



# 15 Minutes With Your Rheumatologist

A Conversation Guide for your next appointment

**Benlysta**  
(belimumab)  
Intravenous Use 120 mg/vial  
Subcutaneous Use 200 mg/mL

—Morgan, real patient compensated by GSK

## Using the Conversation Guide

Whether you have 15 minutes, 30 minutes, or more with your rheumatologist, this Conversation Guide can help you focus your conversation, collect your questions, and recall details that could be important. **And you'll be ready to answer when your doctor asks, "How have you been?"**

Scroll down to reveal the Conversation Guide, "15 Minutes With Your Rheumatologist." Set aside some time to fill it out before your next appointment.

## Remember to be honest

This is not the time to worry about whether you're making a good impression. **Just describe what your symptoms have been, even if they're hard to talk about or hard to explain.** Your doctor can't help if they don't know what's going on with you!

## Steps 1 & 2

1. Have you had any lupus flares since you last saw your doctor? \_\_\_\_\_

2. If yes, list some details below.

"Hi, Dr. Smith. I've had a flare since we last met, and here's what happened."

| Date   | Main symptoms     | If you were treated, where and what was done? | About how long were you sick?        |
|--------|-------------------|---|--------------------------------------|
| 9-5-20 | Rash that's worse | Urgent care, new medicine added               | 10 days, still not completely better |
|        |                   |   |                                      |
|        |                   |   |                                      |

## What is BENLYSTA (belimumab)?

BENLYSTA is a prescription medicine used to treat patients with active systemic lupus erythematosus (SLE or lupus) who are receiving other lupus medicines. BENLYSTA is also used to treat adult patients with active lupus nephritis (lupus-related kidney inflammation) who are receiving other lupus medicines. Both intravenous and subcutaneous dosing of BENLYSTA are approved for adults with SLE and lupus nephritis. Intravenous dosing of BENLYSTA is approved in children aged 5 years and older with SLE.

It is not known if BENLYSTA is safe and effective in people with severe active central nervous system lupus, and it has not been studied in combination with other biologics. Use of BENLYSTA is not recommended in these situations.

Do not receive BENLYSTA if you are allergic to belimumab or to any of the ingredients in BENLYSTA.

## Important Safety Information

### The most important information to know about BENLYSTA

Immunosuppressive agents, including BENLYSTA, can cause serious side effects. Some of these side effects may cause death.

Please see additional Important Safety Information throughout and accompanying Important Facts About BENLYSTA.

# 15 Minutes With Your Rheumatologist

## Step 3

3. What symptoms have you been experiencing? List your most frequent and most serious symptoms here. Remember, you don't need to decide if a symptom is related to lupus or lupus nephritis. Share them all!

"I've also been having other symptoms, even when I'm not having a flare. Here's what they are."

| Symptom                           | How often?                                 | How is it affecting your daily life?  | Is it new since your last visit? |
|-----------------------------------|--|---------------------------------------|----------------------------------|
| <i>Pain in fingers and wrists</i> | <i>Every day, but worse in the morning</i> | <i>Getting dressed, cooking meals</i> | <i>Yes</i>                       |
| <i>Blood in my urine</i>          | <i>Every time I go</i>                     | <i>I'm worried about my kidneys</i>   | <i>Yes</i>                       |
|                                   |  |                                       |                                  |
|                                   |  |                                       |                                  |
|                                   |  |                                       |                                  |

### Important Safety Information (cont'd)

#### The most important information to know about BENLYSTA (cont'd)

- **Infections:** fever, chills, pain or burning with urination, urinating often, coughing up mucus, or warm, red, or painful skin or sores on your body. Infections could be serious, leading to hospitalization or death.
- **Allergic (hypersensitivity) reactions:** itching, swelling of the face, lips, mouth, tongue, or throat, trouble breathing, anxiousness, low blood pressure, dizziness or fainting, headache, nausea, or skin rash. Serious allergic reactions can happen on the day of, or in the days after, receiving BENLYSTA and may cause death.
- **Mental health problems and suicide:** thoughts of suicide or dying, attempt to commit suicide, trouble sleeping (insomnia), new or worse anxiety or depression, acting on dangerous impulses, other unusual changes in your behavior or mood, or thoughts of hurting yourself or others.

#### Before receiving BENLYSTA also discuss with your healthcare provider if you:

- think you have an infection or have infections that keep coming back. You should not receive BENLYSTA if you have an infection unless your healthcare provider tells you to.
- have or have had mental health problems such as depression or thoughts of suicide.

Please see additional Important Safety Information throughout and accompanying Important Facts About BENLYSTA.

## Steps 4, 5 & 6

4. How have your symptoms been affecting your life?

*I had to cancel last minute on my best friend's birthday party.*

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5. What are the main questions you have for your doctor today?

*I've had two severe flares since I last saw you. Can we talk about my treatment plan?*

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You can also ask:

- I'm asking about BENLYSTA because *I want to know your thoughts*
- How can we tell if BENLYSTA could be right for me?
- What do you think the pros and cons of BENLYSTA would be for me?
- How long does it take for BENLYSTA to work? How long would I need to take BENLYSTA?
- How is BENLYSTA administered? Which option would be best for me?
- What are my payments for BENLYSTA? Is there any financial support available?

6. End the appointment by asking:

"What else can I be doing to manage my lupus?"

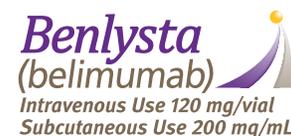
## Important Safety Information (cont'd)

**Before receiving BENLYSTA also discuss with your healthcare provider if you: (cont'd)**

- have recently received a vaccination or if you think you may need a vaccination. If you are receiving BENLYSTA, you should not receive live vaccines.
- are taking other medicines, including prescription and over-the-counter medicines, vitamins, and herbal supplements.
- are allergic to other medicines.
- are receiving other biologic medicines or monoclonal antibodies.
- have or have had any type of cancer.
- have any other medical conditions.
- are pregnant or plan to become pregnant. It is not known if BENLYSTA will harm your unborn baby. You should talk to your healthcare provider about whether to prevent pregnancy while on BENLYSTA. If you choose to prevent pregnancy, you should use an effective method of birth control while receiving BENLYSTA and for at least 4 months after the final dose of BENLYSTA.  
Tell your healthcare provider right away if you become pregnant during your treatment with BENLYSTA or if you think you may be pregnant.
- become pregnant while receiving BENLYSTA. Talk to your healthcare provider about enrolling in the BENLYSTA Pregnancy Registry. You can enroll in this registry by calling 1-877-681-6296. The purpose of this registry is to monitor the health of you and your baby.
- are breastfeeding or plan to breastfeed. It is not known if BENLYSTA passes into your breast milk. You and your healthcare provider should talk about whether or not you should receive BENLYSTA and breastfeed.

Please see additional Important Safety Information throughout and accompanying Important Facts About BENLYSTA.

# 15 Minutes With Your Rheumatologist



## Additional information:

Have you been diagnosed with any other illnesses or conditions since you were last here?

*Bronchitis, 6/20*

Are you taking any new medicines since you were last here?

*Multivitamin since 5/20*

Are you being treated for any other conditions by other physicians?

*High blood pressure*

## Nice work! You're ready to make the most of your time with your doctor.

When you share information with your doctor in a clear and organized way, you'll have time to talk about your questions and create a treatment plan that's best for you. And you'll be ready to answer when your doctor asks, "How have you been?"

## Important Safety Information (cont'd)

### Possible side effects of BENLYSTA

- **Progressive multifocal leukoencephalopathy (PML).** PML is a serious and life-threatening brain infection. PML can result in death or severe disability. Tell your healthcare provider right away if you notice any new or worsening medical problems: memory loss, trouble thinking, dizziness or loss of balance, difficulty talking or walking, or loss of vision.
- **Cancer.** Medicines that affect the immune system, including BENLYSTA, may increase your risk of certain cancers.

The most common side effects of BENLYSTA are nausea, diarrhea, fever, stuffy or runny nose and sore throat, persistent cough, trouble sleeping, leg or arm pain, depression, headache, and pain, redness, itching, or swelling at the site of injection (when given subcutaneously). These are not all the possible side effects of BENLYSTA. Call your doctor for medical advice about side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

Please see [Prescribing Information](#) and [Medication Guide](#) for BENLYSTA and accompanying Important Facts About BENLYSTA.

Have questions or  
need assistance?

**BENLYSTA**  
*Cares*

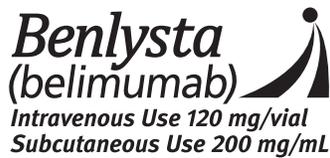
Call 1-877-4-BENLYSTA  
(1-877-423-6597)

Insured

Underinsured

Uninsured

Whether you are insured, underinsured, or uninsured, BENLYSTA Cares and our team at BENLYSTA Gateway may be able to help.



## IMPORTANT FACTS ABOUT BENLYSTA

The risk information presented here is not comprehensive. To learn more, talk to your healthcare provider (HCP). Visit [www.BENLYSTA.com](http://www.BENLYSTA.com) or call 1-877-423-6597 to get FDA-approved product labeling, including Medication Guide.

### What is the most important information I should know about BENLYSTA?

Immunosuppressive agents, including BENLYSTA, can cause serious side effects. Some of these side effects may cause death. Tell your HCP right away if you get any of the following signs or symptoms while receiving BENLYSTA:

- **Infections.** Infections could be serious, leading to hospitalization or death. Symptoms can include: fever, chills, pain or burning with urination, urinating often, coughing up mucus, warm, red, or painful skin or sores on your body.
- **Allergic (hypersensitivity) reactions.** Serious allergic reactions can happen on the day of, or in the days after, receiving BENLYSTA and may cause death. Symptoms can include: itching, swelling of the face, lips, mouth, tongue, or throat, trouble breathing, anxiousness, low blood pressure, dizziness or fainting, headache, nausea, skin rash.
- **Mental health problems and suicide.** Symptoms can include: thoughts of suicide or dying, attempt to commit suicide, trouble sleeping, new or worse anxiety, new or worse depression, acting on dangerous impulses, other unusual changes in your behavior or mood, thoughts of hurting yourself or others.

### What is BENLYSTA?

BENLYSTA is a prescription medicine used to treat patients with active systemic lupus erythematosus (SLE or lupus) who are receiving other lupus medicines. BENLYSTA is also used to treat adult patients with active lupus nephritis (lupus-related kidney inflammation) who are receiving other lupus medicines. Both intravenous and subcutaneous dosing of BENLYSTA are approved for adults with SLE and lupus nephritis. Intravenous dosing of BENLYSTA is approved in children aged 5 years and older with SLE.

It is not known if BENLYSTA is safe and effective in people with severe active central nervous system lupus.

### Who should not use BENLYSTA?

Do not use BENLYSTA if you are allergic to belimumab or any of the ingredients in BENLYSTA.

### What should I tell my HCP before receiving BENLYSTA?

Before you receive BENLYSTA, tell your HCP about all of your medical conditions, including if you:

- think you have an infection or have infections that keep coming back. You should not receive BENLYSTA if you have an infection unless your HCP tells you to. See “What is the most important information I should know about BENLYSTA?”
- have or have had mental health problems such as depression or thoughts of suicide.
- have recently received a vaccination or if you think you may need a vaccination. If you are receiving BENLYSTA, you should not receive live vaccines.
- are allergic to other medicines.
- are receiving other biologic medicines or monoclonal antibodies.
- have or have had any type of cancer.
- are pregnant or plan to become pregnant. It is not known if BENLYSTA will harm your unborn baby. You should talk to your HCP about whether to prevent pregnancy while on BENLYSTA. If you choose to prevent pregnancy, you should use an effective method of birth control while receiving BENLYSTA and for at least 4 months after the final dose of BENLYSTA. Tell your healthcare provider right away if you become pregnant during your treatment with BENLYSTA or if you think you may be pregnant.

- are breastfeeding or plan to breastfeed. It is not known if BENLYSTA passes into your breast milk. You and your HCP should talk about whether or not you should receive BENLYSTA and breastfeed.

Tell your HCP about all medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

### What are the possible side effects of BENLYSTA?

BENLYSTA can cause serious side effects including:

- **Progressive multifocal leukoencephalopathy (PML).** PML is a serious and life-threatening brain infection. Your chance of getting PML may be higher if you are treated with medicines that weaken your immune system, including BENLYSTA. PML can result in death or severe disability. Tell your HCP right away if you notice any new or worsening medical problems such as: memory loss, trouble thinking, dizziness or loss of balance, difficulty talking or walking, loss of vision.
- **Cancer.** BENLYSTA may reduce the activity of your immune system. Medicines that affect the immune system may increase your risk of certain cancers.

The most common side effects of BENLYSTA include: nausea, diarrhea, fever, stuffy or runny nose and sore throat, persistent cough, trouble sleeping, leg or arm pain, depression, headache, and pain, redness, itching, or swelling at the site of injection.

These are not all the possible side effects of BENLYSTA. Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Keep BENLYSTA and all medicines out of reach of children.

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Research Triangle Park, NC 27709

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