

Talking with friends and family

Tips on discussing treatment with loved ones



Let's talk about it

Living with generalized myasthenia gravis (gMG) can affect your life and the people who care about you. Maybe you want to explain treatments or share important points about topics like symptom tracking and goal setting. Or simply help ease concerns about your condition. However you want to communicate with family and friends, this guide may help you feel more prepared for those conversations.



VYVGART Hytrulo for subcutaneous injection and VYVGART for IV infusion are 2 prescription medicines for adults with anti-AChR antibody positive generalized myasthenia gravis (gMG).

SELECT IMPORTANT SAFETY INFORMATION

Do not take VYVGART if you are allergic to efgartigimod alfa or any of the ingredients in VYVGART. Do not take VYVGART HYTRULO if you are allergic to efgartigimod alfa, hyaluronidase, or any of the ingredients in VYVGART HYTRULO. VYVGART or VYVGART HYTRULO can cause serious allergic reactions and a decrease in blood pressure leading to fainting.

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Communicating how gMG and treatment may affect you

Educating family, friends, and loved ones

People around you may naturally have worries about your condition and treatment. By educating them on the disease and how it's treated, you may be able to calm their fears and help them become advocates for you. You might say something like this:

“My condition sometimes causes unexpected fatigue and difficulty getting my muscles to do what I want them to do. My treatments may help make life more manageable for me.”



The need for regular conversations with your healthcare team

As you track symptoms and try to find your treatment rhythm, you will likely stay in close touch with your doctor, Nurse Case Manager, and others on your care team. This may take time away from family and friends. Here is one way you might approach the subject:

“Getting used to gMG treatment means I may have more frequent doctor visits or phone calls. But over time, I hope to find my rhythm.”

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Daily symptom tracking

Adding daily symptom tracking into your routine—using a journal or app—will require extra time and attention, but it's the recommended way to find your personalized treatment cycle with VYVGART. Here are some ways to discuss this need with those closest to you:

“It’s important that I set aside time each day to track my symptoms. Maybe this is something you could help me with? This is how my doctor and I can figure out when I need my next treatment cycle.”



Experiencing a range of emotions

When you are starting gMG treatment and waiting for results, you may experience a full range of emotions, from anxiety about how the treatment will work to uncertainty about how your life will change. It may be difficult to share these feelings with your friends and loved ones. Here's an idea for conversation starters:

“Every day is different, but that’s how gMG can be for a lot of people. Right now, I’m taking things one day at a time.”



Managing side effects

You may experience side effects from your treatment that you will need to look out for and potentially manage. Giving friends and family a heads-up may help. Here is one way:

“I may have some side effects from my treatment, and I might not feel like my usual self sometimes.”

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Before taking VYVGART or VYVGART HYTRULO, tell your healthcare provider about all of your medical conditions, including if you: are pregnant or plan to become pregnant; are breastfeeding or plan to breastfeed. It is not known whether VYVGART or VYVGART HYTRULO will harm your unborn baby. It is not known if VYVGART or VYVGART HYTRULO passes into your breast milk. Pregnancy Exposure Registry. There is a pregnancy exposure registry for women who use VYVGART or VYVGART HYTRULO during pregnancy. The purpose of this registry is to collect information about your health and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1-855-272-6524 or going to [VYVGARTPregnancy.com](https://www.vyvgartpregnancy.com).

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Including loved ones as you work through your treatment plan

Communicating your symptoms clearly

Because fatigue and other symptoms vary from day to day, helping friends and family understand that each day is different is a hard concept to communicate. Here is one idea:

“Some days I feel good and other days I don’t. There might be days when my schedule will need to be flexible.”



Identifying breakthrough symptoms

It’s important to identify new or recurring symptoms between treatment cycles so you can communicate them to your doctor. Close friends and family can help if you explain to them what you need. Here is an example:

“If you see any of my symptoms returning, please tell me. I’m doing my best to track them, but I need to stay on top of this so my doctor can help me figure out the best treatment schedule for me.”

Accommodating symptoms

Keep an eye out for ways you may be working around your symptoms, such as eating softer foods, lying down to brush your hair, or other habit changes. Close friends and family can help, too. Here’s one idea:

“I may not be aware that my symptoms are changing how I go about my day, so if you see something, please say something.”



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Asking for support with scheduling and transportation

Assistance with daily responsibilities

Going to appointments may require getting someone to cover your regular tasks. Friends and family will probably want to help. Here's what you could say:



"I might need to go to the doctor more often than usual, so I may ask you to help me with certain responsibilities."

Rides to appointments

You may need rides to appointments. If you need assistance, communicate your needs and don't be afraid to ask for help. You might say something like:

"I'm going to need rides to and from my treatment appointments. Would I be able to count on you to share this responsibility with others?"



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Finding ways to alleviate concerns or worries

Facts about VYVGART and how it works

By giving friends and loved ones a brief description of the treatments you're on, you may help them feel more like a partner to you along your journey. You might say something like:



“VYVGART is a treatment approved by the FDA that’s designed to reduce harmful AChR antibodies, the main cause of gMG symptoms. I’m eager to see improvement as time goes on.”

Here’s a video that explains it very well.

Explaining what a neurologist does

Remind your friends and family that neurologists are specialized doctors who study the brain and nervous system, and that they are the ones who can best help you through this disease. You could say:

“I see a neurologist for my condition because they’re specifically trained to treat gMG.”

Establishing lifestyle changes

While some factors are out of your control, there are lifestyle changes that can help. These include getting enough rest, keeping a positive attitude, and adopting healthy eating habits. You might say:

“I’ve chosen to do everything I can. This includes getting enough rest, adopting healthy eating habits, and exercising. Please help keep me motivated.”



AChR=acetylcholine receptor

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VYVGART or VYVGART HYTRULO can cause side effects which can be serious, including infection. VYVGART or VYVGART HYTRULO may increase the risk of infection. If you have an active infection, your healthcare provider should delay your treatment with VYVGART or VYVGART HYTRULO until your infection is gone. Tell your healthcare provider right away if you get any of the following signs and symptoms of an infection: fever; chills; frequent and painful urination; cough; pain and blockage of nasal passages; wheezing; shortness of breath; sore throat; excess phlegm; nasal discharge.

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Working with others to set realistic, personalized goals

Setting goals

It's important to strive for small, short-term goals, so that you can imagine yourself making progress throughout your journey. Here are some ideas for talking with family and friends:

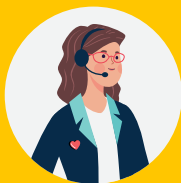
“Right now, I just want to be able to walk to the mailbox and back... but next season, I'm hoping to go to my grandson's game.”



Telling your doctor about your goals

Part of a successful treatment journey is taking notes and remembering to communicate them with your doctor. Close friends and family can also help you with this effort. You might say:

“I want to tell my doctor about my goals. Can you please make sure to remind me to do that at my next appointment?”



For resources to help you navigate these conversations, contact a Nurse Case Manager

Call **1-833-MY-PATH-1** (1-833-697-2841) for support today.

Information provided by the Nurse Case Managers is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. Always consult with a qualified and licensed physician or other healthcare provider regarding your medical condition, treatment, and healthcare needs.

SELECT IMPORTANT SAFETY INFORMATION

VYVGART or VYVGART HYTRULO can cause side effects which can be serious, including allergic reactions (hypersensitivity reactions). VYVGART or VYVGART HYTRULO can cause allergic reactions that can be severe. These reactions can happen during, shortly after, or weeks after your VYVGART infusion or VYVGART HYTRULO injection. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction with VYVGART or VYVGART HYTRULO: rash; swelling of the face, lips, throat, or tongue; shortness of breath; trouble breathing; low blood pressure; fainting. An additional symptom of an allergic reaction with VYVGART HYTRULO can include hives.

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Before taking VYVGART or VYVGART HYTRULO, tell your healthcare provider about all of your medical conditions, including if you:

- have an infection or fever.
- have recently received or are scheduled to receive any vaccinations.
- have any history of allergic reactions.
- have kidney (renal) problems.
- are pregnant or plan to become pregnant. It is not known whether VYVGART or VYVGART HYTRULO will harm your unborn baby.
 - Pregnancy Exposure Registry. There is a pregnancy exposure registry for women who use VYVGART or VYVGART HYTRULO during pregnancy. The purpose of this registry is to collect information about your health and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1-855-272-6524 or going to VYVGARTPregnancy.com
- are breastfeeding or plan to breastfeed. It is not known if VYVGART or VYVGART HYTRULO passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

VYVGART or VYVGART HYTRULO can cause side effects which can be serious, including:

- **Infection.** VYVGART or VYVGART HYTRULO may increase the risk of infection. If you have an active infection, your healthcare provider should delay your treatment with VYVGART or VYVGART HYTRULO until your infection is gone. Tell your healthcare provider right away if you get any of the following signs and symptoms of an infection:
 - fever
 - chills
 - frequent and painful urination
 - cough
 - pain and blockage of nasal passages
 - wheezing
 - shortness of breath
 - sore throat
 - excess phlegm
 - nasal discharge
- **Allergic reactions (hypersensitivity reactions).** VYVGART or VYVGART HYTRULO can cause allergic reactions that can be severe. These reactions can happen during, shortly after, or weeks after

your VYVGART infusion or VYVGART HYTRULO injection. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction with VYVGART or VYVGART HYTRULO:

- rash
- swelling of the face, lips, throat, or tongue
- shortness of breath
- trouble breathing
- low blood pressure
- fainting

An additional symptom of an allergic reaction with VYVGART HYTRULO can include hives.

- **Infusion or injection-related reactions.** VYVGART can cause infusion-related reactions. VYVGART HYTRULO can cause infusion or injection-related reactions. These reactions can happen during or shortly after your VYVGART infusion or VYVGART HYTRULO injection. Tell your healthcare provider if you have any of the following symptoms of an infusion or injection-related reaction:
 - high blood pressure
 - chills
 - shivering
 - chest, stomach, or back pain

The most common side effects of VYVGART or VYVGART HYTRULO include respiratory tract infection, headache, and urinary tract infection. An additional common side effect with VYVGART HYTRULO includes injection site reactions.

These are not all the possible side effects of VYVGART or VYVGART HYTRULO. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

What is VYVGART® (efgartigimod alfa-fcab) for intravenous (IV) infusion and what is VYVGART HYTRULO® (efgartigimod alfa and hyaluronidase-qvfc) for subcutaneous injection?

VYVGART and VYVGART HYTRULO are both prescription medicines used to treat adults with generalized myasthenia gravis (gMG) who are anti-acetylcholine receptor (AChR) antibody positive.

It is not known if VYVGART or VYVGART HYTRULO is safe and effective in children.

Please see full Prescribing and Patient Information for VYVGART HYTRULO for subcutaneous injection and full Prescribing Information for VYVGART for IV infusion.

Dosage forms and strengths:

VYVGART Hytrulo is available as a single-dose subcutaneous injection containing: 200 mg/mL of efgartigimod alfa and 2,000 U/mL of hyaluronidase per prefilled syringe, or 180 mg/mL of efgartigimod alfa and 2,000 U/mL of hyaluronidase per vial. VYVGART is available as a single-dose injection for intravenous use containing 400 mg/20 mL of efgartigimod alfa-fcab per vial.

Ideas for my next conversation

Resources to share with family, friends, and loved ones



VYVGART brochure

Share this brochure that contains important information about how treatment works, effectiveness and safety data, dosing, and more.



Caregiver guide

Share this brochure of helpful tips with those who care about you.



Patient emergency contact card

Use this card to share treatment information and key contacts in case of an emergency.

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**Here to help you
on your treatment journey**

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myVYVGARTpath.com