

MY PROGRESS TRACKER

A simple way to track your treatment progress

Please also consult the Patient Information Leaflet that comes with your medicine.

▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information.

You can help by reporting any side effects you may get. If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the patient information leaflet. You can also report side effects directly via the Yellow Card Scheme website: <https://www.yellowcard.mhra.gov.uk>

You can also report adverse events to UCB at UCBCares.UK@ucb.com

This item is intended for patients who have been prescribed Bimzelx® (bimekizumab).

Bimzelx is intended for use under the guidance and supervision of a physician experienced in the diagnosis and treatment of plaque psoriasis.

Bimzelx is intended for the treatment of moderate to severe plaque psoriasis in adults who are candidates for systemic therapy.¹

 **Bimzelx**® ▼
(bimekizumab)

MY PROGRESS TRACKER

A simple way to track your progress

Life can get pretty hectic and time with your healthcare team may be limited. Tracking your treatment can help both you and the team assess your progress. You can use this tracking tool to note your dosing schedule and progress. It can help motivate you and make speaking to your doctor about how you've been getting on a little easier.



CHART YOUR PROGRESS

Assess your treatment progress and share with your doctor.

DOSE 1: _____ DATE: _____

Rate how the below look/feel today on a scale of 1 (Bad) to 5 (Great):

_____ Plaques + _____ Pain + _____ Itching >> _____ Overall Score

Circle how you feel about your skin today:



Worst



Poor



Average



Good

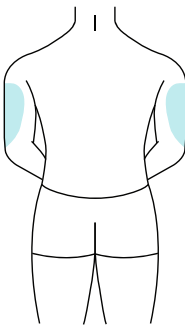
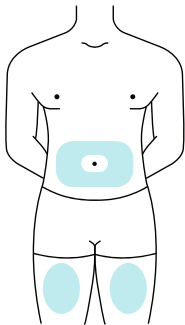


Excellent

Remember to take your overall score and mark it on your Progress Chart on page 12 and 13.

TRACK YOUR INJECTION SITE

Mark on the diagram where this dose was injected:



NOTES

CHART YOUR PROGRESS

Assess your treatment progress and share with your doctor.

DOSE 2: _____ DATE: _____

Rate how the below look/feel today on a scale of 1 (Bad) to 5 (Great):

_____ Plaques + _____ Pain + _____ Itching >> _____ Overall Score

Circle how you feel about your skin today:



Worst



Poor



Average



Good

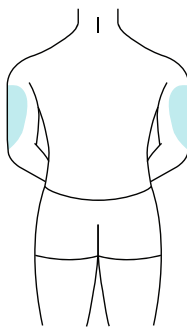
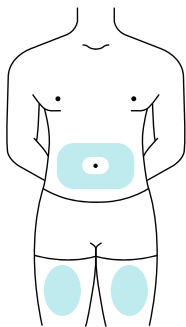


Excellent

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NOTES

CHART YOUR PROGRESS

Assess your treatment progress and share with your doctor.

DOSE 3: _____ DATE: _____

Rate how the below look/feel today on a scale of 1 (Bad) to 5 (Great):

_____ Plaques + _____ Pain + _____ Itching >> _____ Overall Score

Circle how you feel about your skin today:



Worst



Poor



Average



Good

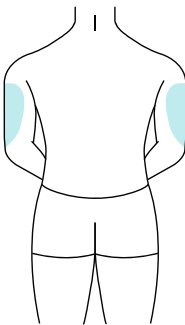
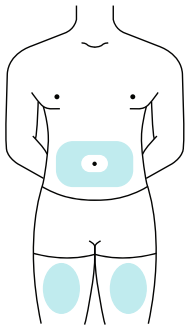


Excellent

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TRACK YOUR INJECTION SITE

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NOTES

CHART YOUR PROGRESS

Assess your treatment progress and share with your doctor.

DOSE 4: _____ DATE: _____

Rate how the below look/feel today on a scale of 1 (Bad) to 5 (Great):

_____ Plaques + _____ Pain + _____ Itching >> _____ Overall Score

Circle how you feel about your skin today:



Worst



Poor



Average



Good

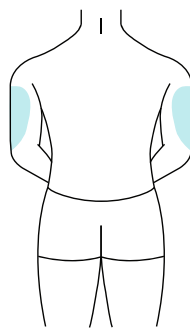
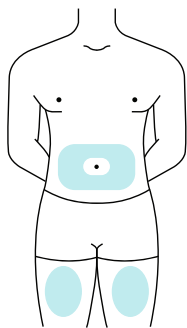


Excellent

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NOTES

CHART YOUR PROGRESS

Assess your treatment progress and share with your doctor.

DOSE 5: _____ DATE: _____

Rate how the below look/feel today on a scale of 1 (Bad) to 5 (Great):

_____ Plaques + _____ Pain + _____ Itching >> _____ Overall Score

Circle how you feel about your skin today:



Worst



Poor



Average



Good

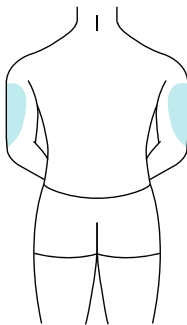
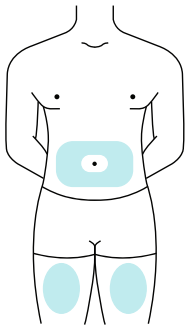


Excellent

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TRACK YOUR INJECTION SITE

Mark on the diagram where this dose was injected:



NOTES

CHART YOUR PROGRESS

Assess your treatment progress and share with your doctor.

DOSE 6: _____ DATE: _____

Rate how the below look/feel today on a scale of 1 (Bad) to 5 (Great):

_____ Plaques + _____ Pain + _____ Itching >> _____ Overall Score

Circle how you feel about your skin today:



Worst



Poor



Average



Good

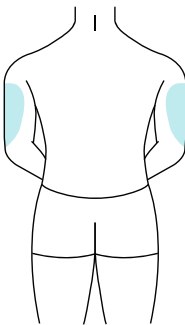
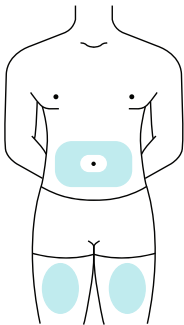


Excellent

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TRACK YOUR INJECTION SITE

Mark on the diagram where this dose was injected:



NOTES

CHART YOUR PROGRESS

Assess your treatment progress and share with your doctor.

DOSE 7: _____ DATE: _____

Rate how the below look/feel today on a scale of 1 (Bad) to 5 (Great):

_____ Plaques + _____ Pain + _____ Itching >> _____ Overall Score

Circle how you feel about your skin today:



Worst



Poor



Average



Good

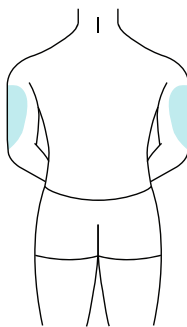
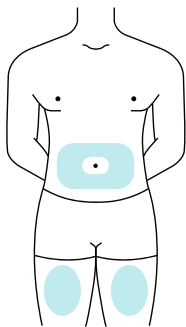


Excellent

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TRACK YOUR INJECTION SITE

Mark on the diagram where this dose was injected:



NOTES

CHART YOUR PROGRESS

Assess your treatment progress and share with your doctor.

DOSE 8: _____ DATE: _____

Rate how the below look/feel today on a scale of 1 (Bad) to 5 (Great):

_____ Plaques + _____ Pain + _____ Itching >> _____ Overall Score

Circle how you feel about your skin today:



Worst



Poor



Average



Good

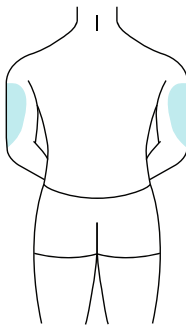
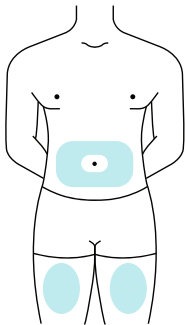


Excellent

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NOTES

CHART YOUR PROGRESS

Assess your treatment progress and share with your doctor.

DOSE 9: _____ DATE: _____

Rate how the below look/feel today on a scale of 1 (Bad) to 5 (Great):

_____ Plaques + _____ Pain + _____ Itching >> _____ Overall Score

Circle how you feel about your skin today:



Worst



Poor



Average



Good

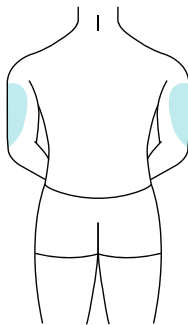
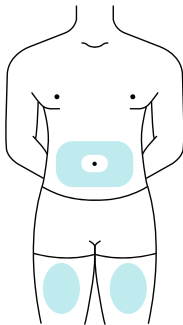


Excellent

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TRACK YOUR INJECTION SITE

Mark on the diagram where this dose was injected:



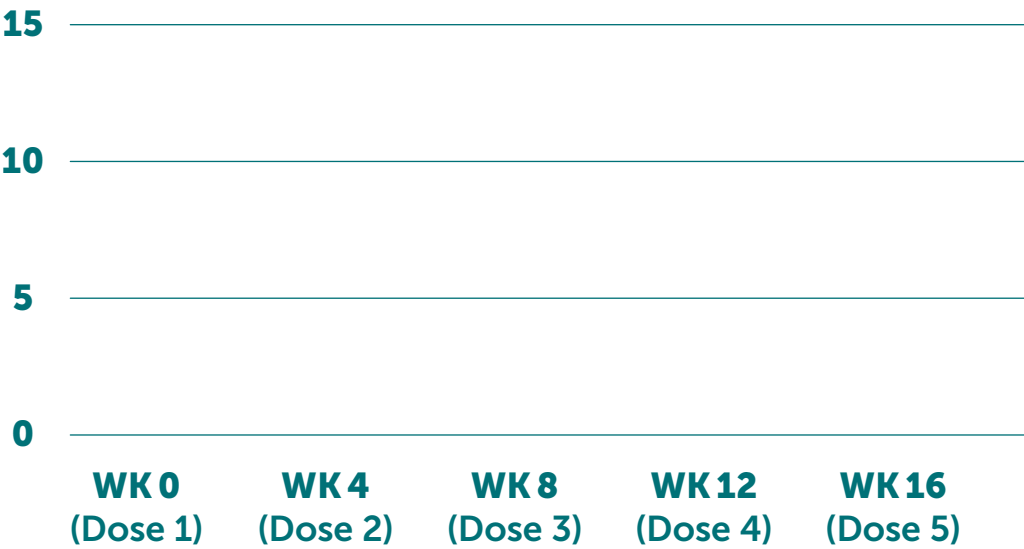
NOTES

PROGRESS CHARTS

Using the totals from your corresponding tracking cards (pages 3-11), chart your score on this page after your doses to map your progress. Connect the dots after each dose to see how your treatment is going.

If you haven't seen any improvement by week 16, please contact your doctor, as it may be advisable to discontinue your treatment.

Overall Scores



NOTES



IMPROVED

NOT IMPROVED

WK 24 (Dose 6)	WK 32 (Dose 7)	WK 40 (Dose 8)	WK 48 (Dose 9)
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NOTES

[illegible]

NOTES

This image shows a full page of blank handwriting practice paper. It features a series of evenly spaced, horizontal light blue lines across the entire width of the page. The background is white, and there are no margins, text, or other markings present.

Additional trackers can be downloaded
from our UCBCares website at:

www.mybimzelx-pso.co.uk

Log in using the code **BKZ00001**



1. Bimzelx Summary of Product Characteristics, August 2021.



This medicine is subject to additional monitoring.
This will allow quick identification of new safety information.

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You can also report adverse events to UCB at UCBCares.UK@ucb.com

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Inspired by patients.
Driven by science.