

### Video S1: In situ bone marrow ASC motility after recombinant TNF $\alpha$ treatment

Using Blimp-1<sup>YFP</sup> V $\alpha$ cad-cre Rosa26<sup>Tomato</sup> mice, bone marrow YFP+ plasma cells (green) were tracked by intravital two-photon imaging in the tibia for 1.5-2 hours before (pre) and 2-3 hours immediately after (post) i.v. administration of recombinant TNF $\alpha$ . tdTomato+ endothelial cells were visualized and used to track changes in plasma cell positioning and egress from the bone marrow.