

IS MY TREATMENT PLAN WORKING?

Tips to remember when talking to your doctor about pain.

SET GOALS

Whether it's getting a better night's rest, remembering to not skip a dose of medication, exercising more, changing your diet, attending more social events, or attaining remission. Tell your doctor what is important to you!



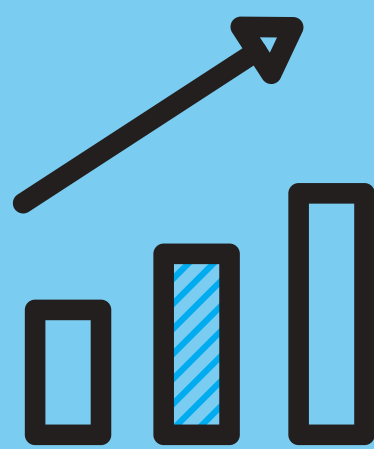
DECIDE TOGETHER

Shared decision making is like a muscle; the more you use it, the more useful it is. It can increase your knowledge and satisfaction, enhance your confidence in decisions, strengthen a sense of trust between you and your doctor, and improve your health outcomes.



TRACK PROGRESS

ArthritisPower is a tool that helps you track your disease, pain, fatigue, and all the things that we don't see on a blood test or labs. In turn, you can share results with your doctor and adjust your treatment plan accordingly. Visit ArthritisPower.org to learn more.



UPDATE YOUR PLAN

As you learn more about what is working and not working, you and your doctor can decide if you should update your treatment plan to help you reach your goals and stay on track.

