

Power Your Inner RA Voice

A guide to making the most of your visit and not settling for "good enough"

Living with rheumatoid arthritis (RA) requires regular appointments with your healthcare provider (HCP), and this time that you have with your healthcare provider is extremely valuable. To help make the most of every interaction with your healthcare provider, read on to learn more about the five key steps the RA NarRAtive Advisory Panelⁱ suggests to help you **"Power Your Inner RA Voice"** and use the conversation guide to prepare for future appointments.



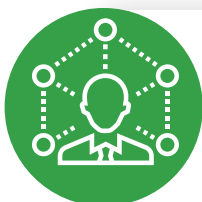
Schedule conversations, not appointments

Think of your time with your healthcare provider as a conversation: two people, on equal ground, working together to help you manage your RA.



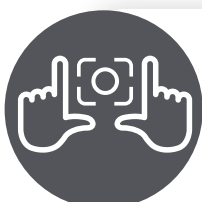
Prepare in advance and prioritize questions

Time with your healthcare provider is never as long as either of you would prefer. To maximize your time, always have updates and questions ready before the conversation, and try to prioritize your questions.



You know yourself the best

Your healthcare provider is an expert in understanding how to treat RA, but from head to toe, you know your body better than anyone. You know when you're meeting your goals or not. Acknowledge the expert in you by trusting your instincts and being honest when speaking with your healthcare provider about how you're really doing.



Be specific and honest

When your healthcare provider asks you: "How are you doing?" try to use more descriptive words about your RA symptoms than simply stating "fine", "good" or "OK". Ask yourself: "Am I really 'fine' or am I just trying to appear strong?"



Set goals

Setting goals in your life that can be measured during each conversation with your healthcare provider is one of the most important things you can do. Discuss progress toward goals at each visit to track the management of your RA.

ⁱ Changing the RA NarRAtive is the second phase of the RA NarRAtive, a global initiative including healthcare providers, adults living with RA and patient organization leaders from 17 countries. Based on the insights from the RA NarRAtive surveys, we are developing tools and resources for Changing the RA NarRAtive between patients and healthcare providers. This guide was developed at the suggestion and with the guidance of the RA NarRAtive Advisory Panel. Power Your Inner RA Voice captures their vast experience in treating, living with and supporting people with RA, and aims to create a new dialogue between HCPs and people with RA, by recognizing the expertise you both bring to a medical conversation about your health. We hope you find this helpful in reaching your goals while living with RA.

Power Your Inner RA Voice

As you prepare for the next conversation with your healthcare provider, use this conversation guide to write down specific updates that you want to share, including your wins, problems, goals, and questions.



My Wins

No matter how big or small, "wins" are important to share and important to measuring your progress. Consider sharing:

- Which of your RA symptoms have improved, if any?
- A common daily task that you're able to do since your last appointment.

Example: Since our last conversation, I've been able to...



My Problems

Is your RA causing you issues? Consider sharing:

- Have your RA symptoms changed? Do you feel better, but not great?
- How are you feeling about the medication(s) you are taking?
- How are your symptoms affecting your ability to do certain tasks?

Example: I'm still not able to...



My Goals

For your RA management, make sure your goals are specific and measurable.

- A goal can be "I want to brush my hair" or "I want to take a walk."
- Ask yourself regularly, are you meeting these goals, and share your results with your healthcare provider.

Example: I want to be able to...



My Questions

It's essential to come prepared to your doctor's visit with questions that are important to you. Consider these questions:

- What can I do to help myself feel better?
- How could RA affect my intimate relationships?



My Next Steps

Fill this section out in partnership with your healthcare provider to identify how to work together towards the joint goals that you've set.

Remember, if all of your questions aren't answered in one meeting, that's ok!

For further information or support, ask your physician about additional, trusted resources, such as a patient advocacy group.

Next
appointment
date: