

A black and white photograph of a woman with long blonde hair, wearing a wide-brimmed straw hat and a horizontally striped long-sleeved shirt. She is smiling and looking towards the right, with her hand near the brim of her hat. The background shows a beach with waves and a rocky shore in the distance.

Staying on track with RINVOQ® (upadacitinib)

A guide to building your treatment routine, making the most of your appointments, and setting personal goals.

Atopic dermatitis (AD)



Living with atopic dermatitis

It's easy to feel overwhelmed and frustrated by a chronic condition like AD, commonly referred to as eczema. AD can affect every aspect of your life – from how you sleep at night, the kinds of clothes you wear, whether you go to that social event, your exercise regimen and how you interact with your colleagues.^{1,2}

This guide is designed to help you build a routine with your treatment, make the most of your appointments, and set personal goals to achieve what is most important to you.





4 steps for managing AD with RINVOQ

1

Take your medicine every day

Adding RINVOQ to your daily routine can help to improve the condition of your skin and reduce itching and flares. It may also help to improve symptoms of pain, anxiety, depression and sleep, and your overall quality of life.³

2

Stay eligible for PBS prescriptions

It is important to take RINVOQ as prescribed by your doctor to help get the best possible response from your treatment and maintain your eligibility for subsidised RINVOQ via the Pharmaceutical Benefits Scheme (PBS) where your doctor deems it necessary to stay on treatment.⁴

3

Build a routine and set goals

Building a routine with your treatment and setting clear goals can help you achieve things that are important to you.

4

Make the most of your doctor appointments

A good relationship with your doctor is one of the most valuable tools in your treatment journey. Optimise the time during your appointments by talking about what matters to you so you receive the tailored care that you need.

Image is not of a real patient.

Add RINVOQ to your daily routine

Due to the chronic nature of AD, it's important to **take your medicine every day**. Stopping treatment when you're not experiencing any symptoms may cause them to worsen later.³ You may be well versed in taking a daily medication, or it may be new to you – either way, it can help to think about what routine works best for you.



Choose a time to take it

Whether it is in the morning or in the evening, choose a time to take RINVOQ that works best for you and stick to it to build a daily treatment routine.



Take RINVOQ as prescribed

Take your daily dose as prescribed by your doctor to get the maximum benefit from your treatment.



Track your symptoms

Track your symptoms over time to note any changes. Paying attention to how your symptoms change over time is a good way to help you stay on track with treatment.



Image is not of a real patient.

Choose something that will remind you to take RINVOQ

A daily reminder can help to incorporate taking your medicine into your routine.

Consider the following when choosing a daily reminder that works for you.

You may also consider combining two or more reminders.

WHO

will be around?

Consider nominating an accountability partner, a friend or partner for example, who could help you when you need a reminder and who you can turn to for extra support.

WHAT

will you be doing,
and what emotion
will you be feeling?

Try to take your tablet when you can have dedicated time to focus on yourself. Avoid times when you are more likely to be stressed or in a rush.

WHEN

will you take
your medicine?

You could tie taking your tablet to a routine you already have at a set time, like when you brush your teeth in the morning.

WHERE

you will be?

Try keeping your tablets nearby. If you plan on taking your medicine before bed, perhaps keep a reminder note on your bedside table. Remember to keep your medicine where young children cannot reach it. Don't forget to have a plan to bring your medicine with you when you are travelling.



Image is not of a real patient.

Track your symptoms

Tracking your symptoms can help you understand how your symptoms may change over time. To prevent flares, it's important to continue taking RINVOQ even when you aren't experiencing any symptoms. Keeping a record of your symptoms will also help to give your doctor a clearer picture of how AD is impacting your life so they can tailor your treatment to suit your needs.

Use the symptom tracker below to rate your symptoms in these five categories on a **scale of 0 (best) to 10 (worst)**.



Itch

On average over the past week, how would you rate your itch at its worst?

[illegible]

Skin

On average over the past week, how would you rate the condition of your skin?

[illegible]

Sleep

On average over the past week, how much did your AD impact your sleep?

[illegible]

Mood

On average over the past week, how has your AD impacted your mood?

[illegible]

Daily activities

On average on the past week, how much did your AD limit your physical, social and household activities?

[illegible]

Understanding the PBS and staying eligible for PBS-subsidised RINVOQ

The Pharmaceutical Benefits Scheme (PBS) is an Australian Government program that enables all Australians to have affordable access to the medicines they need. This means that you only pay a small amount rather than the full cost of the medicine.

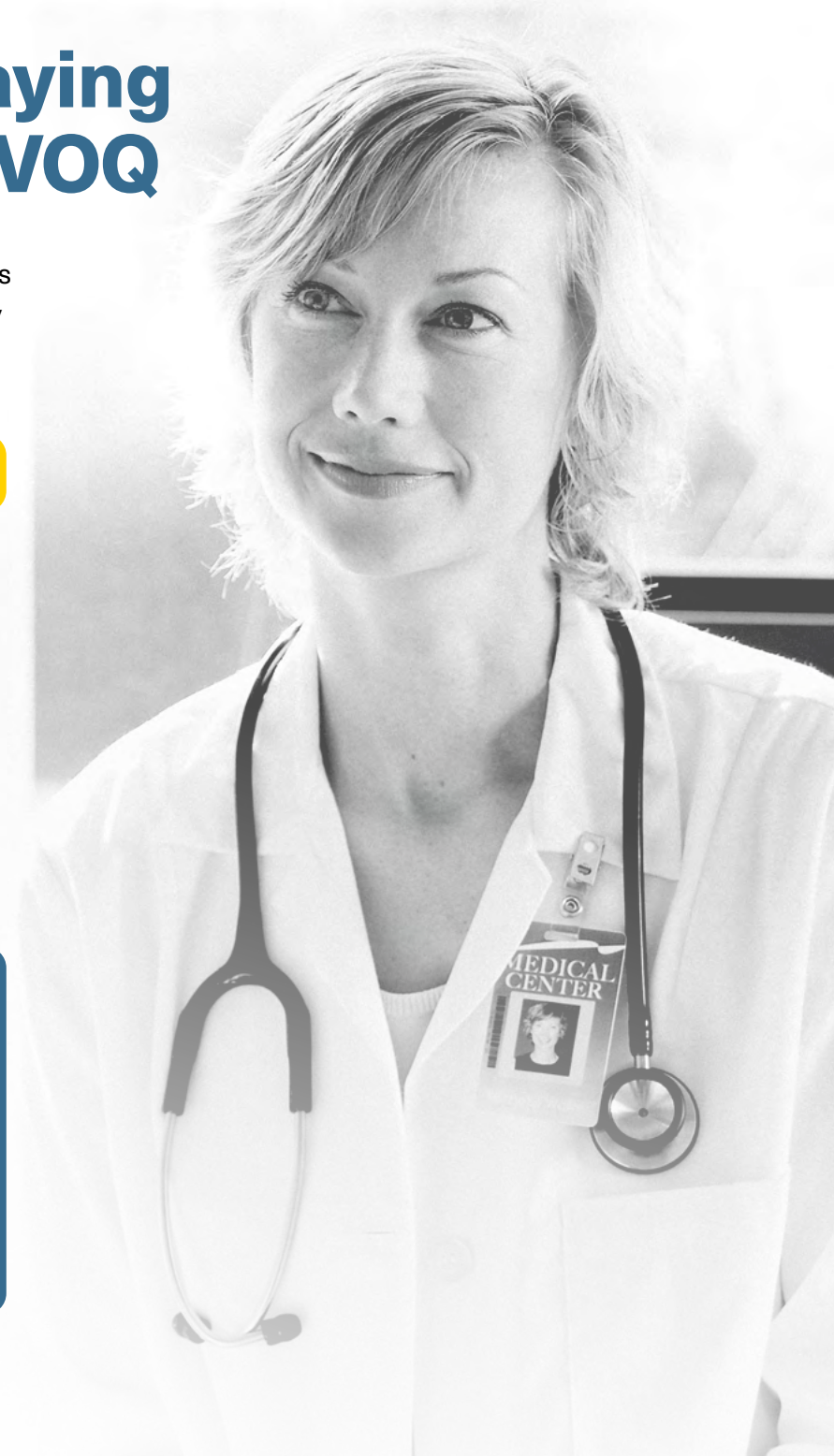
There are two important things that you need to do:

- 1 Take RINVOQ as prescribed by your doctor**
- 2 Get your prescriptions filled at the right time to ensure you don't run out of RINVOQ**

If for any reason you feel you need to change or stop taking RINVOQ, consult your prescribing doctor as it may affect your eligibility to continue with RINVOQ on the PBS.

Stay eligible for continuing treatment

To remain eligible to receive RINVOQ subsidised by the PBS, there are certain criteria that you and your doctor must meet. Your doctor will need to assess you every 6 months and submit the results to Medicare in a timely manner to show how you are responding to RINVOQ so you can continue to qualify for subsidised treatment where your doctor deems it necessary to stay on treatment.⁴



Why it's important to set goals

To help you achieve the things that are important to you, it can help to plan what you are aiming for and how to get there. Goals come in all shapes and sizes and include both short-term and long-term goals (e.g. re-joining a swim team). Whatever your aspirations may be, having a clearly defined plan can help turn your ambitions into reality.



MOTIVATION

Having a clear end in sight can help push you towards achieving your goals. Working towards something that is meaningful to you, like going swimming at the beach, is the ultimate motivation.



PERSISTENCE

Having clear goals that can be broken into smaller steps is a great way to track progress and hold yourself accountable. Recognising these small wins can help provide momentum along the way as smaller objectives are achieved.



DIRECTION

Having clear goals not only provides you with a sense of purpose but can also help you focus your efforts on the parts of your life that matter most to you.



How to set goals

Research tells us that if you want to be successful in maintaining a change over time, it helps to continue to set goals that serve as a way to know where you are and where you want to go.⁵

With any goal, no matter how big or small, a good way to get there is to break it down into smaller steps. This applies to managing your AD and treatment too. The first goal you choose to embark on should be meaningful to you and complement your progression with your treatment.

A simple but effective way to set goals is to follow the **SMART** method:⁵

Specific

General goals like “I want to be healthier” aren’t clear enough to work on. Be specific when thinking about the next step you want to take.

Measurable

Make your goal something you and others can observe. How will you know you are making progress toward it?

Achievable

Something that is possible and realistic. It doesn’t have to be easy; just make it doable.

Relevant

Your goal should be something you really want that would make life better for you or others. Try to choose a positive change, such as something you want to increase, improve or strengthen.

Timely

Keep your timeline realistic. Think about when you will start and attach specific dates to your goal.



Example goal

Goal:

What is your goal, and is it short-term or long-term?

short-term

☐

long-term

☒

Go swimming at the beach next summer!

Strategy:

How are you going to achieve it?

By committing to my treatment plan

Advice from my doctor, nurse or pharmacist:

Take my daily medicine after I brush my teeth every morning

Action plan:

What steps do you need to complete?

Track my AD itch

☒

Buy a new bathing suit

☐

Organise a trip to the beach

☐☐☐

Motivation: Why does achieving this goal matter to you?

I used to swim all the time, but now the salt water irritates my skin.

Any barriers: Is there anything that could stop you from achieving this goal? Have you asked for advice?

My partner is going to help remind me take my medicine every morning.

Start date:

Today

Due date:

6 months

Your goal

Goal:

What is your goal, and is it short-term or long-term?

short-term

☐

long-term

☐

Strategy:

How are you going to achieve it?

Advice from my doctor, nurse or pharmacist:

Action plan:

What steps do you need to complete?

_____	<input type="radio"/>
_____	<input type="radio"/>
_____	<input type="radio"/>
_____	<input type="radio"/>
_____	<input type="radio"/>

Motivation: Why does achieving this goal matter to you?

Any barriers: Is there anything that could stop you from achieving this goal? Have you asked for advice?

Start date:

Due date:

 **PRINT**

How to make the most of your appointments

You may have a range of things you want to ask your healthcare team, so it's important to use the time during your appointments to talk about what matters to you. Use the questions and appointment notes template on the next page to help guide your discussion.

Be prepared

Every question is a valid one. Ask your healthcare team about anything you are unsure of or would like more advice on. Remember, they are there to help.

Let them know how your treatment is going

Think about how your symptoms have been between appointments. If you have kept a record of your symptoms or taken photos of your symptoms, now is the time to share them. This will help give your healthcare team a better sense of how you are progressing and any symptoms you have been experiencing, as well as how your symptoms have made you feel.

Share your expectations of treatment

Let your healthcare team know what you are hoping to gain from treatment.

Considerations for a telehealth consultation

If you have a remote consultation, find a quiet space where you won't be interrupted or distracted. Keep in mind that your doctor won't be able to pick up on non-verbal cues in phone calls. You may need to be more descriptive so they really understand how you are getting on with your treatment or how your AD is impacting you. For video calls, ensure that you have a stable internet connection, and test your audio beforehand.

Asking questions at your appointment

You may have a range of things you want to ask your healthcare team, so it's important to use the time during your appointments to talk about what matters to you. Use the questions and appointment notes template below to help guide your discussion.

Notes for your appointment

Before my appointment

Date:

Questions: *Things you want to ask your doctor*

Progress updates: *Changes you have noticed, test results, goal progress, barriers you have identified, emotions you have been feeling, answers and progress you have made in your 10-week tracker*

After my appointment

Date:

Appointment notes: *What was discussed*

Next steps: *Things to think about before my next appointment*

How to get additional support

Australian support groups

Connecting with other people in the AD community who understand what you're going through can help you feel more in control of your condition. The following organisations provide support and education for people with AD.



www.eczema.org.au

1300 300 182



www.eczemasupport.org.au

To learn more about RINVOQ, read the Consumer Medicines Information included in the packaging of your medicine, or visit www.rinvoq.com.au for additional support resources.

References: 1. Lifschitz C. *Ann Nutr Metab* 2015;66(1):34–40. 2. Ali F *et al. Acta Derm Venereol* 2020;100(12):adv00161. 3. RINVOQ Consumer Medicines Information. 4. Australian Government Department of Health. The Pharmaceutical Benefits Scheme: Dupilumab. Available at: <https://www.pbs.gov.au/medicine/item/12291X-12309W-12313C-12316F> [Accessed August 2021]. 5. Bovend'Eerd T, Botell R, Wade D. *Clin Rehabil* 2009;23(4):352–361.

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