

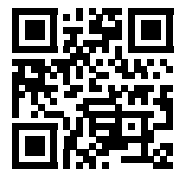


YourMS QUESTIONNAIRE

A simple questionnaire to enable patients with MS to come prepared for their consultations

- OPTIMISES CONSULTATION STRUCTURE AND EFFICIENCY
- DEVELOPED WITH MS EXPERTS AND PATIENTS WITH MS

TO LEARN MORE, VISIT YourMS.COM



WHY USE YourMS QUESTIONNAIRE?

TRACKING MS SYMPTOMS OVER TIME CAN BE CHALLENGING

- Patient input is essential to identifying changes in MS¹
- Objective assessment and structure in monitoring MS symptoms can lead to improvements in recognising the subtle signs of worsening MS²

Monitoring changes in MS symptoms is critical to identifying the most appropriate management approach.³ Healthcare professionals typically rely on:



Asking questions



Taking patient histories



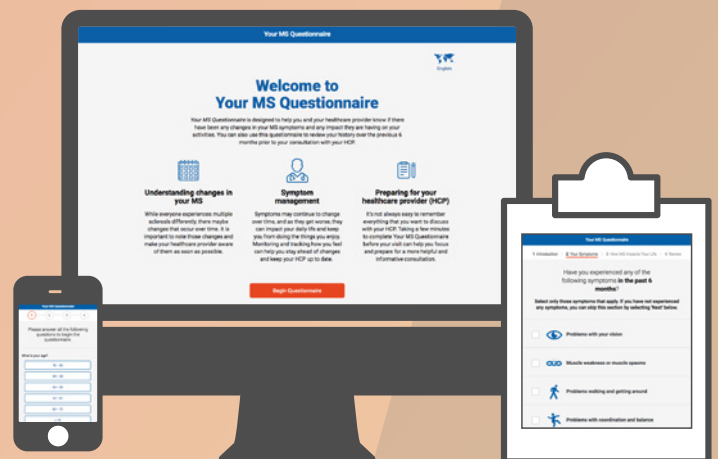
Testing for changes in ability

YOU'LL NOW BE ABLE TO ASK PATIENTS TO COME PREPARED FOR DISCUSSIONS ABOUT THEIR MS WITH YourMS QUESTIONNAIRE

WHAT IS YourMS QUESTIONNAIRE?

A QUESTIONNAIRE THAT ENCOURAGES PATIENTS TO REFLECT ON THEIR MS

- Clinically relevant questions help patients to assess their MS symptoms over the previous 6 months
- Patients complete the questionnaire in the comfort of their home before a consultation
- The user-friendly interface was developed with MS patients in mind, is easy to complete and uses patient-friendly language



A unique link generator allows you to send a link to your patient, and results are automatically emailed to you upon completion

YourMS QUESTIONNAIRE IS AVAILABLE IN DIGITAL AND PDF FORMATS WORLDWIDE, IN 15+ LANGUAGES



HOW YourMS QUESTIONNAIRE WORKS



PATIENT INPUT

Patients are asked a series of questions about their experiences with MS over the past 6 months:

- Relapses
- Symptoms
- Impact



REPORT OUTPUT

Completed questionnaires can be printed and taken to a consultation, or emailed to you by the patient

Results are automatically emailed to you upon completion when using the unique link generator

FASTER, EASIER, MORE FOCUSED CONVERSATIONS

WHAT DOES THE YourMS QUESTIONNAIRE REPORT COVER?

THE REPORT SUMMARISES THE PATIENT'S MS EXPERIENCES OVER THE PAST 6 MONTHS



NUMBER OF RELAPSES AND DEGREE OF RECOVERY



SYMPTOMS



DEGREE OF IMPACT ON DAILY FUNCTIONING AND EMOTIONAL WELLBEING

After YourMS Questionnaire has helped to facilitate the discussion with your patient, you may, within your clinical judgement, decide to make adjustments to their current level of care

HOW WAS YourMS QUESTIONNAIRE DEVELOPED?

YourMS QUESTIONNAIRE WAS CREATED AND DESIGNED WITH INPUT FROM NEUROLOGISTS AND PATIENTS WITH MS*



Qualitative research with experienced MS neurologists and patients⁴



Empirical assessment of real-world evidence to develop questions⁵



Real-world clinical validation by practising neurologists, nurses, and MS specialists⁶⁻⁸

ENABLE PATIENTS WITH MS TO COME PREPARED FOR THEIR CONSULTATIONS AT [YourMS.com](https://www.yourms.com)

*The design of YourMS Questionnaire was based on the development of a tool for healthcare professional (MSProDiscuss™)

WHAT ARE THE BENEFITS OF USING YourMS QUESTIONNAIRE?

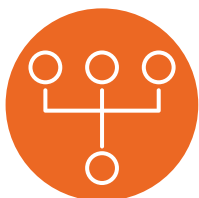
EACH PERSON'S MS IS UNIQUE; THEREFORE, YourMS QUESTIONNAIRE:



Encourages patients and caregivers to take an active role in MS management



Enables patients to come prepared for conversations about their condition



Optimises consultation structure and efficiency



Allows long-term monitoring of MS symptoms

HELP PATIENTS PREPARE FOR THE CONVERSATION
AT [YourMS.COM](https://www.yourms.com)

ENABLE FOCUSED CONVERSATIONS AND INCREASED PATIENT ENGAGEMENT THROUGHOUT THE DISEASE COURSE

Access
YourMS
Questionnaire
at [YourMS.com](https://www.yourms.com)

Ensure
patients come
prepared to
discuss their
MS at
appointments

Encourage
your patients
to complete
YourMS
Questionnaire
regularly

Increase
patient
involvement
and confidence
in their care

TO LEARN MORE,
VISIT [YourMS.COM](https://www.yourms.com)



1. Inojosa H, et al. *J Neurol*. 2019; doi: 10.1007/s00415-019-09489-5; 2. Davies F, et al. *Int J MS Care*. 2016;18:257-264; 3. Gross HJ, Watson C. *Neuropsychiatr Dis Treat*. 2017;13:1349-1357; 4. Ziemssen T, et al. *Mult Scler Relat Disord*. 2020;38:101861; 5. Tolley C, et al. *JMIR Med Inform*. 2020;8:e17592; 6. Ziemssen T, et al. *J Med Internet Res*. 2020;22:e16932; 7. Ziemssen T, et al. *Int J MS Care*. 2020;22:86-87; 8. Novartis data on file.

Disclaimers: YourMS Questionnaire is for educational and discussion purposes only. YourMS Questionnaire does not provide medical advice, diagnosis, prediction, prognosis or treatment. YourMS Questionnaire and its content are provided for general information purposes only; any medical advice, diagnosis or treatment should be made by the appropriate healthcare professional. The development of YourMS Questionnaire was funded by Novartis Pharma.