

**When multiple myeloma (MM) returns or you need to consider your next treatment
It's time to focus on you and your priorities**




I'M NOT DONE LIVING WELL

**A practical guide to uncovering
your priorities and improving
your wellbeing with MM**

Created with input from myeloma patients and care partners.

The information provided is for educational purposes only
and is not intended to replace discussions with a healthcare provider.

A programme developed by  **Pfizer**
Oncology

It's time to focus on what matters most to you

Identifying what matters most to you in your MM journey could help improve your wellbeing.

So, how can you develop a care plan with your healthcare team that better suits your needs? First, think about what is important to you. This may sound hard, but we're here to support you with step-by-step guidance and useful examples.

Once you find out what your top priorities are, you are ready to share these with your care partner(s) and healthcare team. Effective and positive conversations could help others understand what is important to you, and why. You will find tips and advice on how to start these conversations in booklet 2, 'Communicating effectively'.

Speaking to others about your priorities can help them understand how you feel and why. Together, you can work with your healthcare team to create a care plan that puts your priorities first.

This programme could help you feel more in control of your MM and improve your wellbeing.



Find out more about how this programme could help you throughout your journey with MM at www.myelomaandme.co.uk.

A care plan that puts your priorities first is a care plan that could help improve your wellbeing with MM.



Step 1: Finding what matters most to you

Living well with MM starts with thinking about what matters most to you. It's not always easy to put yourself first, but we are here to help you with advice and tips to find your top priorities.

If you need help finding what matters

Everybody has their own priorities. Identifying what is most important to you could be the first step towards working with your healthcare team to develop a care plan that suits your needs.



Visit www.myelomaandme.co.uk to download the 'Finding what matters' booklet with examples, activities and different methods to uncover what matters most to you.

Step 2: Communicating effectively

Finding out what matters most to you is the first step towards living well with MM. Once you've worked out your top priorities, share them with the people around you. Knowing what your priorities are could help improve your wellbeing and motivation to follow your goals.^[1] Having open and honest discussions could help strengthen your relationships with others so they can understand what you need to live well with MM.^[2-5]



Speaking with your care partner(s)

Learning how to have open and honest talks with your care partner(s) can help them better support you. You'll find tips and advice to start the conversation and support for dealing with potential disagreements.



Speaking to others

Including your healthcare team could help you find a treatment decision suited to your priorities, values and preferences.^[6]

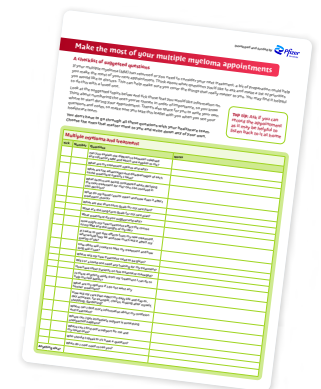


Developing a care plan that suits your needs

A care plan that considers your priorities can help you feel in control of your MM and improve your wellbeing.

Preparing for your next appointment

You can download your own checklist of questions to bring to your appointment at www.myelomaandme.co.uk.



Step 3: Wellbeing with MM

Your mental and physical health play a part in how you feel living with MM.

Having a care plan that considers your priorities is an important part of living well with MM. Download the 'Wellbeing with MM' booklet at www.myelomaandme.co.uk for guidance on changes that could help you stay positive.

Looking after your mental health

Learn how to stay positive and focused on your future.

Healthy eating

Learn how what you eat can make a difference to how you feel living with MM.

Connecting with others

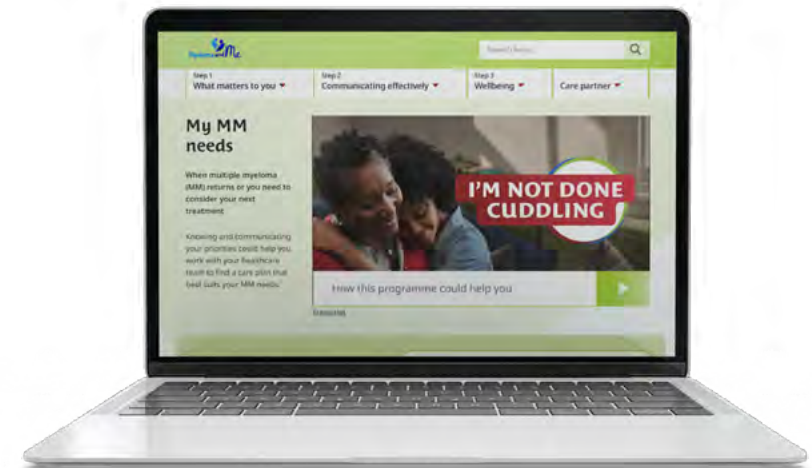
Find other people who understand what you're going through. Organisations for people with MM can offer you information and support.



Myeloma Patients Europe (MPE)



www.mpeurope.org



www.myelomaandme.co.uk

Remember to revisit these steps as your situation or care plan changes. You may find your priorities have changed and you want to have another conversation with your care partner(s) and healthcare team to help you live well with MM.



Try focusing on the things that matter most to you and share these with your care partner and healthcare team. This could help you feel more in control of your MM care.

www.myelomaandme.co.uk

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If you have any other questions, please speak with your healthcare team.

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