

Lend a Helping Hand

Helpful information for caring
for your loved one

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Eliquis[®]
(apixaban) tablets 5mg
2.5mg

Please see U.S. Full Prescribing Information, including
Boxed WARNING and Medication Guide, in pocket.



Anyone Can Be a Caregiver

We help one another. From raising a child, to sharing food around a table, to watching out for a neighbor, caring is part of our humanity. Caring for a loved one is a role you might not have asked for, but it's a role you're more prepared for than you know.

This guide from ELIQUIS 360 Support is designed to help along the way.

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HOW YOU CAN HELP YOUR LOVED ONE

Sometimes, help can be as simple as a reassuring touch. Other times, you'll need to take a more active role.

For example:

• Encourage your loved one to talk about their condition and concerns. Let them know you're available when they need a listening ear.

• Go to appointments together—for emotional support, and to help ask questions and write down information.

• If they are eligible, help your loved one obtain access to ELIQUIS by applying for a **Free Trial**, a **Co-Pay Card**, or completing the start form or a benefits review. More information and terms and conditions are available at www.ELIQUIS.com.

• Plan dietary menus with your loved one.

• Encourage your loved one to incorporate heart-healthy food choices.

• Work with your loved one to follow the treatment plan created with their healthcare professional.

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HOW YOU CAN HELP YOU

To take good care of someone else, you need to take good care of yourself. You'll want to keep your physical energy and mental spirits up.

Some tips:

- Find time to recharge. Don't forget to schedule some "me" time.
- Don't feel pressured to become an instant expert on finding ways to help your loved one. Just learn a little more each day.
- You don't have to be a superhero. No one can do it all by themselves. Don't be afraid to reach out to friends and family for additional help.
- Join a caregiver support group online. You can learn from and share with others who are in a similar situation. You're not alone.

Information provided in this brochure is not a substitute for talking with a healthcare professional. Your loved one's healthcare professional is the best source of information about their treatment.



KEEP ON TOP OF THE DETAILS

Here are some things you'll want to keep track of as you help your loved one throughout their care.

- **Questions to ask the healthcare professional.** It's common to have a lot of questions about treatment and care. Write them down in our Doctor Discussion Guide and bring them to each appointment.
- **Managing appointments.** Your loved one will be making regular visits to their healthcare professional's office. Keeping your calendar handy and up to date will help you stay organized.
- **Treatment records.** You'll want to keep test results, medication information, and notes from healthcare professionals in one place, to make things as easy as possible.
- **Insurance.** It's a good idea to create a binder for your insurance paperwork, notes about coverage, and insurance company contact information.
- **Transportation needs.** You'll need to plan for how you'll bring your loved one to appointments. If you don't drive or appointments are far away, there are services that can help.



TAKE ELIQUIS AS PRESCRIBED

- Remind your loved one to take their ELIQUIS exactly as prescribed. If you have questions, speak with their healthcare professional.
- Ensure your loved one does not run out of ELIQUIS. Make sure their prescription is refilled before they run out.

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Please visit **ELIQUIS.com** for helpful resources and features, including:

- ✓ Doctor Discussion Guide
- ✓ Coverage Assistance
- ✓ Patient Testimonial Videos
- ✓ Ways to Share Your Story
- ✓ ELIQUIS Digital Assistance With Elise
- ✓ and More!

Interested in learning more?



Visit the website at
www.ELIQUIS.com/360-support

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