

Optimise your HAE management through shared decision-making

One attack is one too many!

HAE is never **NOT**
A BIG DEAL

Use this checklist as a basis to start the conversation with your doctor

Your HAE attack frequency and severity, treatment preferences and the impact of HAE on your quality of life are all important topics to discuss with your doctor. Think about the topics below and use the checklists to mark priority topics and topics you have discussed with your doctor.



Treatment Goals

Priority today

- ☐ My goals for managing my HAE
- ☐ How my current treatment plan meets/does not meet these goals
- ☐ Challenges/things I would like to change with my current treatment plan

Discussed

- ☐
- ☐
- ☐

Notes:



Impact

The impact my HAE has on:

- ☐ Daily life (e.g., missing events and avoiding activities that may trigger an attack)
- ☐ School/work life
- ☐ Family/social life
- ☐ Sleep/energy levels
- ☐ Mental health (e.g., anxiety about the next attack, self-confidence)

- ☐
- ☐
- ☐
- ☐
- ☐

Notes:



HAE Attacks

- ☐ Frequency/severity
- ☐ Location
- ☐ Activities that trigger attacks

- ☐
- ☐
- ☐

Notes:

HAE, hereditary angioedema.

CSL Behring GmbH

P.O. Box 1230; 35002 Marburg

CSL Behring

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