**Documenting your Journey with Psoriasis and/or Psoriatic Arthritis**

*Use the below questions to help you write about your experience with psoriatic disease and access to care barriers. You don’t have to stick to the questions, they are just a guide. Write in whatever format works best for you – maybe that is bullet points, paragraphs, or a timeline. This is meant to help you get your story on paper and it does not need to be formatted a specific way.*

*Note: These questions are designed for someone with psoriasis/psoriatic arthritis. If you are a caregiver or are not personally impacted by the disease, please think about these questions through that lens and discuss the impact of the disease on your loved one or the community at large.*

* Write about your overall **experience with psoriatic disease**: When were you diagnosed? What was that process like? How are you managing your disease today? What was your journey to finding treatment like? What impact has psoriatic disease had on your day-to-day life?
* Have you needed a prior authorization for your prescription? If so, what was the experience like? Were there any delays?
  + **Definition: prior authorization** is an insurance protocol that requires patients to get approved for a prescription before it will be covered by their insurance. Prior authorization can delay access to treatment if the paperwork isn’t completed or processed in time. Prior authorizations also have to be renewed on a frequent basis, which can complicate getting your prescription.
* Have you experienced step therapy? If you’re not sure, describe the experience that you think may have been step therapy.
  + **Definition: step therapy** is an insurance protocol that requires patients to try and fail one or more drugs selected by their insurance plan before their insurance will cover the treatment prescribed by the patient’s doctor. Step therapy is used in an effort to control costs – having patients try the “least costly” options first – however, step therapy protocols do not always follow clinical guidelines or take a patient’s unique medical history into consideration.
* **High out-of-pocket costs** present a challenge for people with psoriatic disease and can sometimes prevent you from getting the treatment you need. Have you experienced high costs for services or treatment? If so, describe what happened and what it meant for you. If you use copay assistance, describe what your costs would be like without it.
* **How do you get your health insurance?** Is it through your employer, Medicare, Medicaid, the state individual marketplace, or another source? (this impacts whether state or federal legislation will impact you)
* What do you wish people knew about living with psoriasis and/or psoriatic arthritis?