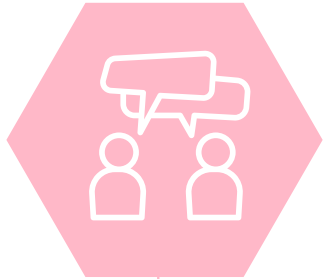


5 Tips to make the most of your doctor visit



Schedule conversations

- Think of your time with your doctor as a conversation - two people working together to manage your arthritis

Prepare in advance

- Prepare updates on your arthritis symptoms and write down all your questions before the conversation

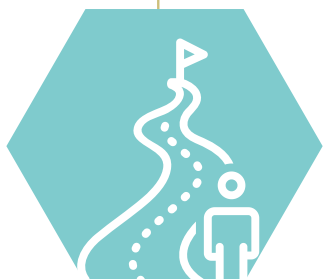
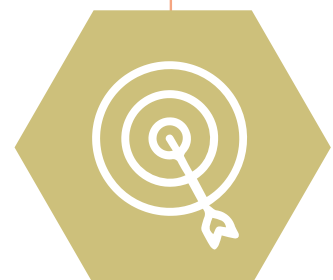


You know yourself the best

- Be honest with your doctor on how you are really doing - your doctor can better understand how best to manage your arthritis

Be specific

- When your doctor asks: "How are you doing?" try to use more descriptive words about your arthritis symptoms



Set goals

- Ask your doctor what you should expect from your management plan and set goals together

