

Thank you for enrolling in the American Lung Association's Virtual Home Assessment program!

## What to Expect During a Virtual Home Assessment

On your scheduled date and time, a Lung Health Navigator will connect with you via your preferred contact method (video or phone call) to virtually walk through your home.

They may ask to see your kitchen, bedroom, bathroom, living room and other areas to assess for lung disease triggers like mold, dust, chemicals and more. Being able to visually see the living space will provide the Navigator with a better picture of potential issues that may impact your indoor air quality and worsen your lung disease symptoms.

They will also ask you a lot of questions about your home and your lung disease.

## Questions That Might be Asked During Your Home Assessment

Have you been hospitalized due to your lung disease?	Do you have a fireplace or a woodstove?
What lung disease symptoms do you experience?	Does the home have carpet?
What medication do you use to control your symptoms?	Do you use air fresheners?

## How to Prepare for Your Home Assessment

### DO

- ✓ Write down notes or questions that you want to bring up during the visit.
- ✓ Make sure medication is accessible.
- ✓ Be honest when answering questions. It's the best way for us to assist you.

### DON'T

- ✗ Clean up beforehand. It's helpful to see the home as it normally is.
- ✗ Worry if you don't have answers to all the questions. Answer to the best of your ability.

**Next steps:** After your virtual home assessment, the Lung Health Navigator will follow-up with an action plan of steps to take to reduce lung disease triggers, indoor air pollution and lung disease resources, and opportunities for FREE supplies and services to improve your home's air quality.

## Be Prepared to Share

Below are examples of rooms, personal belongings, and appliances that you may need to show the Lung Health Navigator and be prepared to talk about.



## Instructions for Joining a Zoom Video Call

If your virtual home assessment will be conducted through a Zoom video call, you should have received either a calendar invite or an email with details to join the zoom video call. Please follow the instructions below to join your call at your chosen date and time:

- **OPTION 1:** Click on the meeting link provided to you to join the call.
- **OPTION 2:** If you do not see a meeting link, look for an 11-digit Meeting ID number. On your phone or your laptop, go to Zoom.us and click “join” in the top right corner. You can then enter your Meeting ID number and join the meeting.

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## Zoom Tips & Reminders:

- You may be asked to provide your first name, last name and email address to enter the Zoom call.
- You will be walking around and showing the Lung Health Navigator different rooms and spaces in your home. If you're using a computer, please use a laptop that can stay connected to WiFi without being hardwired and that is easy to carry throughout your home.