



Take good care

A guide for those helping a loved one

We are all natural caregivers

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 a role you're more prepared for than you know.

This guide from *OPDIVO® with You* is designed to help along the way.



Understand the big picture

From diagnosis through the time that follows, treatment is a process. Knowing what to expect is important.

- Your doctor will work with you and your loved one to create a treatment plan
- The treatment might be given at the doctor's office, a hospital, or treatment center
- Your loved one will need periodic tests to see how the treatment is working
- There may be side effects, which you can help your loved one keep track of and report to the doctor
- Understandably, your loved one will have emotional ups and downs—good days, bad days, and in-between days



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 illness 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
- Help your loved one with household chores, such as shopping and cleaning, if they need it
- Plan dietary menus with your loved one





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



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 doctor.** It's common to have a lot of questions about treatment and care. Write them down as you think of them, so you'll have a list to bring to each appointment
- **Managing appointments.** Your loved one will be making frequent visits to doctors and treatment centers. 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 doctors and nurses in one place, to make things as easy as possible. Our *OPDIVO with You* program offers a treatment journal that can help
- **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



We're here to give you a helping hand

You can find more resources at www.OPDIVO.com or call **1-855-OPDIVO-1** (1-855-673-4861) 8 AM to 8 PM ET, Monday to Friday.

Information provided in this document 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.

Bristol Myers Squibb is committed to helping patients throughout their OPDIVO treatment.





OPDIVO with You
(nivolumab)

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