

# QUESTIONS FOR YOUR HEALTHCARE PROVIDER

Following your relapsing multiple sclerosis (RMS) diagnosis, it's important to choose a therapy that helps you reach your treatment goals.

Here are some things to consider when thinking about your options:

## Questions about choosing a treatment:

1. What treatment goals should I consider when looking at my treatment options?

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4. What are the possible side effects of my treatment options?

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2. What might make one treatment a better choice for me than another?

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5. Does the treatment offer product features designed for flexibility?

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3. What are the safety profiles of the treatments I'm considering?

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## INDICATION

Rebif® (interferon beta-1a) is a prescription medicine used to treat relapsing forms of multiple sclerosis, to include clinically isolated syndrome, relapsing-remitting disease, and active secondary progressive disease, in adults.

Please see Rebif® [Prescribing Information](#) and [Medication Guide](#), as well as Important Safety Information on pages 5-6.

 **Rebif**<sup>®</sup>  
(interferon beta-1a)  
subcutaneous injection

# QUESTIONS FOR YOUR HEALTHCARE PROVIDER *(cont'd)*

If you're wondering if Rebif® might be right for you, here are some additional questions you can ask your HCP to help you make a treatment decision.

## Questions about Rebif®:

1. Has Rebif® been proven effective at helping reduce relapses and lesions?

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2. Can Rebif® help slow disability progression?

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3. What kinds of support options are available to me with Rebif®?

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4. Does Rebif® increase my risk of progressive multifocal leukoencephalopathy (PML) or other infections?

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5. Will Rebif® continuously suppress my immune system?

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6. Are there any restrictions on getting vaccinations while on Rebif®?

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## IMPORTANT SAFETY INFORMATION *(cont'd)*

Before beginning treatment, you should discuss the potential benefits and risks associated with Rebif with your healthcare provider.

**Rebif can cause serious side effects.** Tell your healthcare provider right away if you have any of the symptoms listed below while taking Rebif.

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# QUESTIONS ABOUT RMS TREATMENT & FAMILY PLANNING

**There are a number of things to consider when you have RMS and are considering getting pregnant. Use the questions below to help start a discussion with your HCP about treating your RMS while planning for pregnancy:**

1. Can I take Rebif® (interferon beta-1a) when trying to get pregnant?

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4. What are my options for feeding my baby while on an MS treatment?

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2. Are pregnancy symptoms different for women with MS?

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5. Where can I get more information about pregnancy and MS?

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3. How can I protect myself against relapses after having my baby?

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## IMPORTANT SAFETY INFORMATION (cont'd)

- **Behavioral health problems including depression and suicidal thoughts.** You may have mood problems including depression (feeling hopeless or feeling bad about yourself), and thoughts of hurting yourself or suicide
- **Liver problems or worsening of liver problems including liver failure.** **Symptoms may include** nausea, loss of appetite, tiredness, dark colored urine and pale stools, yellowing of your skin or the white part of your eye, bleeding more easily than normal, confusion, and sleepiness. During your treatment with Rebif you will need to see your healthcare provider regularly and have regular blood tests to check for side effects

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# 7 TIPS FOR BETTER COMMUNICATION

Have you ever left a doctor's appointment and realized that you forgot to discuss thoughts or questions you had prepared? Are you overwhelmed by some of the language that your healthcare provider uses to discuss your test results or your multiple sclerosis?

Here are some ideas to help make conversations about MS with your healthcare provider more productive:

- 1 Make a list of your questions ahead of time.**  
Prioritize the top 3 questions you'd like to ask during your appointment and remember to take notes. Use the space provided on the next page, if you'd like.
- 2 Bring a friend or care partner with you.**  
It can help to have another person listen to your healthcare provider and take notes to help you remember the details later.
- 3 If you don't understand something, ask for clarification.**  
Try to repeat back, in your own words, what your healthcare provider says. This way you can be sure you understand. It can also be helpful to bring another person to your visit. Use the space provided below to take notes, if you'd like.
- 4 Try not to downplay your symptoms or feelings.**  
Remember, the people on your healthcare team are experts in caring for people living with RMS—be open and honest about how you're doing.
- 5 Be honest about your treatment habits.**  
If you've been skipping treatment, tell your healthcare provider. There's nothing to be ashamed of. Remember, they can't help you if they don't know what's really going on. Your healthcare provider may have tips that can get you back on track and stay motivated.
- 6 Ask about follow-up.**  
Is it best to get in touch by phone or email, or should you plan another visit?
- 7 Keep all of your medical records in one place.**  
Store your appointment notes, invoices, test results, treatment journal, etc., in a binder or box so that you can refer to them quickly and easily.

## IMPORTANT SAFETY INFORMATION (cont'd)

- **Serious allergic and skin reactions. Symptoms may include** itching, swelling of your face, eyes, lips, tongue or throat, trouble breathing, anxiousness, feeling faint, skin rash, hives, sores in your mouth, or skin blisters and peels

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## IMPORTANT SAFETY INFORMATION

Before beginning treatment, you should discuss the potential benefits and risks associated with Rebif with your healthcare provider.

**Rebif can cause serious side effects.** Tell your healthcare provider right away if you have any of the symptoms listed below while taking Rebif.

- **Behavioral health problems including depression and suicidal thoughts.** You may have mood problems including depression (feeling hopeless or feeling bad about yourself), and thoughts of hurting yourself or suicide
- **Liver problems or worsening of liver problems including liver failure. Symptoms may include** nausea, loss of appetite, tiredness, dark colored urine and pale stools, yellowing of your skin or the white part of your eye, bleeding more easily than normal, confusion, and sleepiness. During your treatment with Rebif you will need to see your healthcare provider regularly and have regular blood tests to check for side effects
- **Serious allergic and skin reactions. Symptoms may include** itching, swelling of your face, eyes, lips, tongue or throat, trouble breathing, anxiousness, feeling faint, skin rash, hives, sores in your mouth, or skin blisters and peels
- **Injection site problems. Symptoms at the injection site may include** redness, pain, swelling, color changes (blue or black), and drainage of fluid
- **Blood problems.** Rebif can affect your bone marrow and cause low red and white blood cell and platelet counts. In some people, these blood cell counts may fall to dangerously low levels. If your blood cell counts become very low, you can get infections and problems with bleeding and bruising. Your healthcare provider may ask you to have regular blood tests to check for blood problems
- **Seizures.** Some people have had seizures while taking Rebif

Rebif will not cure your MS but may decrease the number of flare-ups of the disease and slow the occurrence of some of the physical disability that is common in people with MS.

**Do not take Rebif if you** are allergic to interferon beta, human albumin, or any of the ingredients in Rebif.

**Before you take Rebif, tell your healthcare provider if you have or have had any of the following conditions:**

- mental illness, including depression and suicidal behavior
- liver problems, bleeding problems or blood clots, low blood cell counts, seizures (epilepsy), or thyroid problems
- you drink alcohol

continued on next page

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## IMPORTANT SAFETY INFORMATION (cont'd)

- you are pregnant or plan to become pregnant. It is not known if Rebif will harm your unborn baby
- you are breastfeeding or plan to breastfeed. Rebif may pass into your breastmilk. Talk with your healthcare provider about the best way to feed your baby if you take Rebif

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

### **The most common side effects of Rebif include:**

- flu-like symptoms. You may have flu-like symptoms when you first start taking Rebif. You may be able to manage these flu-like symptoms by taking over-the-counter pain and fever reducers. For many people, these symptoms lessen or go away over time. Symptoms may include muscle aches, fever, tiredness, and chills
- stomach pain
- change in liver blood tests

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of Rebif. For more information, ask your healthcare provider or pharmacist.

Call your doctor for medical advice about side effects.

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

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