



Create Your Most Valuable Plan

While your oncologist knows a lot about multiple myeloma, they won't know what is most important to you unless you clearly communicate your priorities, preferences and goals. Thinking through these factors and having them outlined ahead of your next appointment can help you and your oncologist create your Most Valuable Plan.

Complete the first two pages and bring to your next doctor's appointment to drive a discussion on your treatment options.

How strongly do you disagree or agree with the statements below?

I am physically active or exercise regularly.

- Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

I am willing to receive treatment with a medication that might interfere with my current routine.

- Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

I am willing to visit the clinic multiple times a week to receive treatment if my doctor recommends it.

- Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

I want to understand the potential side effects of my treatment.

- Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

I am interested in understanding how often I will take medications.

- Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

I want to know how I will take medications, for example, a pill at home, an IV in the clinic, a shot, etc.

- Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

Receiving the most effective treatment is most important to me.

- Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

Living as long as possible is the most important goal of my treatment.

- Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

MYELOMA EXPLAINED

Get the Most Out of Your Next Oncologist's Appointment

By filling out this page, you're well on your way to creating your **Most Valuable Plan**.

Get the most out of your next visit by downloading and reviewing the other resources available at **MyelomaExplained.com**:

-  Myeloma FAQ
-  Understanding Your Treatment

Print them out and bring all three documents to your next oncologist's appointment.

Prior Myeloma Treatment Experience

What previous myeloma treatments have you taken? How effective were they? Did you experience any side effects?

What aspects did you like or not like about how your doctor communicated information related to your previous treatment(s)?

Personal Preferences

Do you have any other personal preferences that you would like the oncologist to take into account when making treatment recommendations? For example, do you drive? Would you be able to attend the clinic by yourself or would you need someone to accompany you?

Treatment Goals

Based on the above criteria, list out below what you would most like to get out of your treatment. Keep in mind, multiple myeloma is incurable, so your treatment goals should highlight what matters to you most while considering what you are willing to do to achieve those goals. For example, attending your grandchild's wedding or continuing your favorite outdoor activity. Think about what matters to you most, and what you may be willing to compromise if necessary to achieve your treatment goals.

How involved do you like to be in working with your doctor to decide the right treatment for you?

What keeps you motivated to stay on the treatment plan/schedule that your doctor has recommended?

What's next?

Bring this completed questionnaire to your next doctor's appointment. This will help your doctor determine the best plan for you.



My Most Valuable Plan

Fill out this form during or following your doctor's appointment to create your Most Valuable Plan.

Date of Doctor's Visit: _____

Based on the discussion with my oncologist, we've determined the following treatment regimen is best for me:

Prescribed Medication	Dose	Schedule (i.e. how often you need to receive this medication)

Additional Notes From My Doctor Regarding My Treatment Regimen: _____

My Treatment Schedule

Most therapies for multiple myeloma are prescribed in cycles. Use the below calendar to fill out what day each week you'll need to receive each treatment over the course of the next four weeks.

Week 1:

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Week 2:

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Week 3:

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Week 4:

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

My Next Doctor Visit

Include details on your next doctor's appointment below.

Date: _____ Time: _____ Contact Information: _____

My Next Blood Work Appointment

Include details on your next blood work appointment below.

Date: _____ Time: _____ Contact Information: _____

Specialists

Did your doctor refer you to a specialist for any particular reason? Include that information below.

Specialty	Name of Doctor	Contact Information	Appointment Date	Appointment Time

By completing your plan, you've taken the first step to managing your multiple myeloma. Adhering to your plan is a critical part of managing your disease. Make sure to attend all recommended appointments and follow your treatment schedule as outlined by your doctor. Continue updating your plan as you change treatments and see new doctors/specialists.

If you have any additional questions about multiple myeloma, visit MyelomaExplained.com.