

My VYVGART® Path

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## Advocating for your loved one

Find tips, tools, prompts, and more to help you have productive conversations with your loved one's doctors



## Getting the conversation going

Your loved one may have a lot to discuss with the doctor about generalized myasthenia gravis (gMG), and it's important that all of their concerns be addressed.

As a caregiver, you can help advocate for your loved one by bringing up topics they may have forgotten, keeping track of their symptoms, asking questions they may not have thought about, and taking notes for them. This guide has tips, tools, and questions to help you feel prepared for your loved one's doctors' appointments.



### **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).

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

**Please see Important Safety Information on pages 8 and 9. Please see full Prescribing and Patient Information for VYVGART HYTRULO for subcutaneous injection and full Prescribing Information for VYVGART for IV infusion.**

## Preparing for appointments

Consider these tips so you and your loved one can feel confident at their next appointment.

### Prepare:

- Set some time aside for you and your loved one to come up with questions or discuss concerns that you can bring up with the doctor
- Write down any symptoms your loved one is experiencing and any changes in medical history
- Ask the doctor if you can record the appointment with your phone. This can be helpful if you need to remember something that you discussed

### Organize:

- Bring a pen and this guide or the Caregiving Journal to take notes
- Bring a calendar or your phone to set a reminder for the next appointment
- If necessary, make sure your loved one has released their medical information to you. This may be required by the doctor to discuss your loved one's condition with you. If you are unsure how to do this, you can ask your loved one's doctor

### Share:

- Bring a list of the medications that your loved one is taking. You can write this down in the Caregiving Journal
- Bring a list of your loved one's other healthcare professionals. You can also write this down in the Caregiving Journal



### Guide for Caregivers

Scan the QR code to find more tips for caregivers or visit [gMGCaregiverGuide.com](https://www.gMGCaregiverGuide.com) to learn more.

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## Thought starters for questions

Consider the prompts and fill in the blanks below to help you and your loved one come up with topics to discuss with their doctor.

- 1 My loved one has started feeling \_\_\_\_\_.
- 2 I don't understand \_\_\_\_\_ about gMG.
- 3 My loved one wants to \_\_\_\_\_. (think of a goal)
- 4 I've noticed my loved one has had trouble with \_\_\_\_\_.
- 5 My loved one has been saying \_\_\_\_\_ about their symptoms.
- 6 I'd like to know more about \_\_\_\_\_ so I can better support my loved one.
- 7 Is it typical with gMG to experience \_\_\_\_\_?



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## Questions for the doctor

Your loved one's appointment is the time for you both to ask questions. If you don't understand something or want to learn more, feel free to ask the doctor.

### About my loved one:

- How long might it take for us to see a change in symptoms?
- How will we know VYVGART is working?
- Are there any additional supportive options my loved one can think about alongside VYVGART, like physical therapy?
- Are there any lifestyle changes my loved one should consider?
- Are there any assistive devices that you recommend for my loved one?
- What kind of goals are most helpful to set?

### About gMG:

- Are there any challenges or opportunities you coach patients to keep an eye out for?
- Have you treated other patients with gMG? What have you learned from them?
- What are some common questions that you have heard from other people living with gMG?
- What should I do if I see my loved one's symptoms returning? When should I call you?

### About caregiving:

- How can I best support my loved one during their treatment?
- Are there any support groups for caregivers?

### Want to write your own questions?

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## What symptoms have you noticed lately?

Observing your loved one's symptoms is important. Family and friends are often the first to notice improvements or changes in symptoms. Your loved one may already be keeping notes of their symptoms in their Tracking Journal, but the list below can be used as a quick reference to mention changes to their doctor.

Check the box if your loved one has experienced any of these symptoms recently and write some details in the space provided.



**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**



**My loved one has also been experiencing:**



### How gMG affects the body

Learn more about what causes gMG symptoms and how it affects the body at [VYVGART.com/about-gMG](https://www.vyvgart.com/about-gmg).

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## Notes

Capture important information that you discussed with the doctor in the section below.

**MG-ADL\* score:**

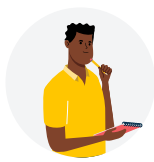
**Symptoms discussed:**

**Treatment schedule:**

**Goals:**

**What to expect:**

**Next steps:**



### Want more caregiver support?

Explore your Caregiving Journal; it has activities that can help you reflect and recharge, as well as space for you to take note of your loved one's progress and more.

\*The Myasthenia Gravis Activities of Daily Living (MG-ADL) scale is a tool that measures 8 common signs or symptoms of gMG.

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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.

**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](http://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.



*My* VYVGART® *Path*

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

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

**[myVYVGARTpath.com](https://myVYVGARTpath.com)**