

# READY FOR A CHANGE?

Filling out this short assessment can help you and your dermatologist determine the next steps in your plaque psoriasis journey. This is an easy way to help you start a conversation with your dermatologist.

## UNDERSTANDING YOUR PLAQUE PSORIASIS

### 1. In an average day, how much time does your plaque psoriasis take up?

- Less than 30 minutes     30 minutes to 1 hour  
 1 to 3 hours     More than 3 hours

### 2. What percentage of your body would you say is affected by plaque psoriasis? (1% of your body is roughly the size of your palm.)

- 1 to 3%     3 to 10%  
 More than 10%

### 3. What type of plaque psoriasis treatment are you currently on? Check all that apply

- Prescription topicals (corticosteroids, retinoids, vitamin D)  
 Biologics  
 Oral medications (methotrexate, PDE4 inhibitor)  
 Over-the-counter (OTC) treatments (eg, moisturizers)  
 Other (phototherapy, something not listed)  
 Not currently on treatment

### 4. How long have you been on your current treatment regimen?

- Less than 6 months     6 months to 2 years  
 2 years or more

### 5. How happy are you with your current treatment?

Not happy at all    1    2    3    4    5    Very happy

## THINKING ABOUT THE FUTURE

### 6. When thinking about starting a new treatment, which best describes how you are feeling?

- Concerned and Cautious     Frustrated and Doubtful  
 Hopeful and Eager

### 7. When looking at a plaque psoriasis treatment, is it important for you to be able to use it on sensitive skin areas? (Sensitive skin areas can include places like your face and neck, armpits, chest/breasts, groin, and genitals.)

- Yes     No

### 8. When considering a plaque psoriasis treatment, as prescribed by your dermatologist, what is most important to you? Check all that apply

- How well the treatment works (both long and short term)  
 How easy it is to apply  
 If it can be used in sensitive skin areas  
 How often I need to apply it  
 What other people's experiences have been  
 How much the treatment costs  
 What the potential side effects are

### 9. When it comes to your plaque psoriasis, what is something you'd like to discuss with your dermatologist but haven't?

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**VTAMA**  
(tapinarof) cream 1%

VTAMA cream is a **once-daily, steroid-free, prescription topical for adults with plaque psoriasis.** Talk to your dermatologist today to learn more about getting started on this truly innovative topical treatment.

**Important Safety Information: Indication:** VTAMA® (tapinarof) cream, 1% is an aryl hydrocarbon receptor agonist indicated for the topical treatment of plaque psoriasis in adults. **Adverse Events:** The most common adverse reactions (incidence ≥ 1%) in subjects treated with VTAMA cream were folliculitis (red raised bumps around the hair pores), nasopharyngitis (pain or swelling in the nose and throat), contact dermatitis (skin rash or irritation, including itching and redness, peeling, burning, or stinging), headache, pruritus (itching), and influenza (flu).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.