

# DISCUSSION GUIDE

## 4 TIPS FOR YOUR NEXT APPOINTMENT

Use this list to prepare yourself for any appointment you have with your doctor.

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### Before Your Appointment

1. Make a list of the names and dosages of any medications you've tried or are currently using. Think about how you responded to those treatments.
2. Write down your most important concerns and questions before your appointment so you don't overlook anything when you see your doctor. There's nothing wrong with having a cheat sheet!

### During Your Appointment

3. When discussing your symptoms with your doctor, don't hesitate to show the areas of your body affected by your condition—particularly those that have changed since your last visit.
4. An open dialogue with your doctor about your concerns can help you work toward a plan that best fits your condition. Afterward, write down your discussion points to help you ensure your treatment has the highest chance of success.

**Please read the Medication Guide for STELARA™ and discuss any questions you have with your doctor.**

