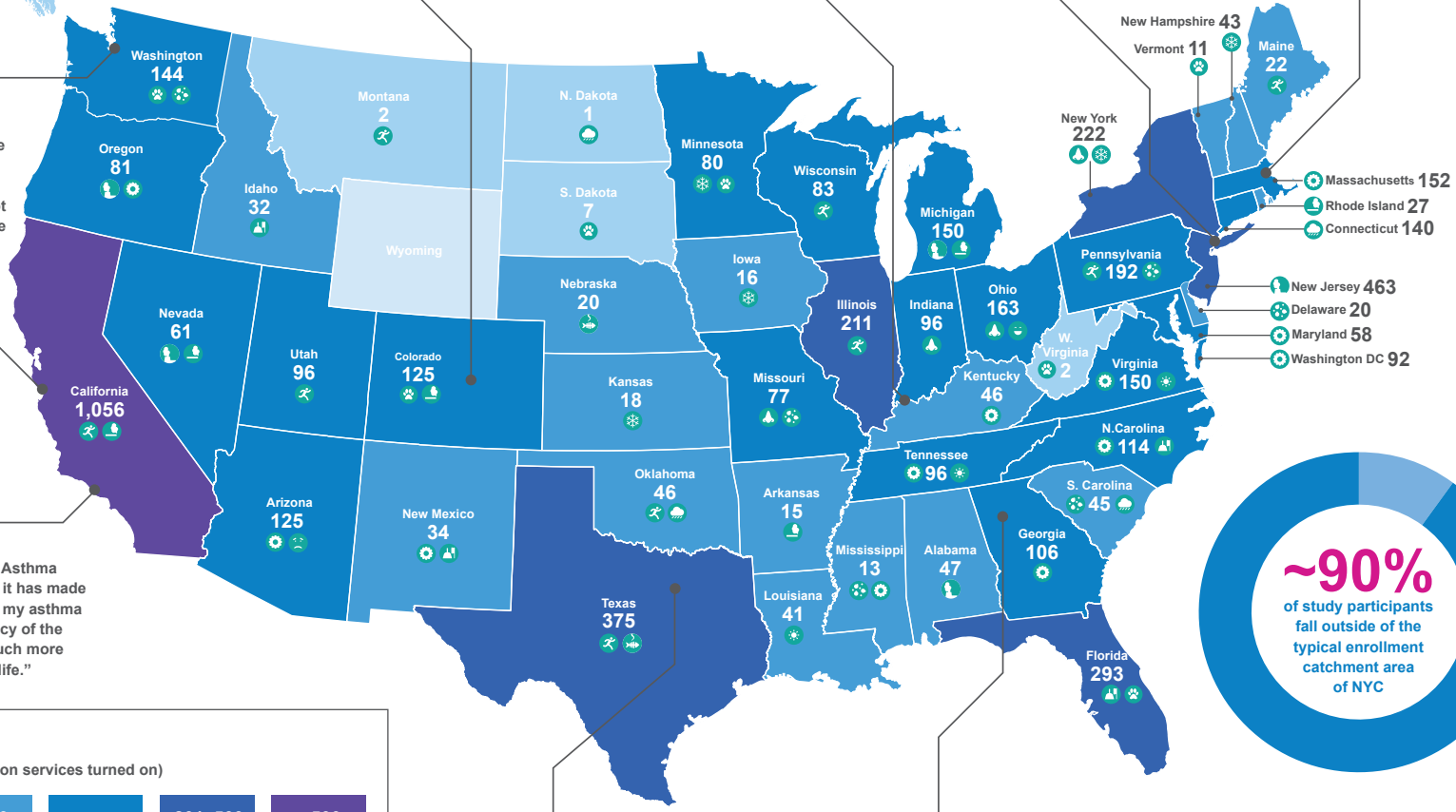
Michelle
QUEENS, NY
"I use the app to analyze air quality. For example, when I travel, I track the difference between the clean air of upstate New York and the more polluted air of New York City, and look for correlations to my asthma condition."

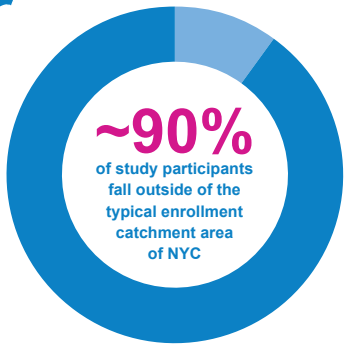
Barbra
BOSTON, MA
"Life gets so busy and it's easy to forget to take your medication. I love that the app sends me reminders so that I no longer forget to take my meds."

Nicholas
SEATTLE, WA
"I have been using the Asthma Health app daily since its launch on March 9, 2015. I find it rewarding to be part of a research study that is the new model of the future–not in the traditional, old-school approach where we are not able to view our own data."

Jennifer
MONTEREY, CA
"My favorite feature of the Asthma Health App is that it records peak flows. I can now recognize patterns in the peak flows and how taking my medicine affects these patterns."

Sharon
CAMARILLO, CA
"One of the main things the Asthma App has done for me is that it has made me aware of how predictable my asthma is. I've found that the consistency of the questions asked in the app has made me much more aware of how asthma is impacting my daily life."





No. of study participants
(out of the 5,560 participants with location services turned on)

0 | 1–10 | 11–50 | 51–200 | 201–500 | > 500

Reported asthma triggers

Mold, Cats/dogs, Strong smells, Smoking nearby, A cold, Poor air quality, Extreme cold, Extreme heat, Weather changes, Exercise, Laughter, Pollen, Dust, Stress

Amanda
DALLAS, TX
"The app has brought up ideas about my triggers that I had never thought of before...I like that it displays the local air quality and provides a particle count."

Carl
ATLANTA, GA
"After using the Asthma Health App, I feel that I have a better understanding of my triggers and what is going on with my asthma. By simply reviewing my history on the app, I am able to pinpoint these triggers. Now when I visit my doctor once a year, I can give him a detailed account of my asthma and have a more informed conversation with him."