



Although your lupus symptoms may vary from day to day, identifying a typical day for you and tracking your symptoms may help you spot the warning signs of a flare-up.

Work with your healthcare team to fill this out so you know what to pay attention to and what to do when you experience changes. When you work with your healthcare team to plan ahead, you can take steps that may help prevent flare-ups or may make your symptoms feel less severe.

I can create my plan at my appointment on ____ / ____ / ____ @ ____.

MY TYPICAL DAY

The symptoms I regularly experience include (eg, skin rash, joint pain, fatigue)

MY FLARE-UPS

The plan for when my symptoms are worse than my typical day

If I feel a new kind of pain

Action: _____

If I become more fatigued

Action: _____

If my emotions intensify

Action: _____

If my ability to manage my day-to-day schedule worsens

Action: _____

If I notice changes in my usual symptoms

Action: _____

If: _____

Action: _____

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





Another way to manage your lupus is keeping your healthcare team informed. Use this worksheet to keep track of your healthcare providers and the medications you take regularly. **This provides valuable information that your team needs to help you get the most out of your care.**

Fill this out, and make copies for each member of your healthcare team.

MY HEALTHCARE TEAM

Doctor/Specialist

Name

Phone



 Rheumatologist



 Primary Care



 Nephrologist



 Gastroenterologist



 Dermatologist



 Orthopedist



 Neurologist

MY MEDICINES

Medicine

Dose

How Often

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