

SETTING TREATMENT GOALS

To help monitor your progress as you begin treatment with BIMZELX® (bimekizumab-bkzx), it's important to set **SMART** goals.



S

SPECIFIC Your goal should be clear and specific. Otherwise, you may not be able to focus your efforts or feel truly motivated to achieve it. To help you get started, try to answer this question:



What exactly
do I want
to achieve?

M

MEASURABLE It's important to have measurable goals so that you can track your progress and stay motivated. A measurable goal should include a number or a percentage, and usually answers the question:



How much/
How many?

A

ACHIEVABLE Your goal also needs to be realistic and attainable. In other words, it should stretch your abilities but still remain possible. An achievable goal will usually answer a question such as:



How can
I accomplish
this goal?

R

RELEVANT This step is about ensuring that your goal matters to you, and that it also aligns with other relevant goals. A relevant goal can answer "yes" to this question:



Does this
match
my other
efforts/needs?

T

TIME-BOUND Every goal needs a target date so you have a deadline to focus on and something to work toward. This part of the SMART goal criteria helps to prevent everyday tasks from taking priority over your longer-term goals. A time-bound goal will usually answer this question:



What is the
deadline for
achieving
this goal?

GET STARTED



Use the SMART guidelines on the next page to create your own personal **treatment goals**.

	EXAMPLE	GOAL 1
SPECIFIC What exactly do I want to achieve?	Maintain skincare and treatment routines to help reduce symptoms	
MEASURABLE How much/How many?	Reduce new or worsening symptoms to no more than 2 per month	
ACHIEVABLE How can I accomplish this goal?	Follow doctor's treatment plan, including daily moisturizing and sticking to dosing regimen	
RELEVANT Does this match my other efforts/needs?	Improve comfort and skin appearance	
TIME-BOUND What is the deadline for achieving this goal?	Achieve symptom improvement within 4 months	

	GOAL 2	GOAL 3
SPECIFIC What exactly do I want to achieve?		
MEASURABLE How much/How many?		
ACHIEVABLE How can I accomplish this goal?		
RELEVANT Does this match my other efforts/needs?		
TIME-BOUND What is the deadline for achieving this goal?		

	GOAL 4	GOAL 5
SPECIFIC What exactly do I want to achieve?		
MEASURABLE How much/How many?		
ACHIEVABLE How can I accomplish this goal?		
RELEVANT Does this match my other efforts/needs?		
TIME-BOUND What is the deadline for achieving this goal?		