

A Guide for Caregivers

Find useful tips, resources, and more
to help you care for your loved one



Support for you and your loved one

A friend or family member starting a new treatment for generalized myasthenia gravis (gMG) can be overwhelming for them and for you. There is a lot to think about and manage. This guide offers tips on how to support your loved one while caring for yourself.

Understanding more about gMG

gMG is a rare, autoimmune, neuromuscular condition that can have an impact on various parts of your loved one's life, like the ability to take part in daily activities—which may include those with family and friends.

gMG symptoms can make it hard for people living with the condition to feel like themselves and do the things they love to do.

Symptoms your loved one may be experiencing



Eyelid drooping



Difficulty supporting neck



Blurred or double vision



Shortness of breath/
difficulty breathing



Difficulty speaking



Weakness in the arms and legs



Difficulty chewing/
swallowing



Difficulty walking/standing



Choking



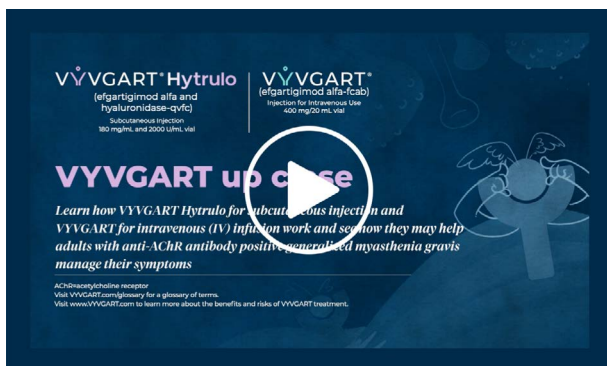
Fatigue from repeated
muscle use

Please see Important Safety Information on page 9. Please see full [Prescribing and Patient Information](#) for VYVGART HYTRULO for subcutaneous injection and full [Prescribing Information](#) for VYVGART for IV infusion.

Understanding VYVGART Hytrulo and VYVGART

gMG occurs when the body mistakenly makes harmful IgG antibodies, also known as harmful AChR antibodies. These **harmful AChR antibodies disrupt communication between muscles and nerves, causing gMG symptoms.**

VYVGART Hytrulo for subcutaneous injection and VYVGART for intravenous (IV) infusion work in similar ways to **help reduce the amount of IgG antibodies in the body, including the harmful AChR antibodies** that cause gMG symptoms.



Scan the QR code
to watch the video:



Take a deeper dive into the science
of how VYVGART works in the
body. Visit [VYVGART.com/MOA](https://www.vyvgart.com/MOA)
to learn more.



AChR=acetylcholine receptor; IgG=immunoglobulin G

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.

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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How you can support your loved one

→ Stay on schedule

Capture your loved one's injections on the magnet from the Welcome Kit or a calendar and consider setting a reminder in your phone

→ Check in on your loved one

Chat with your loved one regularly about how they are feeling and encourage them to track any changes in their symptoms by using the Myasthenia Gravis Activities of Daily Living (MG-ADL) scale to discuss with their doctor

→ Help advocate

Write down any questions, goals, or important details you or your loved one want to share with their doctor. Offer to write notes in your loved one's treatment journal

→ Arrange travel

Your loved one may receive their treatment at an infusion center, at their doctor's office, or at home. Offering to get them to and from their appointments may be helpful

If your loved one has been prescribed the VYVGART Hytrulo prefilled syringe

→ Learn how to administer

You and/or your loved one will receive in-person training at home or in their doctor's office until you're both ready to inject on your own. You'll also get a demonstration kit to help you practice. Be sure to read the full **Instructions for Use** before every injection

→ Help prep for the injection

Help your loved one get ready for their injection by setting up the supplies

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Connect with the gMG community

Finding people who understand what you're going through can be validating and a great way to find additional support, knowledge, and motivation.

Check out the foundations below:

- **Myasthenia Gravis Foundation of America**
This organization is dedicated to finding a cure for myasthenia gravis (MG) while improving the lives of people living with the disease. Visit [Myasthenia.org](https://www.myasthenia.org) to learn more
- **The Myasthenia Gravis Association**
This organization is dedicated to supporting individuals, families, friends, and communities impacted by MG. Visit [MGAc.org](https://www.mgac.org) to learn more
- **Caregiver Action Network**
This nonprofit organization provides education, peer support, and resources to caregivers across the United States. Visit [CaregiverAction.org](https://www.caregiveraction.org) to learn more
- **Myasthenia Gravis Holistic Society**
This inclusive organization is on a mission to make a difference in the lives of those affected by myasthenia gravis. Visit [MGHolisticSociety.org](https://www.mgholisticsociety.org) to learn more



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Don't forget to make yourself a priority

Explore these 3 ways you can prioritize your well-being so you can support your loved one to the best of your ability.

1 Ask for help

Caring for a loved one can be challenging, but you don't have to do everything alone. If you don't know what to ask for, make a list of ways that friends and family can help share certain responsibilities, like driving your loved one to a doctor's appointment

2 Focus on the task at hand

There can be a lot to manage when caregiving, so focus on one task at a time to avoid feeling overwhelmed. Consider writing out a list and marking things off one at a time

3 Find local resources

Research helpful services in your area, like meal delivery, cleaning, etc.



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You're not alone—reach out to a Nurse Case Manager

A Nurse Case Manager is here to help answer any questions you have, provide helpful resources, guide you through the insurance process, and help you understand potential financial assistance programs.

Call **1-833-MY-PATH-1** (1-833-697-2841)

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.

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Don't forget about self-care

Self-care shouldn't feel stressful—as a caregiver, decide what works best for you and integrate a new routine at your own pace.

- ➔ **Stick to a schedule**
It can be helpful to sleep, exercise, and eat on a regular schedule
- ➔ **Set healthy goals and boundaries**
Sometimes saying no is the best way to maintain your peace of mind
- ➔ **Develop a gratitude practice**
Find at least 1 thing each day you are grateful for and write it down
- ➔ **Stay connected with family and friends**
Invite family over for a movie night or set a goal to call friends more often
- ➔ **Try a new relaxation activity**
Listen to your favorite song or try meditating



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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.

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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.



**Here to help you and your loved one
on the treatment journey**

1-833-MY-PATH-1 (1-833-697-2841)

myVYVGARTpath.com