

1 BE SPECIFIC ABOUT YOUR GOALS

Start by thinking about the ways that RA impacts your life and the specific day-to-day challenges that you face. **What do you most want to be able to do?**

For example:

- Are you a kindergarten teacher who wants to be able to sit on the floor with your students?
- Are you a parent who wants to feel well enough to go to your child's sporting events?
- Do you want to be able to run errands and carry groceries on your own?

WHAT I MOST WANT TO ACCOMPLISH IN COMING WEEKS/MONTHS (THE GOAL I WANT TO COMMUNICATE TO MY RHEUMATOLOGIST):

2 EVALUATE YOUR CURRENT WELL-BEING

Always remember to tell your rheumatologist how you are feeling. It is OK to say if you are not doing well, but it is just as important to let them know if you are doing well or better than before.



Current well-being

3 EVALUATE YOUR CURRENT TREATMENT REGIMEN

Evaluate how you are feeling about your current treatment regimen. It's as important to share if your medication is helping you as it is to share concerns.



Current treatment regimen

It's important to be open about your treatment regimen even if you find it difficult to discuss your concerns.

For example, if you are experiencing side effects or if you are having a hard time adhering to your treatment regimen, this is important for your physician to know.

MY QUESTIONS OR COMMENTS:

4 DOCUMENT YOUR SYMPTOMS

How you feel on the day of your appointment may not reflect how you felt at other times since your last visit. In addition to more common symptoms like pain, stiffness, and fatigue, don't forget to mention if you had a fever, loss of appetite, or challenges with your activities. Think about the last 3 months and write down what you experienced:

SYMPTOMS (WHAT THEY WERE):

FREQUENCY (HOW OFTEN I EXPERIENCED SYMPTOMS):

DURATION (HOW LONG SYMPTOMS LASTED):

5 ASK QUESTIONS

If there's something else you don't understand or if there is information you need, don't be shy about asking. Write down your questions so you don't forget:

MY QUESTIONS: