

## Appointment

# CHECKLIST

Your doctor depends on you to share your experience so together you can create a treatment plan that's right for you.

**Do you see a primary care doctor or rheumatologist for your rheumatoid arthritis (RA) symptoms?**

Primary Care Doctor

Rheumatologist

**How long does your morning stiffness last?**

Up to 30 minutes

30 minutes to 1 hour

More than 1 hour

**How difficult is it for you to manage daily activities that require full body movement—like getting in and out of bed, bathing, and drying yourself, or walking outdoors on flat ground?**

Not difficult

Somewhat difficult

Very difficult

**How difficult is it for you to manage daily activities that require small motor movement—like tying shoelaces, fastening buttons, turning faucets on or off, or lifting a glass to your mouth?**

Not difficult

Somewhat difficult

Very difficult

**Rate your symptoms.**

My joints hurt.

<input type="checkbox"/> A little	<input type="checkbox"/> A lot	<input type="checkbox"/> Never
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My joints are swollen.

<input type="checkbox"/> A little	<input type="checkbox"/> A lot	<input type="checkbox"/> Never
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I'm tired.

<input type="checkbox"/> A little	<input type="checkbox"/> A lot	<input type="checkbox"/> Never
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**What medications (prescription and over-the-counter) are you currently taking?**

<input type="checkbox"/> Analgesics	<input type="checkbox"/> NSAIDs	<input type="checkbox"/> Corticosteroids
<input type="checkbox"/> DMARDs (like methotrexate)	<input type="checkbox"/> Biologics	<input type="checkbox"/> JAK Inhibitors

Be sure to take a list of all the medications you take, including the dosage, to your doctor appointment.