Tips to help you get ready for your next appointment

After making an appointment with your healthcare professional, use this simple checklist as a reminder of what you should do to get ready for that appointment:

Appointment Date/Time: ____________________________

Notes: ____________________________

- Read the Alpha-1 Fact Sheet
- Read this Alpha-1 Discussion Guide
- Add an appointment reminder to your calendar to bring your AlphaID™ Genetic COPD Screener
- Put your AlphaID where it will be easy to remember to take it with you
  - Remember, do not open your AlphaID
- On the day of your appointment, be sure to bring
  - Your AlphaID
  - This Alpha-1 Discussion Guide

Things to consider discussing with your healthcare professional

Use the space provided to write down things you want to tell your healthcare professional when discussing alpha-1 and alpha-1 screening.

Things to consider sharing:

- Review your current COPD symptoms and challenges you may be having
- Discuss your medical family history that applies to COPD and alpha-1
- Ask to be screened using the AlphaID you brought to the appointment

COPD=chronic obstructive pulmonary disease.

References:

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www.geneticCOPDtest.com
Tips to help you talk with your healthcare team about getting screened for alpha-1

Even though your healthcare professional is very familiar with diseases like COPD, he or she may not be as familiar with alpha-1 antitrypsin deficiency (alpha-1), also known as genetic COPD. The information provided below can help you have a conversation about alpha-1 and getting screened using your free* AlphaID™.

Starting a conversation with the office staff at your doctor’s office

It can be helpful to let the office staff know that you want to talk with your healthcare professional about screening for genetic COPD.

Suggestions to start this conversation include:

• Could you please let (name of healthcare professional) know that I would like to talk with him/her about getting screened for alpha-1, also known as genetic COPD?
• Could you please let (name of healthcare professional) know that I have my AlphaID with me today, and I’d like to be screened for alpha-1? It’s an easy and free cheek swab that will help us find out if I am at risk for genetic COPD.

Starting a conversation with your healthcare professional

Let your healthcare professional know that you want to find out if your COPD is actually related to alpha-1.

Suggestions to start this conversation include:

• I found some information online about a genetic condition called alpha-1. Do you think that could be a contributing cause of my COPD?
• After reading about how COPD may be genetic, I ordered this free AlphaID. I have it with me today; can you use it to screen me for alpha-1?
• I would like to know if my COPD is caused by the genetic condition called alpha-1. Can you perform this easy cheek swab today? Everything you need is in this AlphaID package.

If your healthcare professional is hesitant to screen you...

It may help to share that more than 90% of the estimated 100,000 people in the United States who have alpha-1 haven’t been diagnosed yet. You won’t know if you may be one of the 90% until you get screened.¹

Now go get screened for alpha-1 with your AlphaID

*Tear down the dotted line and give the section labeled “Alpha-1 Discussion Guide for Healthcare Professionals” to your healthcare professional during your next visit.

*The AlphaID Genetic COPD Screener is provided compliments of Grifols and may not be billed to patients or their health insurers.

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