

My VYVGART® Path

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 chronic inflammatory demyelinating polyneuropathy (CIDP), 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, recording their symptoms and abilities, 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 HYTRULO® (efgartigimod alfa and hyaluronidase-qvfc)?

VYVGART HYTRULO is a prescription medicine used to treat adults with chronic inflammatory demyelinating polyneuropathy (CIDP).

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

Please see Important Safety Information on page 9. Please see full Prescribing and Patient Information for VYVGART HYTRULO.

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 and changes in abilities 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 [CIDPCaregiverGuide.com](https://www.cidpcaregiverguide.com) to learn more.

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 CIDP.
- 3 My loved one wants to _____.
- 4 I've noticed my loved one has had trouble with _____.
- 5 My loved one has been saying _____ about their symptoms and abilities.
- 6 I'd like to know more about _____ so I can better support my loved one.
- 7 Is it typical with CIDP to experience _____?



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 and abilities?
- How will we know VYVGART Hytrulo is working?
- Are there any additional supportive options my loved one can think about alongside VYVGART Hytrulo, 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 CIDP:

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

About caregiving:

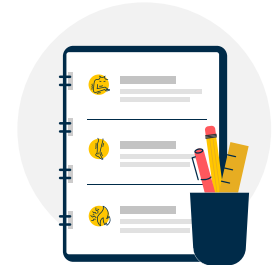
- How can I best support my loved one during their treatment?
- Are there any support groups for caregivers?

Want to write your own questions?

What changes have you noticed lately?

Observing your loved one's symptoms and abilities is important. Family and friends are often the first to notice improvements or changes in symptoms and abilities. Your loved one may already be keeping notes in their Treatment 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 changes in the following symptoms or abilities recently and write some details in the space provided.



Weakness in upper and/or lower limbs



Tingling and/or numbness



Heaviness in legs



Fatigue



Loss of balance and/or coordination



Pain



My loved one has also been experiencing:



How CIDP affects the body

Learn more about what causes CIDP symptoms and how it affects the body at VYVGARTHytrulo.com/about-CIDP.



Notes

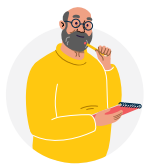
Capture important information that you discussed with the doctor in the section below.

Goals:

Symptoms and abilities discussed:

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.

IMPORTANT SAFETY INFORMATION

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

Before taking 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 HYTRULO will harm your unborn baby.
 - Pregnancy Exposure Registry. There is a pregnancy exposure registry for women who use 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 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 HYTRULO can cause side effects which can be serious, including:

- **Infection.** VYVGART HYTRULO may increase the risk of infection. If you have an active infection, your healthcare provider should delay your treatment with 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	- wheezing
- chills	- shortness of breath
- frequent and painful urination	- sore throat
- cough	- excess phlegm
- pain and blockage of nasal passages	- nasal discharge

- **Allergic reactions (hypersensitivity reactions).**

VYVGART HYTRULO can cause allergic reactions that can be severe. These reactions can happen during, shortly after, or weeks after your 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:

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

- **Infusion or injection-related reactions.**

VYVGART HYTRULO can cause infusion or injection-related reactions. These reactions can happen during or shortly after your 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 | - chest, stomach, or back pain |
| - chills | |
| - shivering | |

The most common side effects of VYVGART HYTRULO include respiratory tract infection, headache, urinary tract infection, and injection site reactions.

These are not all the possible side effects of 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.

My VYVGART® *Path*

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

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

myVYVGARTpathCIDP.com