



You do your best to manage your lupus, but taking care of yourself isn't something you have to do alone. There are people in your life and resources available to help you take control.

Consider the following situations, and identify the person in your life who could best help you in each scenario. You'll also find suggestions for additional resources that may help you along the way. Share this worksheet with your healthcare team so you can work together to build the right support plan for you.



When I have questions about my symptoms,

I'll ask _____.

I can also use my **Lupus Checklist** to record my symptoms and any changes I notice.

When I have questions about my medicines,

I'll ask _____.

My **Appointment Prep Guide** lets me write down the questions I want to ask my healthcare team.



When I need support,

I'll go to _____.

Finding a local lupus support group is another way to connect with people who understand what I'm going through.

When I want to swap healthy recipes,

I'll call _____.

The **Lupus Journal** provides a space where I can write down recipes of foods that I've tried, and I feel are good for me. I can sign up to receive a free journal at **UsinLupus.com**.



When I _____,

I'll go to _____.

UsinLupus.com has great resources, including a free **Lupus Journal**, the **Lupus Log**, the **Appointment Prep Guide**, and the **Lupus Tracker**.

