GETTING THE MOST OUT OF YOUR APPOINTMENTS

This guide is designed to help you have more open discussions with your healthcare provider about your asthma. There are suggestions for what you can do before, during, and after your appointments.

1. BEFORE YOUR VISIT: GATHER THE DETAILS

WHAT IS YOUR EXPERIENCE?

Use this chart to show your healthcare provider information about how you've been doing since your last visit. Recording your symptoms—whether they're new symptoms or ones you've had for a while—may give your healthcare provider a more complete picture of how asthma is affecting your life.

| SINCE YOUR LAST APPOINTMENT | YES | NO | NOTES |
|---|-----|----|-------|
| Have you had asthma symptoms more than twice a week? | | | |
| Have you noticed any changes in your asthma symptoms? | | | |
| Have your asthma symptoms woken you up at night? | | | |
| Are you having any concerns with taking your current asthma medications as prescribed? | | | |
| Have you used a rescue inhaler more than twice a week? | | | |
| Has your asthma limited what you can do at work, school, or at home? | | | |
| IN THE LAST YEAR , have you had an emergency visit with a healthcare provider due to asthma? | | | |
| | | | |

Make notes of any challenges you have had managing your asthma. ____

2. DURING YOUR VISIT: SHARE AND ASK

SHARE

Fill out this list and share it, as well as the chart on page 1, with your healthcare provider. Together, they can show a more complete picture of the impact asthma is having on your life.

- Ways I've tried to manage my asthma in the past are _______
- I am worried about ______
- If my asthma were better controlled, I could ______
- My long-term treatment goals are ______
- Other concerns ______

| NEXT APPOINTMENT | | | |
|-------------------------------|----------------|--|--|
| Date | | | |
| Time | | | |
| | | | |
| HEALTHCARE PROVIDER'S INFO | | | |
| P | ROVIDER'S INFO | | |
| Name | ROVIDER'S INFO | | |
| | ROVIDER'S INFO | | |

ASK

During your appointment, write down answers to the questions that you ask your healthcare provider.

- How can I better control my asthma?
- What type of asthma do I have, and how does that affect me?
- What diet and exercise regimen do you recommend for me?
- What can I do when my asthma is especially difficult to manage?

3. AFTER YOUR VISIT: STAY ON TRACK

KEEP UP THE GOOD WORK

After your visit, continue to keep track of your symptoms. Make notes of any challenges you have or changes you notice. Then, revisit and complete these activities before your appointments and share the information with your healthcare provider.

ADDITIONAL THOUGHTS?

Use this space to write down anything you may want to discuss at your next visit.

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Sanofi and Regeneron are committed to providing resources to advance research in asthma in areas of unmet medical needs among patients with severe asthma.