

**FOR ADULT PATIENTS WITH MODERATE-TO-SEVERE PLAQUE PSORIASIS\*  
OR MODERATE-TO-SEVERE HIDRADENITIS SUPPURATIVA**

\*who may benefit from taking injections or pills (systemic therapy) or treatment using ultraviolet light alone or with pills (phototherapy)

# TALKING TO *Family and Friends* ABOUT YOUR CONDITION



This guide can help you frame the conversation with friends and family about how you are doing and how you are feeling.

## BEFORE YOU BEGIN

Deciding what topics you want to discuss and whether the conversation should happen privately or in a group may help you feel more prepared and comfortable.

### 1 STARTING THE CONVERSATION

When you feel ready to talk about your condition, there are a few ways you can get the conversation started.

*Examples:*

I've been diagnosed with \_\_\_\_\_.

Can I tell you a little about what I've been going through with my condition?

I know I've never really brought this up before, but I'd really appreciate your support.

### 2 EXPLAINING YOUR CONDITION

When talking about your condition, use simple, relatable language.

*Examples:*

I have an autoimmune disease, which means my immune system attacks healthy parts of my body.

Because of that, I often experience symptoms like...

I can go through periods where my symptoms are noticeable and times where they may not be very visible.

### 3 MENTION COMMON MISCONCEPTIONS

While you know the reality of your condition, your loved ones may not. Sharing the facts can help clear up confusion and build support.

*Examples:*

It's not contagious.

It's not caused by poor hygiene.

It's a chronic condition, which means it doesn't just go away.

#### 4 SHARE YOUR EXPERIENCE

Now that your loved ones know a little about your condition, this may be the time to explain how your condition affects you.

*Examples:*

A lot of the time,  
I feel...

When my symptoms flare up,  
I can feel very...

Some days are  
better than others.

#### 5 TALK ABOUT YOUR TREATMENT

By understanding your treatment, the people who care about you can be better equipped to offer you support.

*Examples:*

I am on a treatment  
called BIMZELX  
(pronounced BIM-ZELL-EX).

I started treatment  
\_\_\_\_ days/weeks/  
months ago.

It's an injection I have to  
keep in the fridge until it  
is time to administer it.

#### 6 TELL THEM HOW THEY CAN HELP

Your family and friends are part of your support system; it's okay to tell them how they can support you if you need it. Let them know emotional support matters, too.

*Examples:*

Please be patient if  
I seem distant or tired.

If a flare-up occurs,  
I may not be up for going out.

Listening helps a lot.

#### 7 OFFER THEM RESOURCES

If your loved ones still have questions or want to know more, you can offer community websites or organizations that focus on your condition.

You can also direct them to BIMZELX-specific resources at [BIMZELXNavigate.com](https://BIMZELXNavigate.com) so they can understand both your condition and your treatment plan.

#### 8 GOING FORWARD

As you end your conversation, make sure to keep the lines of communication open.

Let friends and family ask questions so they can better understand what you're going through. And of course, if anything changes about your condition, you can talk with them again.

#### Talking about your health isn't always easy, but your voice matters.

When you share your experience, you create space for open communication, connection, and understanding with the people who mean the most to you. And with the help of those who care about you, the weight of managing your condition may get a little lighter.

#### IMPORTANT SAFETY INFORMATION

BIMZELX® is a medicine that affects your immune system and may increase your risk of serious side effects, including suicidal thoughts and behavior, serious infections including tuberculosis, liver problems, and inflammatory bowel disease. Please see full Prescribing Information at [BIMZELX.com](https://BIMZELX.com).



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