

Introduction

My Medications

My Care Team

Questions For
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Self Care

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An introduction to your treatment journal

This journal is intended to be a tool that helps you stay organized and take an active role throughout your treatment journey. It is meant to give you a dedicated space to keep track of your appointments, medications, care team, as well as track healthy habits and capture your goals. Remember to be open and honest throughout your treatment journey with your care team, support network, and yourself!

This item is compliments of Bristol Myers Squibb and is intended for the sole use of your patients to create awareness about BMS Access Support. This item is not intended for use by Healthcare Professionals.



My Medications



It is important to keep track of all your medications. You can use these pages to track all the prescribed medications, over-the-counter medications, supplements, and/or vitamins you take.

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My Care Team



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Other Important Info: _____

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Questions for My Next Visit



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Questions:

#1

#2

#3

#4

#5

#6

#7

Answers:



Questions:

Answers:

#1 _____

#2 _____

#3 _____

#4 _____

#5 _____

#6 _____

#7 _____



Questions:

#1

#2

#3

#4

#5

#6

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Taking a Moment for You



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Here are some ways you can practice self-care:

- Take a walk
- Breathing exercises
- Try meditating
- Practice gratitude
- Reach out to a friend
- Make a balanced snack
- Establish a sleep schedule
- Focus on positivity
- Stretch
- Write down how you're feeling

Keep in mind:

Self-care looks different for everyone.
It is important to find an activity that you
enjoy and that works best for you.



[Caring for your mental health](#). National Institute of Mental Health, December 2022.

Thinking about self-care

List some activities that bring you joy:

- _____
- _____
- _____
- _____
- _____
- _____

Throughout your treatment journey, what are some ways you can practice self-care? How will you add them into your routine?

MONTH:



Keep track of upcoming appointments like doctor or lab visits, how you are feeling each day, as well as other important reminders.

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☒ I completed my task

My Goals For This Week:

1. _____
2. _____
3. _____

Reminders:

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3. _____

This week, I am grateful for:

Introduction

My Medications

My Care Team

Questions For
My Care Team

Self Care

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Habit Trackers

My Notes



Creating Health Habits



Use the tables below to keep track of healthy habits like taking your medications as prescribed. Fill in your reminders and use your pen to keep track of your progress.

Week of: _____

DAILY REMINDER

	S	M	T	W	T	F	S
• _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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