

Osteoporosis: A Helpful Guide for Caregivers

YOU ARE A CORE PARTNER IN YOUR LOVED ONE'S POST-FRACTURE CARE^{1,2}

As a caregiver, you are a vital link between the patient and members of their healthcare team. This support guide contains helpful tips and information for you as a member of someone's care team. It also gives you information about taking time to take care of yourself.

Communication Is Key¹

Try to stay in touch with the doctors and nurses who provide care for the patient. As a key player on the care team, it is important that you keep the lines of communication open.

Be familiar with the patient's healthcare providers, as well as with their case manager and other members of the care team. Staying involved is a huge part of caregiving.

Learn About the Disease and the Patient's Medical and Other Needs^{1,2}

As a caregiver, you may be called upon to handle a range of different things. These may include attending medical appointments, assisting with meal preparation, helping to modify the patient's home or living space, and assisting with changes to the patient's home routine to aid with recovery and reduce future fall risk.

Find out facts about osteoporosis and other conditions the patient may have¹

Understand the current and potential impacts of osteoporosis on the life of the person you are caring for, such as pain, loss of mobility, and a change in lifestyle^{1,3-5}

Write important information down and keep it organized in one place so you can easily find it, such as¹

- Names and phone numbers of healthcare providers and the pharmacy
- Test results and medications
- Dates of follow-up appointments

Discuss any concerns about possible side effects of osteoporosis medications with the patient's healthcare provider¹

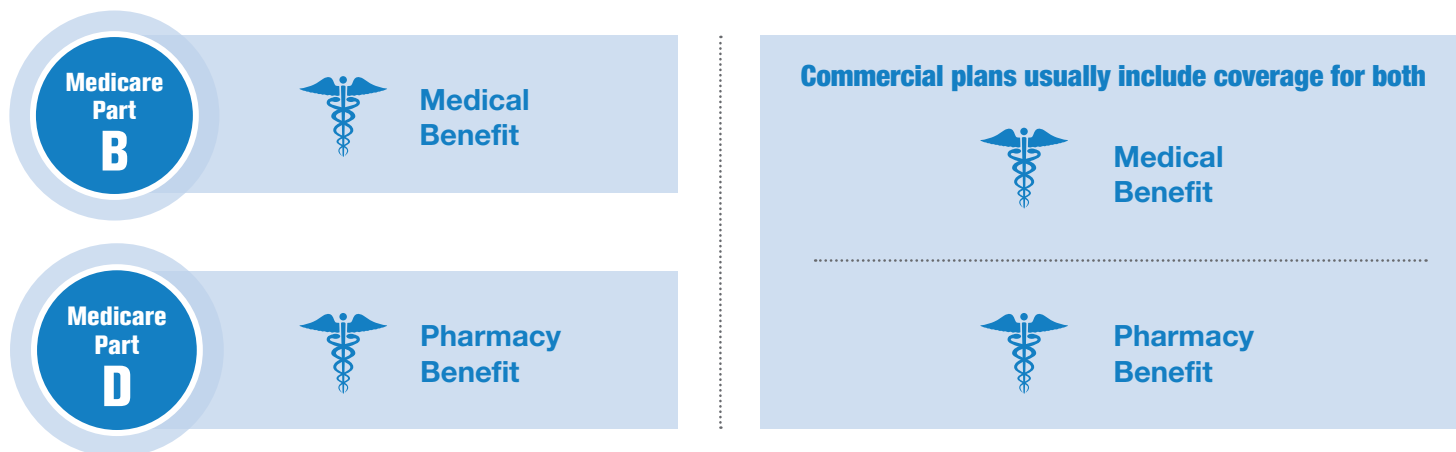


Understand Insurance Coverage for Prescriptions

UNDERSTAND HOW INSURANCE COVERAGE CAN IMPACT PRESCRIPTION COST⁶⁻⁹

The patient may have one or more prescriptions from their doctor. It is helpful to understand how prescriptions are paid for by Medicare or a commercial (private) insurance company.

Insurance plans can include **both medical benefits and pharmacy benefits**. In Medicare plans, the **medical benefit is known as Medicare Part B** and the **pharmacy benefit is known as Medicare Part D**.



MEDICATIONS CAN BE COVERED UNDER A MEDICAL OR PHARMACY BENEFIT^{7,10-14}

Some prescriptions are **filled under Medicare Part B or medical benefit in a commercial plan**.

An example of this is a medication that is injected in a doctor's office. Or, a doctor may refer patients to a different location, such as a hospital outpatient center, to receive their medication.

Some prescriptions **can also be filled through Medicare Part D** (also known as the the pharmacy benefit). An example of this is a prescription drug that someone takes on their own.

Some patients may have Medicare Supplement insurance (also known as Medigap) that helps fill "gaps" in Medicare medical benefits. A Medigap policy can help pay some additional costs such as deductibles, co-payments, and co-insurance. A deductible is the annual amount of money that you pay for health care before your Medicare benefits start.

WHY IS THIS IMPORTANT?^{7,14}

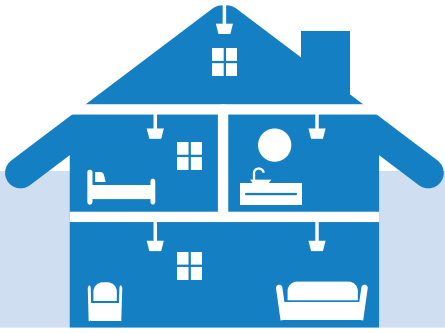
Your loved one's out-of-pocket costs for treatment may vary depending on their insurance plan. Each plan has different out-of-pocket costs, and most include an annual deductible.

Talk to the patient's doctor about their medications and out-of-pocket costs to understand options for paying for treatment.

Caregiver Safe Home Checklist

ENCOURAGE SAFE HABITS^{1,15,16}

Conducting a home safety assessment for the person you are taking care of can help to ensure that there are no barriers to easy movement around the home. Some of the things you can check for include



In the Living Areas

- ✓ Good lighting everywhere
- ✓ No clutter on the floor that could prevent easy walking
- ✓ No slippery floors, loose rugs, or cords that could cause slipping or tripping
- ✓ Handrails on both sides of the stairs
- ✓ Nightstand for glasses and a phone
- ✓ Grab bars, shower seat, and nonslip bath mats if needed



Outside the House

- ✓ A well-lit path outside the house
- ✓ No cracks or buckles in the sidewalks or driveway
- ✓ No obstacles, such as leaves or trash, in the walkways
- ✓ A plan to remove snow and ice in the winter

Self-Care Tips for Caregivers

TAKE THE TIME TO TAKE CARE OF YOURSELF^{1,2}

As a caregiver, you devote time to caring for the needs of your family member or friend. It can be a 24/7 job. You need to take care of yourself, too, so that you can be the most help to your loved one.

Avoid Burnout by Asking for Help

Don't neglect your own healthcare. Make sure you talk to your doctor regularly, and ask for help if you

- Are sick often
- Feel overwhelmed, angry, or anxious
- Experience fatigue, poor sleep, or pain

ESTABLISH A CARE TEAM TO GIVE YOURSELF A BREAK^{1,2}

Reach out to the people around you to help



Neighbors



Relatives



Friends



Professional caregivers

TAKE CARE OF BOTH YOURSELF AND YOUR LOVED ONE¹

- Eat a healthy diet and make time to exercise together
- Ask your doctor about medication and support to help with depression or other issues

Helpful Links to Online Information for Caregivers of Patients With Osteoporosis

Family Caregiver Alliance

National Center on Caregiving

Website: <https://www.caregiver.org/>

Includes information and tools to help manage the complex demands of caregiving. Free newsletter and access to online support groups are also available.

National Caregivers Library

Website: www.caregiverslibrary.org

Featuring an extensive library of resources for caregivers, this website features hundreds of articles and other materials arranged by topic.

National Osteoporosis Foundation

Website: <https://www.nof.org/patients/>

Helpful information about living with osteoporosis as well as caregiver and patient support resources.

Note: These resources and links were created by independent third parties, and Amgen and UCB do not endorse any of these resources or the entities sponsoring these links.

References: **1.** Emblem Health and National Alliance for Caregiving. Care for the family caregiver: a place to start. https://www.caregiving.org/wp-content/uploads/2020/05/Emblem_CfC10_Final2.pdf. Accessed March 12, 2021. **2.** Family Caregiver Alliance. Taking care of YOU: self-care for family caregivers. <https://www.caregiver.org/print/227>. Accessed March 12, 2021. **3.** Camacho PM, Petak SM, Binkley N, et al. American Association of Clinical Endocrinologists/American College of Endocrinology clinical practice guidelines for the diagnosis and treatment of postmenopausal osteoporosis—2020 update. *Endocr Pract.* 2020;26(suppl1):1-46. **4.** Cosman F, de Beur SJ, LeBoff MS, et al. Clinician's guide to prevention and treatment of osteoporosis. *Osteoporos Int.* 2014;25:2359-2381. **5.** Inacio MC, Weiss JM, Miric A, et al. A community-based hip fracture registry: population, methods, and outcomes. *Perm J.* 2015;19:29-36. **6.** Centers for Medicare & Medicaid Services. Drug coverage (Part D). <https://www.medicare.gov/drug-coverage-part-d>. Accessed March 12, 2021. **7.** Centers for Medicare & Medicaid Services. Is my test, item, or service covered? <https://www.medicare.gov/coverage/prescription-drugs-outpatient>. Accessed March 12, 2021. **8.** GoodRx. Prescription Insurance for Brand vs. Generic Medications. <https://www.goodrx.com/blog/medication-insurance-brand-vs-generic-drugs/>. Accessed March 12, 2021. **9.** Centers for Medicare & Medicaid Services. What Part B covers. <https://www.medicare.gov/what-medicare-covers/what-part-b-covers>. Accessed March 12, 2021. **10.** Gorman Health Group. Wrapping your arms around the Medicare benefit drug spend. <https://www.gormanhealthgroup.com/blog/wrapping-your-arms-around-the-medical-benefit-drug-spend/>. Accessed March 12, 2021. **11.** Centers for Medicare & Medicaid Services. How Medicare covers self-administered drugs given in hospital outpatient settings. <https://www.medicare.gov/Pubs/pdf/11333-Outpatient-Self-Administered-Drugs.pdf>. Accessed March 12, 2021. **12.** Centers for Medicare & Medicaid Services. What Medicare Part D drug plans cover. <https://www.medicare.gov/drug-coverage-part-d/what-medicare-part-d-drug-plans-cover>. Accessed March 12, 2021. **13.** Centers for Medicare & Medicaid Services. What's Medicare Supplement Insurance (Medigap)? <https://www.medicare.gov/supplements-other-insurance/whats-medicare-supplement-insurance-medigap>. Accessed March 12, 2021. **14.** Centers for Medicare & Medicaid Services. Your Medicare Benefits. <https://www.medicare.gov/Pubs/pdf/10116-your-medicare-benefits.pdf>. Accessed March 12, 2021. **15.** National Institutes of Health. Once is enough: a guide to preventing future fractures. <https://www.bones.nih.gov/health-info/bone/osteoporosis/fracture>. Accessed March 12, 2021. **16.** National Osteoporosis Foundation. Preventing Falls. <https://www.nof.org/patients/treatment/exercisesafe-movement/preventing-falls/>. Accessed March 12, 2021.

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