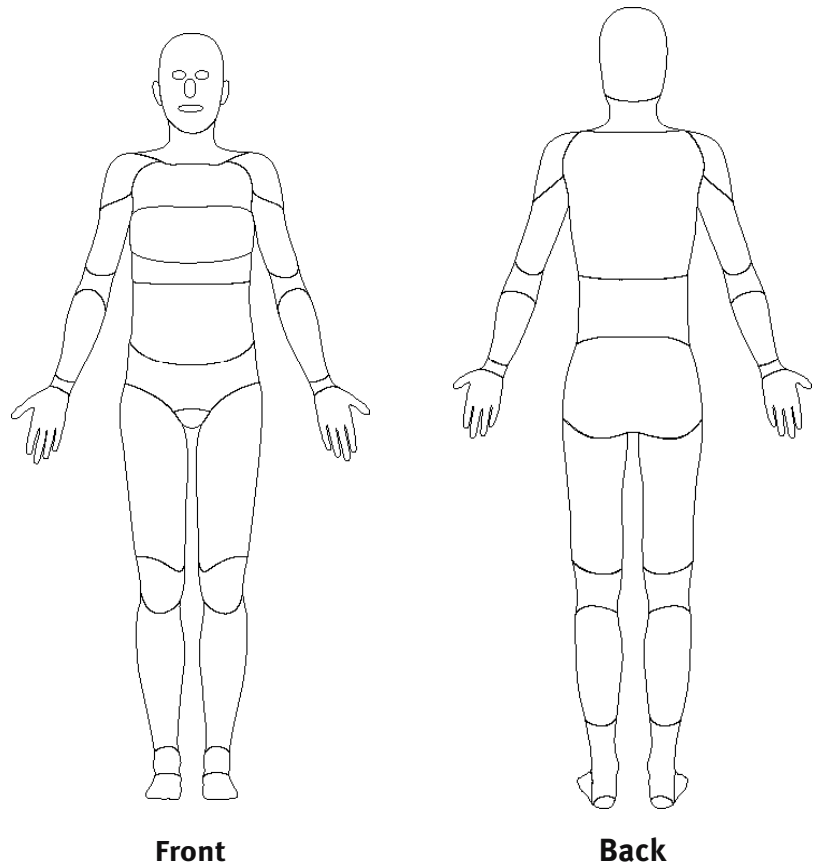


Get a 360-degree look at your own personal eczema experience, and then share this story with your doctor. Once you fill this out, the information in this guide will help your doctor evaluate your eczema.

01 On the body map, shade in the parts of your body where you've been experiencing eczema rash. Use darker shading for areas that have a more intense rash and lighter shading for areas where it's less intense.



02 On the itch scale below, fill in the box that best describes your level of itch during an average flare-up.

Unnoticeable itch Intense itch

Write down the parts of your body where you usually experience the most intense itch:

03 On the skin pain scale below, fill in the box that best describes your level of skin pain during an average flare-up.

No pain Worst pain possible

04 In what way(s) does eczema affect you? (Check all that apply)

- It impacts my sleep
- It impacts my social life
- It impacts my productivity
- It impacts my ability to travel
- Other: _____

05 What kinds of treatments have you been prescribed for your eczema (atopic dermatitis)? (Check all that apply)

- Prescription topicals
Includes: triamcinolone, hydrocortisone
- Phototherapy
The use of ultraviolet light to treat symptoms
- Traditional systemics
Includes: cyclosporin, methotrexate
- Biologics
Includes: interleukin inhibitors
- Oral small molecules
Includes: JAK inhibitors
- None, or I use over-the-counter products

5a If you've used prescription topicals, are you currently using topical steroids? (Check one)

- Yes
- No
- Not sure
- Not applicable

5b If you're currently using topical steroids, how often do you use them for your eczema? (Check one)

- Daily
- Weekly
- Monthly
- Every few months
- Yearly
- Not applicable

06 How many different prescription treatments have you tried? (Check one)

- 1–2
- 3–4
- 5 or more
- Not applicable

07 How would you describe the frequency of your eczema symptoms? (Check one)

- Seasonal – Certain times of the year
- Occasional – Every few months
- Often – Monthly
- Constant – Almost all the time



OK! Now you're ready to talk to your doctor about your eczema and how it affects your life. You've got this.