



*My Journal* ▶

## My Personal Information

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

## My Insurance Information

Company: \_\_\_\_\_

ID number: \_\_\_\_\_

Group number: \_\_\_\_\_

Phone: \_\_\_\_\_

## My Healthcare Team

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Emergency contact: \_\_\_\_\_

Phone: \_\_\_\_\_

**Us in Lupus**

Power against lupus

## Enjoy your free journal!

Thank you for signing up for your personal journal from **Us in Lupus**. With it, we hope you'll be able to record your thoughts and feelings, symptoms, questions, and more. Inside you'll find:

- Tips for keeping your lupus journal
- Helpful websites
- Monthly calendars
- Lined and blank pages to use as you'd like

Plus, we've included color-coded stickers. They can help you track your symptoms—even the ones that don't feel like your lupus symptoms.

**We hope you'll enjoy your free journal. And be on the lookout for more coming your way from Us in Lupus.**

GlaxoSmithKline is committed to the well-being, education, and support of people living with lupus.

## Using Your Journal

Journaling—taking time to write down thoughts, feelings, notes, and questions—may help you take an active role in your health. Not only could it help you track the physical aspects of living with lupus, it may also help you more confidently communicate how you're feeling with your doctor.

Monthly calendars and stickers are included in this journal. Use the stickers to mark your calendars according to how your lupus symptoms are affecting you and to keep track of doctor appointments.

**Not sure how to get started?** You may want to:

- Choose a specific time each day to write down your thoughts.
- Find a quiet spot and take a little time to reflect.
- Keep track of all the symptoms that are bothering you.
- Jot down questions to ask your healthcare team.
- Doodle or sketch on one of the blank pages.
- Keep lists and notes about your day-to-day activities.

It's important to customize this journal in whatever ways are most helpful to you. Write in it often and consider sharing it with your doctor.

If you're still stuck, try one of these prompts:

- **Positive thoughts for today:**
- **Today, I'm thankful for:**
- **Things I want to remember:**
- **Having lupus has helped me to understand:**
- **I am excited about:**
- **One of my favorite quotes is:**
- **Something I learned today:**
- **My perfect day would be:**

Pretty soon, journaling may become a regular and helpful part of your day!

## Lupus Resources

Except for **Us in Lupus**, the websites listed are external to GSK. GSK does not have control over the content of the information provided on these websites and therefore does not warrant their accuracy or completeness.

Alliance for Lupus Research  
[www.lupusresearch.org](http://www.lupusresearch.org)

American Academy of Dermatology  
[www.aad.org](http://www.aad.org)

American Autoimmune Related Diseases Association, Inc.  
[www.aarda.org](http://www.aarda.org)

American College of Rheumatology  
[www.rheumatology.org](http://www.rheumatology.org)

Arthritis Foundation  
[www.arthritis.org](http://www.arthritis.org)

U.S. Department of Health and Human Services online resource  
[www.healthfinder.gov](http://www.healthfinder.gov)

Lupus Clinical Trials Consortium, Inc.  
[www.lupusclinicaltrials.org](http://www.lupusclinicaltrials.org)

Lupus Foundation of America  
[www.lupus.org](http://www.lupus.org)

Lupus Research Institute  
[www.lupusresearchinstitute.org](http://www.lupusresearchinstitute.org)

National Institute of Arthritis and Musculoskeletal and Skin Diseases  
[www.niams.nih.gov](http://www.niams.nih.gov)

Rheuminations, Inc.  
[www.dxlupus.org](http://www.dxlupus.org)

S.L.E. Lupus Foundation  
[www.lupusny.org](http://www.lupusny.org)

**Us in Lupus**  
[www.usinlupus.com](http://www.usinlupus.com)

Month:

Mon	Tue	Wed

Important Dates

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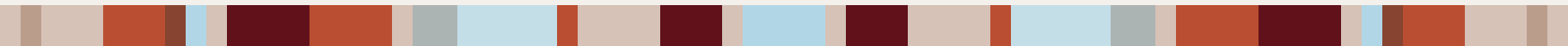
Thu	Fri	Sat/Sun

Important Dates

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Month:

Mon	Tue	Wed

Important Dates

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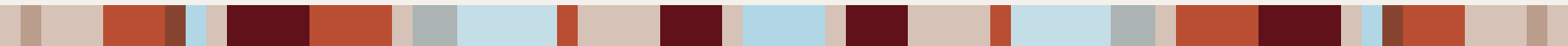
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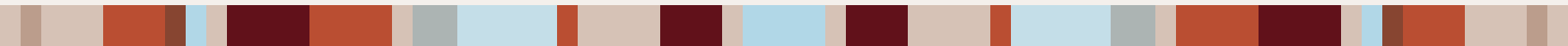
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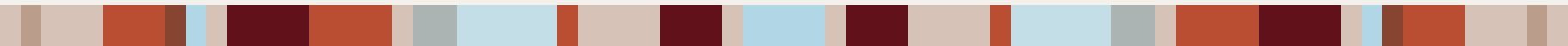
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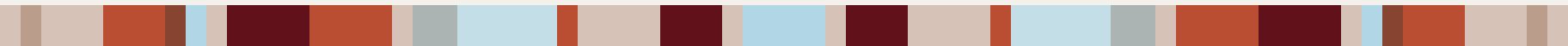
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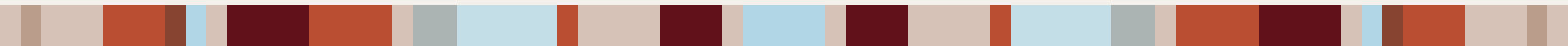
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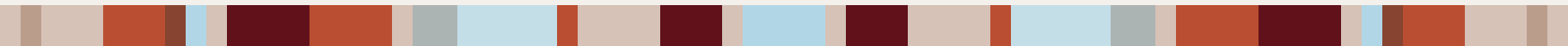
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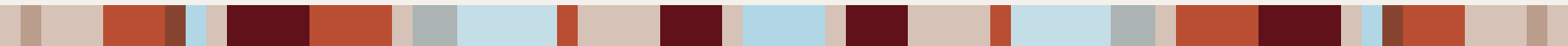
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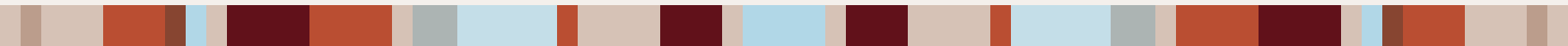
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Use the green dots (below left) and the red dots (below right) on your calendar pages to mark how your lupus symptoms are affecting your day. Don't forget to share your calendars with your healthcare team.

