

Personal Contacts



Write down the contact information for people you may call on for support or help. Having all of this information in one place can help you plan ahead for when you need a hand or just someone to share a laugh with.

TRUSTY SIDEKICK



NAME _____

PHONE NUMBER () _____

BIGGEST FAN



NAME _____

PHONE NUMBER () _____

LITTLE THINGS COORDINATOR



NAME _____

PHONE NUMBER () _____

DIRECTOR OF DISTRACTIONS



NAME _____

PHONE NUMBER () _____

SOLID SHOULDER



NAME _____

PHONE NUMBER () _____



Not sure who to put on your list? Take a look at the **Build Your All-Star Team** guide from the My Trackers pocket of the **You Are the Center of Your Care** brochure. Use it to help you create your personal support network, and fill in the contact information on this sheet.

[Please click here for full Prescribing Information, including Boxed WARNING, and Medication Guide.](#)

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