

FOR ADULT PATIENTS WITH ACTIVE PSORIATIC ARTHRITIS,
ACTIVE NON-RADIOGRAPHIC AXIAL SPONDYLOARTHRITIS WITH
OBJECTIVE SIGNS OF INFLAMMATION, OR ACTIVE ANKYLOSING SPONDYLITIS

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...

Even if I may look okay on the outside, I might be in pain or tired on the inside.

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:

This wasn't caused by an injury or not exercising enough.

It's not something that simply stretching more can cure.

I can't just ignore these symptoms or "tough it out."

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...

Because of my condition, it can be hard for me to do things, like...

Some days are better than others in terms of being able to move.

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.

There are times during a flare-up where I may need a hand doing some everyday things.

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 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.**



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