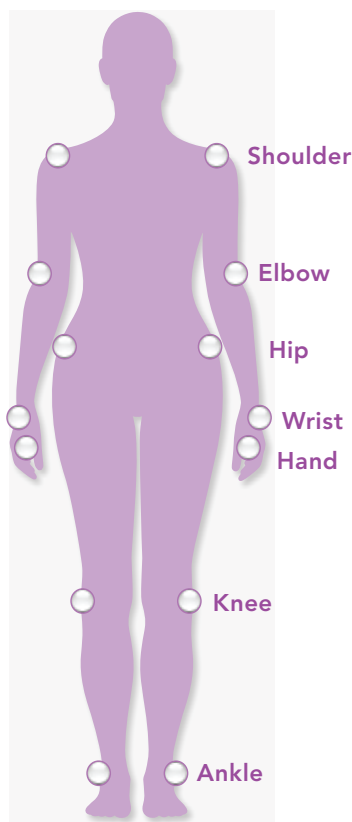


# A GUIDE TO TALKING WITH YOUR DOCTOR ABOUT RA

If you're determined to find relief from your rheumatoid arthritis (RA) symptoms, it's important to have a good relationship with your rheumatologist. You know best how you're feeling, so your doctor counts on you to share. Appointments can move at a fast pace, so getting answers to all the questions on your mind can be a challenge. To help, we've created this guide to get the information you're looking for. Be sure to print out this guide and bring it with you when you talk to your doctor at your next office visit.

## Telling your doctor how you feel

First and foremost, discuss your symptoms. To help your doctor understand how you're feeling, mark the diagram below to show where you have felt pain since your last visit. Then answer the questions below.



My Right My Left

## Select the places where you have RA pain.

1 What areas have the worst RA pain?

2 Do you have any new RA pain?

Yes  No

If yes, please explain.

3 On average, please rate your overall RA pain since your last doctor appointment.

Mild  Moderate  Severe

4 Is your overall RA pain worse, on average, since your last appointment?

Yes  No

If yes, please explain.

## What is ACTEMRA?

ACTEMRA is a prescription medicine that targets the interleukin-6 (IL-6) pathway. ACTEMRA is used to treat adults with moderately to severely active RA after at least one other medicine called a disease modifying antirheumatic drug (DMARD) has been used and did not work well.

## Important Side Effect Information

ACTEMRA changes the way your immune system works. This can make you more likely to get infections or make the current infection worse. Some people taking ACTEMRA have died from these infections.

Please see Important Side Effect Information on page 3. For more important safety information, please see full Prescribing Information and Medication Guide, including Serious Side Effects.

 **ACTEMRA**<sup>®</sup>  
tocilizumab

## Asking the right treatment questions

If you're not satisfied with your current RA treatment, mention it to your doctor. Ask if there's a treatment option that might work well for you. Below are some questions that may guide this important conversation.

- ▶ Could my response to my current treatment be changing?
- ▶ Could I develop new or changing symptoms even while receiving treatment?
- ▶ When is it time to consider switching treatments?
- ▶ Is there a way to treat my RA without methotrexate or other drugs from the same class (DMARDs)?
- ▶ How does ACTEMRA work?
- ▶ How is ACTEMRA given?

Some people experience side effects when taking DMARDs like methotrexate. These side effects can be difficult to deal with. You should know that ACTEMRA works with or without DMARDs. Be sure to ask your doctor if taking ACTEMRA is a good option for you.

**Add your own questions and take notes here:**

## Asking about your ACTEMRA treatment

Whether you've been taking ACTEMRA for a while or have just started treatment, asking questions is always a good idea. Your doctor may be able to help you see better results. **Start here:**

- ▶ How do I know if ACTEMRA is working?
- ▶ How soon will I start feeling better?
- ▶ Why is it important to stick with my ACTEMRA injections or infusions?
- ▶ When would you consider asking your doctor to adjust your ACTEMRA dose or switch to another treatment?
- ▶ Are there other ways to relieve symptoms in addition to taking ACTEMRA?
- ▶ Could diet and exercise changes help my RA symptoms?
- ▶ Are there support groups or social media groups for people with RA?
- ▶ Where can I find help paying for my treatment?

**Add your own questions and take notes here:**



**Having an open dialogue with your doctor will help you to get the most out of your RA treatment. Use this guide each time you see your doctor to help you stay an active part of your treatment.**

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## IMPORTANT SIDE EFFECT INFORMATION

ACTEMRA is a prescription medicine for adults with moderately to severely active rheumatoid arthritis, or RA. ACTEMRA is used after one or more disease modifying antirheumatic drugs (DMARDs), such as methotrexate, did not provide enough relief.

### ACTEMRA can cause serious side effects

ACTEMRA changes the way your immune system works. This can make you more likely to get infections or make any current infection worse. Some people taking ACTEMRA have died from these infections.

ACTEMRA can cause other serious side effects including stomach tears; changes in blood test results that check for low neutrophil and platelet counts, and increases in certain liver function test levels and blood cholesterol levels; increased risk of certain cancers by changing the way your immune system works; hepatitis B infection; serious allergic reactions, including death (these may happen with ACTEMRA infusions or injections, even if they did not occur with an earlier infusion or injection; if you had hives, a rash, or experienced flushing after injecting, you should tell your doctor or nurse before your next injection); and nervous system problems.

Tell your doctor if you're allergic to ACTEMRA or if you've had a reaction to ACTEMRA previously.

**Common side effects** include upper respiratory tract infections (like common cold and sinus infections), headache, increased blood pressure (also called hypertension), and injection site reactions. Tell your doctor if you have these or any other side effect that bothers you or does not go away.

Tell your doctor if you are planning to become pregnant, are pregnant, plan to breast-feed, or are breast-feeding. You and your doctor should decide if you will take ACTEMRA or breast-feed. You should not do both. If you are pregnant and taking ACTEMRA, join the pregnancy registry. To learn more, call 1-877-311-8972 or talk to your doctor to register.

Tell your doctor right away if you are experiencing any side effects. You may report side effects to the FDA at 1-800-FDA-1088 or [www.FDA.gov/medwatch](http://www.FDA.gov/medwatch). You may also call Genentech at 1-888-835-2555.

Please see full Prescribing Information, including Medication Guide and **Serious Side Effects**, for more important safety information.