



IS ACTHAR RIGHT FOR ME?

A Guide to Talking With Your Doctor About Acthar

Starting the Conversation

If you haven't already discussed Acthar with your doctor, here are some thoughts to help guide your conversation. Being prepared helps you make the most of your doctor visit!

Check the questions that you most want to ask your doctor:

Can Acthar help my symptoms?

How often would I take Acthar?

How might Acthar work for me?

What are the most common side effects of Acthar?

What should I do if I experience side effects?

What kind of support and resources would be available while I take Acthar?

Are there resources to help me with injections?

Do I need to make any lifestyle changes while taking Acthar?

Is there financial assistance available for Acthar?

Would you recommend Acthar for me?

How can I tell if treatment is working?

Other

H.P. **Acthar**[®] GEL
(repository corticotropin injection) 80 U/mL



Tips to Make the Most of Your Doctor Visit

These tips can help you have a meaningful conversation with your doctor.



1. Go Prepared

- Think about how you are feeling
- Be direct and honest. Don't be afraid to tell it like it is
- Write down all of your concerns, no matter what they are



2. Ask Questions

- Make your questions short and to the point
- Be specific (“My hands and wrists ache,” instead of “my body hurts”)
- When you don't understand, ask for a simpler explanation



3. Set Goals

- Tell your doctor what you want to achieve so you have something to work toward (“I want to take longer walks, go to yoga, lose weight”)
- Find out if your goals are too ambitious. If they are, ask for help in setting realistic ones
- Ask your doctor to make a note of your goals and to check your progress next time

Remember: Tell your doctor if you've been ill, or if you're taking any new medicines or herbal supplements. Also, be sure to tell your doctor if there have been any big changes in your life since your last visit.

