

For adults with anti-AChR antibody positive generalized myasthenia gravis (gMG)

AChR=acetylcholine receptor; gMG=generalized myasthenia gravis

My VYVGART® Path

VYVGART® Hytrulo
(efgartigimod alfa and
hyaluronidase-qvfc)
Subcutaneous Injection
180 mg/mL and 2000 U/mL vial

VYVGART®
(efgartigimod alfa-fcab)
Injection for Intravenous Use
400 mg/20 mL vial

CONVERSATION GUIDE

Tips for talking to family, friends, and loved ones about gMG and treatment

Living with gMG can affect your life and the people who care about you. Use this guide to help you feel more prepared for conversations with family, friends, and loved ones.



gMG=generalized myasthenia gravis

SELECT IMPORTANT SAFETY INFORMATION

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

Please see Important Safety Information throughout. Please see the full Prescribing Information for [VYVGART for IV infusion](#) and [VYVGART HYTRULO for subcutaneous injection](#).

1

Communicating how gMG and treatment 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 disease sometimes causes unexpected fatigue and difficulty getting my muscles to do what I want them to do. My treatments should help make life more manageable for me.”



Experiencing 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.”

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 will find my rhythm.”

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1

Communicating how gMG and treatment affect you (cont'd)

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 dosing schedule 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.”

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.”



gMG=generalized myasthenia gravis

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The most common side effects in efgartigimod-alfa-fcab-treated patients were respiratory tract infection, headache, and urinary tract infection. Additional common side effects with VYVGART HYTRULO are injection site reactions, including rash, redness of the skin, itching sensation, bruising, pain, and hives.

Please see Important Safety Information throughout. Please see the full Prescribing Information for VYVGART for IV infusion and VYVGART HYTRULO for subcutaneous injection.

2

Identifying when your next dose of VYVGART Hytrulo or VYVGART for IV infusion is needed

Fostering open, supportive communication

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 treatments 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.”

IV=intravenous

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3 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?”

4

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 to manage my symptoms. This includes getting more sleep, eating better, and staying positive. Please help keep me motivated!”



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SELECT IMPORTANT SAFETY INFORMATION

Before taking VYVGART or VYVGART HYTRULO, tell your doctor if you: take any medicines, including prescription and non-prescription medicines, supplements, or herbal medicines; have received or are scheduled to receive a vaccine (immunization); or have any allergies or medical conditions, including if you are pregnant or planning to become pregnant, or are breastfeeding.

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5 Working with others to set realistic, personalized goals

Setting goals

It's important to strive for 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.”



Tell 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 Nurse Case Managers is not intended to be a substitute for professional medical advice. Always consult with a qualified healthcare provider regarding your healthcare needs.

Visit [VYVGART.com/glossary](https://www.vyvgart.com/glossary) for a glossary of terms.

SELECT IMPORTANT SAFETY INFORMATION

VYVGART and VYVGART Hytrulo can cause allergic reactions such as rashes, swelling under the skin, and shortness of breath. Hives were also observed in patients treated with VYVGART HYTRULO. Serious allergic reactions, such as trouble breathing and decrease in blood pressure leading to fainting have been reported with efgartigimod alfa-fcab.

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VYVGART and VYVGART HYTRULO may cause serious side effects, including:

- **Infection.** VYVGART and VYVGART HYTRULO may increase the risk of infection. The most common infections for efgartigimod alfa-fcab-treated patients were urinary tract and respiratory tract infections. Signs or symptoms of an infection may include fever, chills, frequent and/or painful urination, cough, pain and blockage of nasal passages/sinus, wheezing, shortness of breath, fatigue, sore throat, excess phlegm, nasal discharge, back pain, and/or chest pain.
- **Allergic Reactions (hypersensitivity reactions).** VYVGART and VYVGART HYTRULO can cause allergic reactions such as rashes, swelling under the skin, and shortness of breath. Hives were also observed in patients treated with VYVGART HYTRULO. Serious allergic reactions, such as trouble breathing and decrease in blood pressure leading to fainting have been reported with efgartigimod alfa-fcab.
- **Infusion-Related Reactions.** VYVGART and VYVGART HYTRULO can cause infusion-related reactions. The most frequent symptoms and signs reported with efgartigimod alfa-fcab were high blood pressure, chills, shivering, and chest, abdominal, and back pain.

Tell your doctor if you have signs or symptoms of an infection, allergic reaction, or infusion-related reaction. These can happen while you are receiving your VYVGART or VYVGART HYTRULO treatment or afterward. Your doctor may need to pause or stop your treatment. Contact your doctor immediately if you have signs or symptoms of a serious allergic reaction.

Before taking VYVGART or VYVGART HYTRULO, tell your doctor if you:

- take any medicines, including prescription and non-prescription medicines, supplements, or herbal medicines,
- have received or are scheduled to receive a vaccine (immunization), or
- have any allergies or medical conditions, including if you are pregnant or planning to become pregnant, or are breastfeeding.

What are the common side effects of VYVGART and VYVGART HYTRULO?

The most common side effects in efgartigimod-alfa-fcab-treated patients were respiratory tract infection, headache, and urinary tract infection. Additional common side effects with VYVGART HYTRULO are injection site reactions, including rash, redness of the skin, itching sensation, bruising, pain, and hives.

These are not all the possible side effects of VYVGART and VYVGART HYTRULO. Call your doctor for medical advice about side effects. You may report side effects to the US Food and Drug Administration 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, each used to treat a condition called generalized myasthenia gravis, which causes muscles to tire and weaken easily throughout the body, in adults who are positive for antibodies directed toward a protein called acetylcholine receptor (anti-AChR antibody positive).

Please see the full Prescribing Information for [VYVGART](#) and the full Prescribing Information for [VYVGART HYTRULO](#), and talk to your doctor.

Ideas for my next conversation

Resources to share with family, friends, and loved ones



Patient emergency contact card

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



VYVGART brochure

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



Medisafe app

Download this app to help you with symptom tracking, treatment reminders, finding infusion centers, and more!

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