

Is a Biogen treatment for relapsing MS right for you?

Appointment Discussion Guide

When choosing a treatment for your relapsing multiple sclerosis (MS), it's important to know your options. If you have questions about any of Biogen's treatments, use this discussion guide to help start the conversation with your doctor or other members of your healthcare team.

Name _____ Healthcare Provider _____ Date _____



Checking in with yourself

Before your appointment, take some time to answer the questions below. This can help you guide the conversation with your healthcare provider.

How many relapses have you had in the past year? _____

Since your last visit, have you experienced any symptoms? If yes, write them down.

Did any of these symptoms change? Did you experience any new symptoms?

Are you currently taking a relapsing MS treatment? Yes No

Is there anything you want to discuss with your healthcare provider?

Questions to ask your healthcare provider

Remembering to ask important questions can help you have a successful visit with your healthcare provider. Below are questions to consider asking your healthcare provider. This is not a comprehensive list of questions. Please talk with your healthcare provider about additional considerations related to your condition.

About Disease Modifying Therapies (DMTs)

- What types of treatments are available for relapsing MS? What is a DMT?
- How may a DMT help with my relapsing MS?
- What are the risks of DMTs?
- Can I start taking a DMT even if I have been living with relapsing MS for a while?
- When do you recommend starting a DMT?
- If my relapsing MS is under control, do I need to stay on a DMT?
- Are there any personal considerations I should think about when choosing a DMT, like other health conditions, work, my support system, or family planning?

Discussing Biogen Treatments

- What Biogen relapsing MS treatment options are available?
- How may each Biogen medication help treat my relapsing MS?

When discussing a Biogen treatment for relapsing MS with your healthcare provider, consider these factors:

- Can this medicine help slow physical disability progression? What about reducing relapses or slowing the development of new lesions?
- How do I take this medicine? Will I be able to fit it into my routine?
- Will I need to get any tests done before or during treatment?
- How will I know when or if this treatment is working?
- What are the possible side effects of this medicine?
- Are there steps I can take to help manage side effects?
- Should I switch to a different DMT if I am having side effects?

What's Next

- I'm interested in trying a Biogen treatment. What are my next steps?
- If I start a Biogen treatment, are there any support services available for me?

Explore Biogen Treatments

Biogen offers a portfolio of five disease modifying therapies (DMTs) approved to treat relapsing MS.

[Visit BiogenOptions.com/treatments](https://www.biogenoptions.com/treatments)

