

My ENBREL® (etanercept) Guide

Support for ENBREL patients is offered through Amgen® SupportPlus.

Contact us to get started.

1-888-4ENBREL | 1-888-436-2735 | Enbrel.com/support



AMGEN® Support⁺



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IMPORTANT SAFETY CONSIDERATIONS

Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Lymphoma and other cancers (some fatal) have been reported in patients taking ENBREL and other TNF blockers.

Please see Important Safety Information on pages 9-11 and click here for [Prescribing Information](#) and [Medication Guide](#).



Indications

Moderate to Severe Rheumatoid Arthritis (RA)

ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with moderately to severely active rheumatoid arthritis. ENBREL can be taken with methotrexate or used alone.

Psoriatic Arthritis (PsA)

ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with psoriatic arthritis. ENBREL can be used with or without methotrexate.

Plaque Psoriasis (PsO)

ENBREL is indicated for chronic moderate to severe plaque psoriasis (PsO) in children 4 years and older and adults who may benefit from taking injections or pills (systemic therapy) or phototherapy (ultraviolet light).

Ankylosing Spondylitis (AS)

ENBREL is indicated for reducing signs and symptoms in patients with active ankylosing spondylitis.

Polyarticular Juvenile Idiopathic Arthritis (JIA)

ENBREL is indicated for reducing signs and symptoms of moderately to severely active polyarticular juvenile idiopathic arthritis (JIA) in children ages 2 years and older.

This guide is intended for patients who have been prescribed ENBREL by their doctor. It is important to understand the risk and benefits before you begin your treatment with ENBREL. Please see the Important Safety Information section of this guide for more information about the risks and benefits of treatment with ENBREL.

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01 Together, We Got This

We understand there is a lot of information coming at you, and it can be hard to remember it all but we are here to help!

Now that you and your doctor have decided ENBREL is the right treatment for you, you may have questions about medication costs, how to get and take your ENBREL, and when you may see improvements.

Take a breath

These questions and feelings of uncertainty are normal. This step-by-step guide was created with insights from patients to help you get started on ENBREL.

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A good first step is to call Amgen® SupportPlus at 1-888-4ENBREL (1-888-436-2735)

What is Amgen SupportPlus?

It's a personalized patient support program designed for patients like you who take certain Amgen medications, including ENBREL. It offers a variety of resources, including:

- Financial support resources
- Injection support
- Tools to keep you on track

Call to speak to an Amgen SupportPlus Representative, available between 8:00 AM - 8:00 PM (ET), Mon-Fri, or enroll online at ENBREL.com/support.



ENBREL.com/support



1-888-4ENBREL | 1-888-436-2735
Available 8:00 AM - 8:00 PM (ET)



Download the Embark® App
See page 14 for more info

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02 Financial Support

No matter your income level, Amgen® SupportPlus Representatives can help you better understand your out-of-pocket prescription costs for ENBREL.



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Understanding Your Insurance

A “co-pay,” or “out-of-pocket” cost, is the difference between what ENBREL costs and what your insurance provider will pay, an amount that varies based on your individual plan.

Commercially Insured

If you have private or commercial insurance that you get from your employer or buy directly from a health insurance company, the ENBREL® Co-Pay Program may help lower your out-of-pocket expenses. By enrolling in **the Co-Pay Program, eligible commercially-insured patients may pay as little as \$0* out-of-pocket for ENBREL.** Our program provides co-pay support, regardless of your type of commercial healthcare plan and is designed to address unintended financial interruptions to accessing your ENBREL. Visit Enbrel.com/support or call to enroll at 1-800-436-2735 and our Amgen® SupportPlus Representatives can help you better understand your out-of-pocket prescription costs for ENBREL.

Medicare

Amgen® SupportPlus Representatives can educate you on Medicare plans that may be available to you, help to screen you for eligibility for Low-Income Subsidy (also known as LIS or “Extra Help”), or provide information on organizations that may be able to help with out-of-pocket costs.†

No Insurance

The Amgen Safety Net Foundation (ASNF) is a nonprofit patient assistance program sponsored by Amgen that helps qualifying patients access Amgen medicines at no cost.

See www.amgensafetynetfoundation.com to learn more.‡

*Eligibility criteria and program maximums apply. See AmgenSupportPlus.com/copay-terms for full Terms and Conditions.

†Support provided through independent charitable patient assistance programs; program eligibility is based on the charity’s criteria. Amgen has no control over independent, third-party programs and provides information as a courtesy only.

‡Amgen SupportPlus has no control over ASNF and provides referrals as a courtesy only.

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03 Getting Your ENBREL

You'll receive a call from a "Specialty Pharmacy" (a pharmacy that dispenses medications that may require special storage and/or handling, such as ENBREL) to arrange the delivery of your ENBREL.

If you don't receive a call within 7-10 days from your date of prescription, please call your doctor's office for further assistance.

If you have enrolled in the ENBREL Co-Pay Program,* have your card ready when scheduling your Specialty Pharmacy delivery. If you have not yet enrolled, visit ENBREL.com/support or call 1-888-436-2735 beforehand to sign up.



*For commercially insured patients only.

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You may not recognize the number the Specialty Pharmacy comes from, so be sure to answer calls from unknown or unfamiliar numbers during this time, and to save the number once they call.



Scheduling Your Delivery

Once your Specialty Pharmacy contacts you, you'll want to schedule the delivery of your medication at a time that makes sense for you.

If it's your first time filling your prescription from the Specialty Pharmacy, here are some questions to ask to make the overall process easier:

- Will they keep your ENBREL® Co-Pay Card (if applicable) and method of payment on file for refill purposes?
- How many refills do you have available? (Make sure to check with your doctor to see if you have refills.)
- Will you need another prior authorization at any time in order to renew or refill your prescription? If so, make sure you speak with your doctor in advance to avoid interruptions in treatment.

While ENBREL can be kept at room temperature for up to 30 days, it should not be refrigerated after being allowed to reach room temperature. **That's why it's very important you or someone you trust is at home to receive your ENBREL to refrigerate it immediately.**

-  ENBREL.com/support
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04 Important Safety Information

Prescription Enbrel® (etanercept) is taken (given) by injection

What is the most important information I should know about ENBREL?

ENBREL is a medicine that affects your immune system. ENBREL can lower the ability of your immune system to fight infections. Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your healthcare provider should test you for TB before you take ENBREL and monitor you closely for TB before, during, and after ENBREL treatment, even if you have tested negative for TB.

There have been some cases of unusual cancers, some resulting in death, reported in children and teenage patients who started using tumor necrosis factor (TNF) blockers before 18 years of age. Also, for children, teenagers, and adults taking TNF blockers, including ENBREL, the chances of getting lymphoma or other cancers may increase. Patients with RA may be more likely to get lymphoma.

Before starting ENBREL, tell your healthcare provider if you:

- Have any existing medical conditions
- Are taking any medicines, including herbals
- Think you have, are being treated for, have signs of, or are prone to infection. You should not start taking ENBREL if you have any kind of infection, unless your healthcare provider says it is okay

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- Have any open cuts or sores
- Have diabetes, HIV, or a weak immune system
- Have TB or have been in close contact with someone who has had TB
- Were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your healthcare provider if you are not sure
- Live, have lived in, or traveled to certain parts of the country (such as, the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for certain kinds of fungal infections, such as histoplasmosis. These infections may develop or become more severe if you take ENBREL. If you don't know if these infections are common in the areas you've been to, ask your healthcare provider
- Have or have had hepatitis B
- Have or have had heart failure
- Develop symptoms such as persistent fever, bruising, bleeding, or paleness while taking ENBREL
- Use the medicine Kineret (anakinra), Orencia (abatacept), or Cytoxan (cyclophosphamide)
- Are taking anti-diabetic medicines
- Have, have had, or develop a serious nervous disorder, seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis or Guillain-Barré syndrome
- Are scheduled to have surgery
- Have recently received or are scheduled for any vaccines. All vaccines should be brought up-to-date before starting ENBREL. Patients taking ENBREL should not receive live vaccines.
- Are allergic to rubber or latex
- Are pregnant, planning to become pregnant, or breastfeeding
- Have been around someone with chicken pox

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What are the possible side effects of ENBREL?

ENBREL can cause serious side effects including: New **infections** or worsening of infections you already have; **hepatitis B** can become active if you already have had it; **nervous system problems**, such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes; **blood problems** (some fatal); new or worsening **heart failure**; new or worsening **psoriasis**; **allergic reactions**; **autoimmune reactions**, including a lupus-like syndrome and autoimmune hepatitis.

Common side effects include: Injection site reactions and upper respiratory infections (sinus infections).

In general, side effects in children were similar in frequency and type as those seen in adult patients. The types of infections reported were generally mild and similar to those usually seen in children.

These are not all the side effects with ENBREL. Tell your healthcare provider about any side effect that bothers you or does not go away.

If you have any questions about this information, be sure to discuss them with your healthcare provider. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see the full [Prescribing Information](#) and [Medication Guide](#).

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05 Establishing Your Routine

One of the most important things you can do is take ENBREL as prescribed by your doctor. And that means setting up a consistent injection routine and schedule. Here are some tips to get you started:



Pick a day and time

Since consistency is so important, think of the right time and day of the week for you that will allow you to take your ENBREL without interruptions.

An easy way to stay on top of your injection routine is to time it to an activity you do every week. Maybe it's after your weekly trip to the grocery store, or before your Sunday morning walk, or even during your favorite weekly TV show.



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Take it out 30 minutes prior to injection

Make sure you take your ENBREL out of the refrigerator at least 30 minutes (about 15 to 30 minutes for pre-filled syringe) before injecting so it reaches room temperature in time for injection. The injection may be more comfortable if the medication has fully reached room temperature, so if it helps to leave it out a little longer, that's okay too.

DO NOT!

- Freeze ENBREL
- Shake ENBREL
- Re-refrigerate ENBREL once it has reached room temperature
- Store your ENBREL outside of its original carton



Have supplies ready

Before you inject with ENBREL, gather your alcohol wipes, cotton balls, a Band-Aid®, and a sharps disposal container.

STORING YOUR ENBREL

- You may store ENBREL at room temperature between 68°F and 77°F (20°C and 25°C) for up to 30 days
- Store ENBREL in the original carton to protect from light or physical damage
- Keep ENBREL and all medicines out of the reach of children



Refill reminders

In addition to setting reminders for your injection, be sure to note when you'll receive refills of your ENBREL and mark those on your calendar as well. Stay in touch with your doctor to see if you need refills to avoid a situation where you're without your prescribed ENBREL medication.

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EMBARK® APP

The Embark App can help you establish and create your injection routine. Plus, it puts many other helpful resources in the palm of your hand. With Embark, you'll be able to:

- Create a treatment calendar to schedule reminders for ENBREL and any other medications you may be taking.
- Track injection sites on your body to help you stay on top of your routine and easily share that information with your healthcare team.

TRACK IMPROVEMENTS WITH STATWISE™

If you have moderate to severe rheumatoid arthritis (RA) or psoriatic arthritis (PsA), here's a program to help you track signs of improvement you might be missing. The simple-to-use STATWISE™ text message program may help you answer the question, "Is ENBREL working for me?"

It just takes a few moments to respond to 3 text messages every day and rate your symptoms. Every 2 weeks a STATWISE™ symptom chart is sent to you that captures your personal experience, which may help you better understand your progress with ENBREL.

Download the EMBARK® App for free

Simply scan the QR code with your camera



Enroll in STATWISE™

Visit www.GetStatwise.com to enroll in STATWISE™ today, or simply scan this code with your phone's camera



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DOSAGE AND ADMINISTRATION

Adult Patients

ENBREL is administered by subcutaneous injection.

Indication	Recommended Dose
Adult RA, AS, and PsA	50 mg weekly
Adult PsO	Starting dose: 50 mg twice weekly for 3 months Maintenance dose: 50 mg once weekly

See the ENBREL Instructions for Use, which come with your ENBREL medication, for detailed information on injection site selection and dose administration, and Patient Counseling Information.

ADULT RHEUMATOID ARTHRITIS, ANKYLOSING SPONDYLITIS, AND PSORIATIC ARTHRITIS PATIENTS:

Methotrexate, glucocorticoids, salicylates, nonsteroidal anti-inflammatory drugs (NSAIDs), or analgesics may be continued during treatment with ENBREL.

Based on a study of 50 mg ENBREL twice weekly in patients with RA that suggested higher incidence of adverse reactions but similar American College of Rheumatology (ACR) response rates, doses higher than 50 mg per week are not recommended.

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ADULT PLAQUE PSORIASIS PATIENTS:

In addition to the 50 mg twice-weekly recommended starting dose, starting doses of 25 mg or 50 mg per week were shown to be effective. The proportion of responders was related to the ENBREL dosage.

Pediatric Patients

ENBREL is administered by subcutaneous injection.

DOSING AND ADMINISTRATION FOR PEDIATRIC PATIENTS (PsO or JIA)	
Pediatric Patient's Weight	Recommended Dose
63 kg (138 pounds) or more	50 mg weekly
Less than 63 kg (138 pounds)	0.8 mg/kg weekly

To achieve pediatric doses other than 25 mg or 50 mg, use the ENBREL single-dose vial.

Doses of ENBREL higher than those described in the table on the prior page have not been studied in pediatric patients.

In JIA patients, glucocorticoids, NSAIDs, or analgesics may be continued during treatment with ENBREL.

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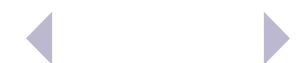
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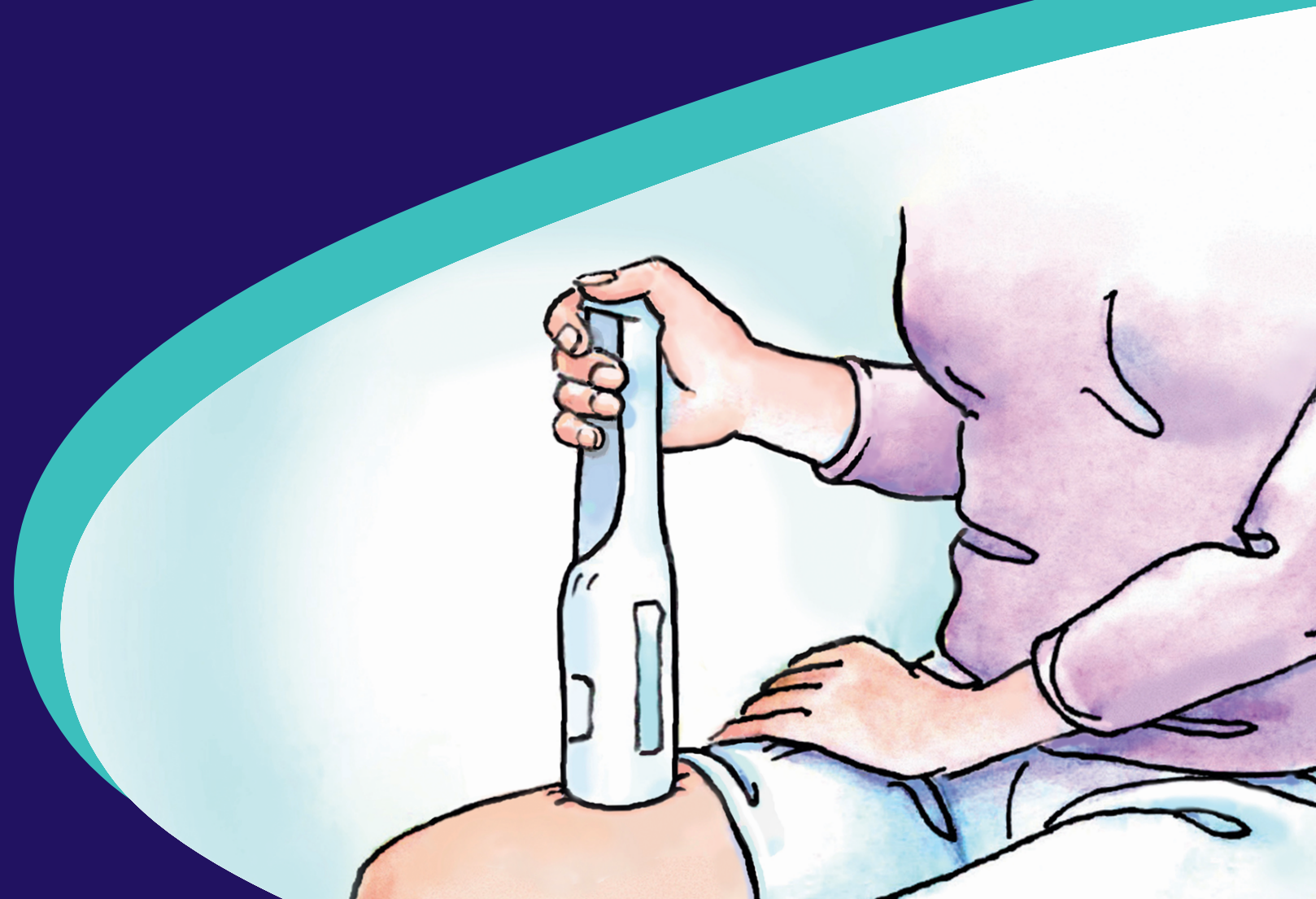
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06 Injection Support

Injecting on Your Own

Knowing how to inject correctly is a key part of taking ENBREL with confidence. After you've been trained by your healthcare provider, AMGEN® SupportPlus has a variety of additional resources to help you get more comfortable injecting with ENBREL.



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MEET YOUR AMGEN® NURSE PARTNER

Amgen Nurse Partners* can provide the following at no cost to you as an ENBREL patient:

- One-on-one support to help you get more comfortable injecting on your own,* available virtually
- General information about your condition, how ENBREL works, and the Important Safety Information
- Answers to frequently asked questions on topics such as traveling with ENBREL, storage, and establishing your treatment routine
- Guidance on resources that may help lower out-of-pocket medication costs

*Amgen Nurse Partners are not part of your treatment team and do not provide medical advice, nursing, or case management services. Nurse Partners will not inject patients with Amgen medications. Patients should always consult their healthcare provider regarding medical decisions or treatment concerns.



Get connected with a dedicated Amgen Nurse Partner by enrolling online at enbrel.com/support or over the phone at **1-888-4ENBREL** (1-888-436-2735) between 8:00 AM and 8:00 PM (ET), Mon-Fri.

Amgen nurse partners can provide one-on-one virtual or in-person support including supplemental injection support.

INJECTION OPTIONS

There are a number of different ENBREL injection options. Your doctor will have prescribed the injection option that's right for you depending on your needs. The next page contains links to instructions for each injection option. You can also watch the demo videos available to you that provide an overview and basic information about each injection option for ENBREL.

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Please see Important Safety Information on pages 9-11 and [click here for Prescribing Information and Medication Guide.](#)



Important!

- Thoroughly review the Instructions for Use before taking ENBREL. These instructions cover everything you need to know about how to use ENBREL
- The information in demonstration videos is intended to provide you with an overview and basic information about each injection option for ENBREL. They do not replace the Instructions for Use
- Please contact your healthcare provider if you have any questions

Demo Videos

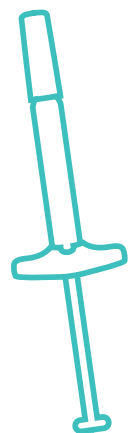
To watch a demo video with helpful tips on using your injection option, scan the QR code below for the injection method your doctor has prescribed.



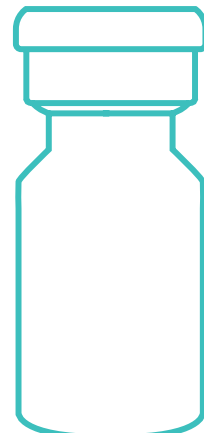
ENBREL Mini[®] Cartridge with AutoTouch[®] Autoinjector



SureClick[®] Autoinjector



Prefilled Syringe



Single-Dose Vial



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07 Traveling With ENBREL

When traveling with your ENBREL it's important not to miss your injections, so please keep the following in mind:

ENBREL can be kept at room temperature for up to 30 days. It cannot be put back in the fridge once it reaches room temperature, so keep this in mind when making travel plans. DO NOT use ENBREL that has been stored at room temperature after 30 days.

If you have not received a travel kit already, you can request one by calling us at 1-888-4-ENBREL (1-888-436-2735).



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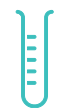
What to bring in a travel bag

- Your medication
- A copy of your prescription
- ENBREL syringes in their original carton
- A sharps disposal container for easy needle disposal
- ENBREL Travel Card (**please see the inside front cover of this guide for yours**)
- Anything you may use as part of your injection routine (alcohol wipes, cotton balls, bandages, etc)

Always remember to inform the TSA that you're traveling with an injectable medicine and if you have a sharps container with you when going through security.

Important!

Keep your ENBREL in your carry-on luggage. **DO NOT CHECK IT**, especially if you use the ENBREL Mini[®] cartridge with AutoTouch[®] autoinjector, as the autoinjector contains a lithium battery.



How to store ENBREL on a trip

- **Do not** place ENBREL in your checked baggage
- **Do not** store ENBREL in extreme heat or cold—for example, in a vehicle's glove box or trunk

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How to navigate security checkpoints

- Notify security screeners that you are carrying a sharps container
- Consider requesting a “hand check” of your medication kit to avoid delays
- Be prepared to display, handle, and repack your own medication and supplies
- Check with your airline before you travel, as security regulations may change
- Research the requirements of other countries you’re visiting



Traveling by car

You can use ice packs or a cooler to keep ENBREL refrigerated on the go. Do not store ENBREL in the glove compartment or trunk to avoid getting it too hot, or anywhere in the car that may be too cold.

Keep in mind that even if your ENBREL is safely stored in your car, the temperature may change greatly when the engine is off. Consider taking your ENBREL with you to keep it at room temperature if you’re going to be leaving your car to go to a rest stop, gas station, or restaurant for an extended period of time.



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08 What Improvement Might Look Like

What to Expect

ENBREL works differently for everyone. For those seeing improvements with ENBREL, some may see results more quickly than others, or may see greater results than others. Some may not have the results they desire or may experience side effects. See Important Safety Considerations to the right, and full Important Safety Information on pages 9-11.

This section can help you understand what to look for and how to track your progress as you wait to see signs of improvement.

- Taking your medication as prescribed gives ENBREL the best chance to work for you. Not taking your medication regularly as prescribed by your doctor, including delaying or skipping doses, may make you less likely to see the benefits of ENBREL
- Be sure to talk to friends and family about improvements as well. They may recognize improvements you have not



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For Adults with moderate to severe Rheumatoid Arthritis (RA):

ENBREL works differently with each person. Some results are seen quickly, and other times it may take a little longer. Consistency with taking ENBREL will help you to get the best results possible for you. **Your results may vary.**

In a medical study*:

1-2 weeks	3 months	6 months	5 years
In as early as 1-2 weeks, some people started to feel less pain, stiffness, and swelling.	At 3 months, nearly 2 out of 3 people felt less pain and stiffness.	At 6 months, some people who saw an improvement at 3 months continued to see even greater improvements in their condition.	Over half (55%) of the people who stayed with ENBREL for 5 years had no additional joint damage.

Keep taking ENBREL as prescribed by your doctor to see how ENBREL might work for you. Keep in mind your results may vary. You may need to give ENBREL time to work.

*Be sure to work with your doctor throughout your treatment with ENBREL.

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For Adults with Psoriatic Arthritis (PsA):

ENBREL helps relieve joint pain, swelling, and skin symptoms that come from psoriatic arthritis, while helping to stop joint damage from getting worse. **Your results may vary.**

In a medical study*†:

4 weeks	6 months	2 years
In as early as 4 weeks , some people had reduced signs and symptoms (red, scaly patches of skin and joint pain, stiffness, and swelling began to improve).	At 6 months , nearly half (47%) of people had 50% improvements in their skin symptoms.	And at 2 years , most people who continued taking ENBREL showed little or no additional joint damage.

*Be sure to work with your doctor throughout your treatment with ENBREL.

†In a clinical study, ENBREL was shown to be effective in improving joint symptoms in about half of psoriatic arthritis patients who used it. Clinical responses were apparent at the time of the first visit (4 weeks) and were maintained through 6 months of therapy.

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For patients 4 years and older with chronic moderate to severe Plaque Psoriasis (PsO):

Since 2004, ENBREL has helped people with moderate to severe PsO get clearer skin. **Your results may vary.**

In medical studies in adults*:

3 months	6 months
At 3 months , nearly half of people had 75% skin clearance . Overall, about 3 out of 4 people had 50% skin clearance .	Many people who saw improvement in their skin symptoms at 3 months maintained clearance through 6 months .

For Adults with Ankylosing Spondylitis (AS):

ENBREL is proven to help relieve the back pain, swelling, and stiffness in people with AS. ENBREL can also help improve your range of motion and your ability to move your joints. **Your results may vary.**

In a medical study*:

12 weeks	6 months
At 12 weeks , most people (60%) had reduced back pain and stiffness.	At 6 months, 3 out of 5 people felt less back pain, swelling, and stiffness.

*Be sure to work with your doctor throughout your treatment with ENBREL.

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For Children 2 and older with moderate to severe Polyarticular Juvenile Idiopathic Arthritis (JIA):

ENBREL helps to relieve the joint pain, stiffness, and swelling that come from moderate to severe polyarticular JIA. **Your results may vary.**

In a medical study*:

3 months	7 months	4 years
In as early as 3 months, nearly 3 out of 4 children taking ENBREL felt less pain, stiffness, and swelling.	At 7 months, some children who improved at 3 months continued to improve for an additional 4 months while on ENBREL.	At 4 years, most children who improved and continued to take ENBREL were able to maintain their responses.

Keep taking ENBREL as prescribed by your doctor to see how ENBREL might work for you. Keep in mind your results may vary. You may need to give ENBREL time to work.

*Be sure to work with your or your child's doctor throughout your treatment with ENBREL.

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09 Caring for Yourself

In addition to following your doctor's treatment plan, make sure you are taking care of YOU. That can include taking the time to make positive and healthy lifestyle choices and thinking about ways you can help to self-manage your condition, both physically and emotionally.

While these choices won't necessarily impact how ENBREL works for you, they may make a difference in how your condition impacts your day-to-day activities and your outlook.

Having things like the right fitness plan and/or diet and a positive attitude can go a long way towards helping manage your condition.

On the following pages are some tips that may help you.



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Staying Active

Exercising may be the last thing on your mind, especially if you are experiencing severe symptoms. But with symptom relief, you may be thinking how you can return to activities that are important to you, including exercise.

Make sure you talk with your doctor to come up with a plan to increase your physical activity together. Be sure to keep communicating with your doctor about how it's going and what changes you can make over time.

Healthy Diet

A healthy diet can go a long way. Try introducing a diet that's low in processed foods and saturated fats and replacing them with anti-inflammatory foods like berries, cherries, and leafy greens.

Keeping Positive

Savor the little things! Celebrate small achievements, from opening a jar to spending an afternoon with loved ones.

- **Don't sweat the small stuff:**

- When symptoms are flaring or you're not feeling well, give yourself permission to take care of yourself

- **Keep things in perspective:**

- Some days, you may get angry because things take longer to do, or you just can't do them all together, and that's okay. The chronic nature of your condition means there will be tough days, but take things at your own pace and don't feel bad about it

- **Planning ahead:**

- Thinking ahead can be very important when managing your condition. On your good days, take time to prepare for any bad days by doing meal prep or working on activities that may be harder on days with flare-ups.

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10 Supporting Loved Ones Taking Medication

Acknowledging Your Role

Chronic conditions can make life very difficult not only for the patient but also for their caregivers and loved ones. It can be hard to know what's happening in your loved one's body, or what you can do to brighten their day or ease their load. It's important to communicate and share with your loved one about your mutual needs so that you can understand what questions to ask, what expectations to have, and concrete ways you can help care for them.

How Are They Feeling?

Your loved one may be experiencing anxiety, fear, frustration, despair, or even anger. Given the challenges of their condition, these emotions are very common, and quite normal. It's important to recognize that they have just begun a new treatment, and that this may be the latest in a long line of medications they've tried. The cycle of hope and frustration that comes with starting a new medication can be challenging.



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The Hidden Nature of Chronic, Inflammatory Conditions

Not all chronic conditions are visible on the outside. Your loved ones may look fine, but may be in significant physical pain that limits their ability to do everyday activities. When symptoms are bad, it may be hard to keep pace with the demands of a busy life, and they may be unwilling to commit to making plans in the future.

Empathy and Acceptance

Your loved one may feel that no one can really understand what they are going through. Trying to imagine what your loved one is going through and being more aware of their emotions can demonstrate caring and support. Try to accept what your loved one is telling you about how they are feeling and what they are able to do.

Some Ways You Can Offer to Help

- Actively listen to your loved one when they talk about their limitations. Even with treatment, there may be some bad days when their symptoms are more severe
- Get involved. If your loved one is making lifestyle changes for their condition, ask what you can do to help—for example, researching foods that may reduce inflammation and offering to cook a special meal
- Understand that there will be good days and bad ones. Even with treatment, bad days are often a reality in a chronic condition. If you're sensing it may be a bad day, you can ask "Are you still feeling up for this today?" If the answer is "No," try to readily accept that answer and come up with a different plan
- Be encouraging. Your loved one may be on a difficult journey with their medical condition. They may be experiencing a loss of control over their situation, a lack of motivation, or even hopelessness. Celebrate the good days and comfort them during the bad. Do what you can do to help them maintain a positive outlook

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