











BEFORE YOUR APPOINTMENT(S)

-  **Prepare Questions:** Write down any questions/concerns you have about CAR T-cell therapy and its significance in myeloma treatment.
-  **Research Local Resources:** Identify nearby healthcare facilities that offer biomarker testing services. If you live in a rural area, ask your provider to refer you to a high-volume center with expertise in CAR T-cell therapy for myeloma.
-  **Check Your Health Insurance Coverage:** Verify your health insurance covers CAR T-cell therapy. If not, make a note to discuss other ways to access with your healthcare provider during your appointment.
-  **Bring Medical Information:** Have a list of your current medications, including dosages and relevant medical records, as well as previous test results, bone marrow biopsy findings, and treatment history. This is especially important if anything has changed since your last visit or if you are seeing a new healthcare team member.
-  **Enlist a Support Person:** Consider bringing a family member or friend to the appointment to provide emotional support and to help remember/note important details discussed during the visit. Carry a notebook for you or your support person (or both of you) to take notes.
-  **Language Access:** If you're a Latinx patient, ensure that language services (interpreter or bilingual staff) will be available during your appointment. You can call your healthcare provider's office to verify.

DURING YOUR APPOINTMENT(S)

Please note: Certain bullets may not be relevant depending where you are in your treatment journey

-  **Understand Your Diagnosis:** Make sure you fully understand your diagnosis, including your stage of myeloma. Ask for explanations if needed.
-  **Discuss Treatment Options/Plans:** Clarify the recommended treatment plan, including the specific procedures, medications, and their duration. You can discuss the timeline for starting treatment and what to expect during and after the treatment.
 - **CAR T-Cell Therapy**
 - **Potential Complications / Long-Term Side Effects:** Ask about any complications that could happen and how they will be monitored/managed. Inquire if there are long-term side effects from CAR T-cell therapy.
 - **Clinical Trials:** If interested, ask about any ongoing CAR-T trials and whether you are eligible to participate.
 - **Insurance and Financial Concerns:** Discuss coverage for CAR T-cell therapy. Ask if there are any financial reimbursement/assistance programs or resources to help logistically (you may be referred to a nurse navigator or support foundation).
-  **Schedule Any Follow-Up Appointments / Referrals:** Coordinate additional appointments (if starting CAR T-cell therapy). Understand how frequently these should happen and if virtual visits are an option if you live in a rural area.
-  **Stay Informed and Empowered:** Seek support from myeloma advocacy organizations. Continue to learn about CAR T-cell therapy through reliable sources and patient education programs. Share what you learn with others.