

Move the **fibromyalgia conversation** *forward*

CONVERSATION CHECKLIST

Whether you are recently diagnosed with fibromyalgia, or have been living with it for years, take a moment to answer a few questions about your experience, then use this step-by-step guide to help describe the full impact of your symptoms and support a more open conversation with your doctor.

| ou know your symptoms bette | ne Your Symptoms er than anyone, but it can be helpful for your laily life. Select the level of impact the followi | - |
|---|---|---|
| Widespread pain ain felt across the body. Does not impact Moderately impacts Severely impacts | Disturbed sleep Trouble falling asleep, trouble staying asleep, or feeling tired even after rest. Does not impact Moderately impacts Severely impacts | Fatigue Feeling physically or mentally exhausted. Does not impact Moderately impacts Severely impacts |
| Brain fog ifficulty thinking clearly. Does not impact Moderately impacts Severely impacts | Mood changes Feeling stressed, depressed, or anxious. Does not impact Moderately impacts Severely impacts | Stiffness in joints, usually in the morning. Does not impact Moderately impacts Severely impacts |
| you experience other symp | otoms not listed above, please note them | n here: |
| | | |

STEP 2 Q Identify How Your Symptoms Connect

Fibromyalgia can cause many symptoms, and each one can intensify the next. Understanding how your symptoms are connected can play a key role in managing them. For each sentence below, check the option that best describes your experience:

| When my pain is worse, my sleep is | BETTER | WORSE | THE SAME |
|--|---------|-----------|-------------|
| When I don't get a good night's sleep, my fatigue is | MORE | LESS | THE SAME |
| When I don't get a good night's sleep, my pain is | BETTER | WORSE | THE SAME |
| When I feel more fatigued, daily activities are | HARDER | EASIER | THE SAME |
| When I feel more fatigued, I have trouble focusing | ALWAYS | SOMETIMES | NEVER |
| When I experience fibromyalgia flare-ups, my mental health | SUFFERS | IMPROVES | IS THE SAME |

When you reflect on your responses, do you see any patterns or connections between your symptoms? Sharing this information with your doctor can provide them with a better sense of interconnectedness of your symptoms and may help lead to more effective care.

Describe the Full Impact of Your Symptoms

Managing your symptoms starts with understanding the effect they have on your life. Please select the options that reflect the adjustments you've had to make due to your experience with fibromyalgia (select all that apply):

I've had to stop working or reduce my hours.

I avoid social events or spending time with others.

I've withdrawn from hobbies and activities I used to enjoy.

I avoid making plans because of the unpredictability of my condition.

I sleep in late and/or take naps during the day to make up for disrupted sleep at night.

I've felt disconnected or isolated from my friends and family.

STEP 4 💬

STEP 3

Voice Your Symptoms

You know yourself best, and you need to be part of the discussion when it comes to treating fibromyalgia.

Understanding how your symptoms may be connected and being able to fully describe your experience is a powerful first step. Bring these responses to your next doctor's appointment to help guide a more robust conversation about the full impact of your symptoms and disrupting the cycle.

Thank you for using the Conversation Checklist

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