



**STARTING  
STRONG**



# Starting Strong

## Your RYSTIGGO® Treatment Journal

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So, you're starting a new treatment. Whether you're excited, nervous, or anything in between, this journal is designed to help you fit your prescribed treatment into your life. In these pages, you'll find interactive activities, treatment management tips, and information about RYSTIGGO dosing. Let's start strong on your first RYSTIGGO treatment cycle.

**RYSTIGGO®**  
(rozanolixizumab-noli)  
Injection For Subcutaneous Use

Please see Important Safety Information about RYSTIGGO® on pages 12-14 as well as accompanying full Prescribing Information, also available at [RYSTIGGO.com](http://RYSTIGGO.com).

## Why should you journal?

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No experience journaling? That's perfectly okay. You may be wondering how journaling can help.



When you're starting a new treatment, it can be easy to feel overwhelmed by new information.

Journaling can help you **understand** and **communicate** your needs, **prepare** for the future, and **feel better** about the "right now". By journaling, you can keep track of changes or new patterns you see, make plans and goals and prepare for conversations with your doctor.

## Who is this journal for?

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This journal is designed for RYSTIGGO<sup>®</sup> (rozanolixizumab-noli) Injection for Subcutaneous Use patients beginning or continuing their prescribed treatment. You can also share this journal with caregivers and loved ones. Feel free to include whoever you want as you explore your journal. Starting Strong will support you and any caregivers you want to include throughout your 6-week treatment cycle.

Please see Important Safety Information about RYSTIGGO<sup>®</sup> on pages 12-14 as well as accompanying full Prescribing Information, also available at RYSTIGGO.com.

# How to use your journal

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**We made this journal with your treatment cycle in mind. Each week of activities can help in preparing you for an upcoming infusion.**



**Your journal is your playground. It's your place to write, plan, and prepare for each week.**

**But there is no single, correct way to go through this journal.**

**Use this journal in whatever way you'd like!**

# Table of Contents

---

● **7-10:** Living with gMG

---

● **11:** What is RYSTIGGO® (roxanoliizumab-noli)?

---

● **12-15:** Important Safety Information

---

● **16-17:** Understanding your treatment / Side effects

---

● **18-19:** Your treatment (and treatment break)

---

**W1** **20-23:** **Week 1:** Your first infusion day

---

**W2** **24-27:** **Week 2:** Let's talk logistics

---

**W3** **28-33:** **Week 3:** Overcoming challenges

---

**W4** **34-39:** **Week 4:** Talking to your doctor

---

**W5** **40-45:** **Week 5:** Strengthening your support network

---

**W6** **46-47:** **Week 6:** Planning for the future

---

● **48-51:** MG-ADL tool

---

● **52-53:** Your treatment break

---

● **54-55:** Keep in mind

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Please see Important Safety Information about RYSTIGGO® on pages 12-14 as well as accompanying full Prescribing Information, also available at RYSTIGGO.com.

# Living with gMG

gMG can create challenges that vary from person to person—and even from day to day! These challenges affect you and those who care about you.

For example, let's take a moment to think about your past week. Think about the highs and the not-so-highs. How did unpredictable gMG symptoms change your daily routine?



**Trouble walking**



**Shortness of breath**



**Impaired speech**



**Trouble eating/  
swallowing**



**Double vision or  
drooping eyelid**



**Weakness in the arms, hands,  
fingers, legs, and neck**



**Fatigue**

**Write any other ways here**

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The good news is that there are tools you can use to help manage this unpredictability.

# Tracking your symptoms

Because your symptoms can change daily, it may be helpful to track your symptoms. Tracking can make it easier to discuss your symptoms at appointments, and it helps your doctor keep you on the right treatment path.

## Getting to know the MG-ADL

The MG-ADL is how most doctors measure impact of symptoms. You can find an MG-ADL on page 48 of this journal. You can also get one at [www.ucbONWARD.com](http://www.ucbONWARD.com) or scan this QR code. Save the MG-ADL to your device or print copies to use.



Be sure to pay attention to changes in your symptoms and discuss those changes with your doctor. For anything else your doctor wants you to track, use an app on your phone or a personal journal!



*Remember to ask your doctor how often to track your symptoms, and if there's anything else you should track.*

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W2

W3

W4

W5

W6

# Let's get tracking

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Think about how you'll track your symptoms. Is there a specific time of day that works best? Will you use an MG-ADL, or will you track with your own personal journal?

Use this space to make a tracking plan with your doctor and remember: Discuss how often you'll be tracking with your doctor.



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Tracking symptoms and managing gMG is part of your life, but it's not your whole life. Turn to the next page to get real.

Over 

## The real you

You're more than your gMG, whether you're an artist, an athlete, a parent, or a best friend. Maybe you're adventurous or funny. What traits do you value?

Try this: Write down some of your core identities and values. Think about your list for a few minutes and circle the one that matters to you the most.

●	_____	●	_____
●	_____	●	_____
●	_____	●	_____
●	_____	●	_____

**Write about a time you showed this identity or value. How can you show this value in the coming days, weeks, or even months?**

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W1

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W4

W5

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# What is RYSTIGGO®?

RYSTIGGO (rozanolixizumab-noli) Injection for Subcutaneous Use was shown to significantly improve activities of daily living by the end of the 6-week treatment period. Improvements were seen in some participants as early as one week after the first dose.\*

RYSTIGGO targets a protein called FcRn, which is often one of the underlying causes of gMG. FcRn extends the life of harmful antibodies that cause gMG symptoms. By targeting this protein, RYSTIGGO can provide relief from gMG symptoms.

RYSTIGGO is administered via subcutaneous infusion. These infusions are usually given at a doctor's office, hospital outpatient department, or independent infusion center. At-home infusions may be possible, depending on your insurance coverage and doctor's guidance.

## **Important Safety Information**

The most common side effects of RYSTIGGO include headache, infections, diarrhea, fever, hypersensitivity reactions, and nausea.

\* 35% (23 out of 66 people) of the 7 mg/kg group and 38% (25 out of 66) of the 10 mg/kg group, compared to 24% (16 out of 67) of the placebo group, as determined by improvement in MG-ADL score.

## Important Safety Information

### What is RYSTIGGO?

RYSTIGGO is a prescription medicine used to treat adults with a disease called generalized myasthenia gravis (gMG) who are acetylcholine receptor (anti-AChR) antibody positive or muscle-specific tyrosine kinase (anti-MuSK) antibody positive.

### What is the most important information I should know about RYSTIGGO® (rozanolixizumab-noli)?

RYSTIGGO may cause serious side effects, including:

- **Infection:** RYSTIGGO may increase the risk of infection. In clinical studies, the most common infections were upper respiratory tract infections, COVID-19, urinary tract infections, and herpes simplex infections. Your healthcare provider should check you for infections before starting and during treatment with RYSTIGGO. Tell your healthcare provider if you have any history of infections. Tell your healthcare provider right away if you have signs or symptoms of an infection during treatment with RYSTIGGO. Some of the signs and symptoms may include fever, chills, frequent and/or painful urination, cough, runny nose, wheezing, shortness of breath, fatigue, sore throat, excess phlegm, nasal discharge, back pain, and/or chest pain.
- **Aseptic Meningitis:** RYSTIGGO could cause aseptic meningitis. Tell your healthcare provider right away if you develop any signs or symptoms of meningitis during treatment with RYSTIGGO such as severe

W1


W2

W3

W4

W5

W6



headache, neck stiffness, drowsiness, fever, sensitivity to light, painful eye movements, nausea, and vomiting.

- **Hypersensitivity Reactions:** RYSTIGGO can cause swelling and rash. Your healthcare provider should monitor you during and after treatment and discontinue RYSTIGGO if needed. Tell your healthcare provider immediately about any undesirable reactions you experience after administration.

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

- Have a history of infection or think you have an active infection
- Have received or are scheduled to receive a vaccine (immunization). The use of vaccines during RYSTIGGO treatment has not been studied, and the safety with live or live-attenuated vaccines is unknown. Administration of live or live-attenuated vaccines is not recommended during treatment with RYSTIGGO. Completion of age-appropriate vaccines according to vaccination guidelines before starting a new treatment cycle with RYSTIGGO is recommended.
- Are pregnant or plan to become pregnant or are breastfeeding or plan to breastfeed.

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

**What are the possible side effects of RYSTIGGO?**

## Important Safety Information (cont'd)

RYSTIGGO may cause serious side effects, including:

- See **“What is the most important information I should know about RYSTIGGO?”**

**The most common side effects of RYSTIGGO include:**

- headache
- infections
- diarrhea
- fever
- hypersensitivity reactions
- nausea

These are not all the possible side effects of RYSTIGGO. For more information, ask your healthcare provider or pharmacist. Tell your healthcare provider about any side effect that bothers you or that does not go away. Call your healthcare provider for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088. You may also report side effects to UCB, Inc. by calling 1-844-599-CARE [2273].

Please see the full Prescribing Information and talk to your healthcare provider about your condition or your treatment. For more information, go to [RYSTIGGO.com](http://RYSTIGGO.com) or call 1-844-599-2273.

W1

W2

W3

W4

W5


W6



Use this page to write notes, thoughts, feelings, or whatever else you'd like.

**RYSTIGGO**<sup>®</sup>  
(rozanolixizumab-noli)  
Injection For Subcutaneous Use

# Understanding your treatment

IV (Intravenous) Infusion	Subcutaneous Infusion
 <ul style="list-style-type: none"><li>• Goes in the vein</li><li>• Often uses an IV bag and a catheter or needle</li><li>• Can take over an hour</li></ul>	<p><b>RYSTIGGO<sup>®</sup></b> (rozanolixizumab-noli) Injection For Subcutaneous Use</p> <ul style="list-style-type: none"><li>• Given under the skin, in the abdomen*</li><li>• Uses an infusion pump</li><li>• Can take as little as 15 minutes</li></ul>

\* In the lower abdomen below the belly button. Do not receive RYSTIGGO in areas where the skin is tender, bruised, red, or hard.



## REMEMBER

*RYSTIGGO infusions should always be administered by a trained healthcare professional.*

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W2

W3

W4

W5

W6

## Side effects

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In clinical trials, the most common RYSTIGGO side effects were diarrhea, headache, fever, infections, hypersensitivity reactions, and nausea.

These are not all the possible side effects of RYSTIGGO. For more information, ask your healthcare provider or pharmacist. Tell your healthcare provider about any side effect that bothers you or that does not go away. Call your healthcare provider for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088. You may also report side effects to UCB, Inc. by calling 1-844-599-CARE [2273].

If you are experiencing an adverse event to RYSTIGGO, contact your medical provider or seek immediate medical assistance.

To report SUSPECTED ADVERSE REACTIONS, contact UCB, Inc., at 1-844-599-2273 or FDA at 1-800-FDA-1088 or [www.fda.gov/medwatch](http://www.fda.gov/medwatch).

Please see Important Safety Information about RYSTIGGO® on pages 12-14 as well as accompanying full Prescribing Information, also available at [RYSTIGGO.com](http://RYSTIGGO.com).

# Your treatment

(and treatment break)

Your RYSTIGGO® (rozanolixizumab-noli) Injection for Subcutaneous Use treatment is divided into two parts: your treatment cycle and your treatment break. Let's talk about what this means.

## Treatment cycle

During your treatment cycle, you'll receive 6 doses in total, spaced 1 week apart. This 6-week period is called a treatment cycle. Every cycle is followed by a break in your treatment. As you go through the treatment cycle, think about:



**Working with your doctor to figure out how often to track your symptoms**



**Practicing self-care, like spending time on hobbies or with the people you love**



**Communicating with your doctor as needed**



**Planning each infusion visit  
(try the activity on page 21!)**

Every cycle is followed by a break in your treatment.

W1

W2

W3

W4

W5

W6

## Your treatment break



**After these 6 weeks, you'll go on a treatment break. During this time, you will not be receiving any infusions.**

**Sit back and celebrate the milestone.**



**Remember to communicate with your doctor during your break. They will work with you to decide when and if you need further treatment cycles.**



*For more information about communicating with your doctor during your treatment, see Week four (page 34) of this journal.*

Please see Important Safety Information about RYSTIGGO® on pages 12-14 as well as accompanying full Prescribing Information, also available at RYSTIGGO.com.

# Week One

## Making it happen – Your first infusion day

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Infusion day is coming up! Let's make a plan so you can start strong with RYSTIGGO®. There are a couple of different places you may receive your infusion:

### **An independent infusion center or doctor's office**

The infusion itself can take as little as 15 minutes.\* But, be sure to schedule time before and after your appointment. Make time for transportation, the infusion setup, and any observation time after your infusion. You will be monitored while you receive RYSTIGGO, and for 15 minutes after your infusion is complete. Your doctor can provide more information about subcutaneous infusions and what to expect on infusion days.

### **At home**

It's important to ask your doctor how to prepare for a home infusion. A nurse or other healthcare professional will arrive at your house to administer your infusion.

### **Hospital outpatient department**

Your nearest hospital may have an outpatient department capable of administering your RYSTIGGO infusions.

Please see Important Safety Information about RYSTIGGO® on pages 12-14 as well as accompanying full Prescribing Information, also available at RYSTIGGO.com.

## Getting ready

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Let's try to make the infusion process a little more comfortable. On infusion day, whether your infusion is at home or not, plan for:

- Some food or a beverage, as guided by your healthcare team
- Something to entertain yourself

### Packing an infusion day bag

To make infusion day go more smoothly, consider packing a small bag with everything you need. This can be helpful whether you're infusing at home or in a doctor's office. This could include some kind of entertainment to pass the time while you wait, or anything else you want. What are some items you'd like to include in your bag?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

\* There are 3 recommended doses of RYSTIGGO, based on body weight. Preparation and infusion time may vary by patient, dosage, infusion provider, and/or provider location.

**RYSTIGGO**<sup>®</sup>  
(rozanolixizumab-noli)  
Injection For Subcutaneous Use

# Infusion day and your life

It may take some adjustments to fit infusions into your weekly schedule. Whether that involves a job, transport to get there and back, child care, or anything else, make sure to plan other parts of your life for your infusion day. What other commitments will you need to think about when planning your infusion day?

**What other commitments will you need to think about when planning your infusion day?**



- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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- \_\_\_\_\_
- \_\_\_\_\_

W1

W2

W3

W4

W5

W6

## Going solo? Or bringing some company?

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Bringing a friend or a caregiver to your appointment? That could be a great call. Just consider when and where you'll meet up and tell them what (if any) support they can give you before during and after your infusion.

Name:

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Support I need:

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Name:

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Support I need:

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**My plan for when and how to ask them for support:**



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# Week Two

## Let's talk logistics

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Now that you've had one infusion, think about how it went. Is there anything you'd like to change about your infusion day plan?

**Remember:** Much of your plan is in your control.

After all, even the smallest adjustments can make a big difference.

### Your to-do list

Staying organized may not always be easy, but it's always important! So, let's make a to-do list for your future infusions. This quick step can help you stay organized and prepared for each infusion day.

### Think about last week's plan.

Was there anything you forgot to plan for, or that you could keep in mind for your next infusion?



W1

W2

W3

W4

W5

W6

## My to-do list

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We've included a few common items in this list. Use the blank spaces to jot down your own.

- Get in touch with your infusion center to confirm your appointment, if infusing away from home**
- Check calendar for date of next infusion**
- Plan a ride or transportation**
- Confirm transportation option/backup**
- Make a childcare plan, if you need to**
- Get time off work, if you need to**
- Bring something to do during downtime or while you're waiting**

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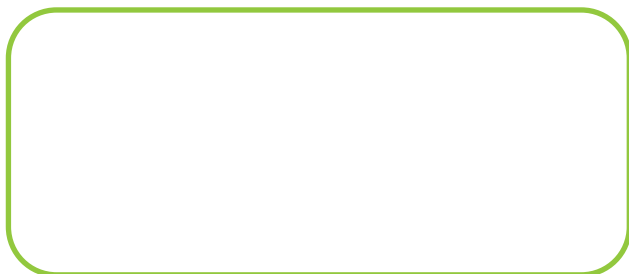
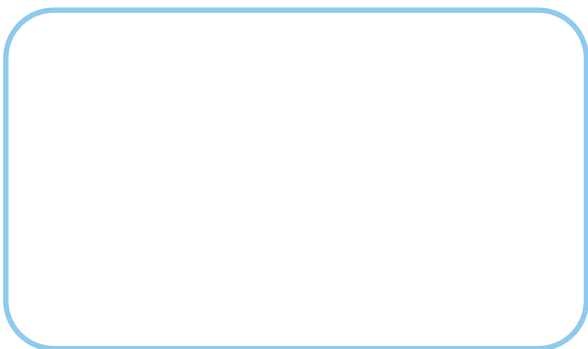
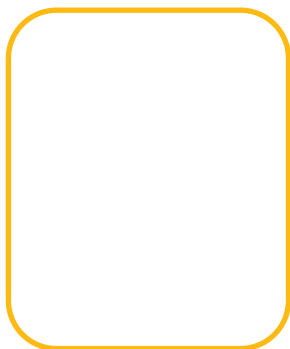
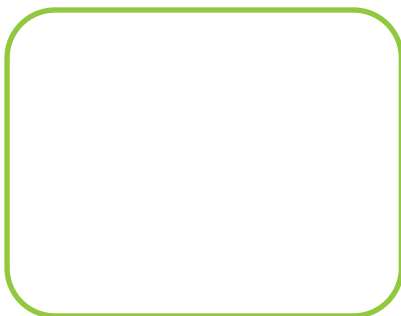
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## Make it a good day

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Now that you have one infusion completed, let's think about ways to add positivity into your infusion days. That could be a snack from your favorite café, time with your favorite book, or anything else that you enjoy.

**How will you add pleasant moments into your infusion days?**



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W2

W3

W4

W5

W6

## Your day at a glance

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Great job so far. Now that you've got a plan, let's take a moment to schedule the time you need on your infusion day.

**Date:** \_\_\_\_\_

8 am

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9 am

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10 am

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11 am

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12 pm

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1 pm

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2 pm

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3 pm

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4 pm

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5 pm

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6 pm

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7 pm

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8 pm

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9 pm

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**After your next infusion day, come back to this page to see how your plan worked.**

# Week Three

## Ups, downs, and in-betweens

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So you've got your plan. But life with gMG comes with its ups and downs — you know that better than anyone. Sometimes you may feel stressed, worried, or overwhelmed. That's okay! It's normal to have these feelings. Let's talk about some tools to deal with them.

### Being kind to yourself

Whether it's spending time with friends, or on your favorite hobby, gMG can get in the way.

Just remember: Even though you can't control how you feel, you can control how you treat yourself. Be kind to yourself, especially when times are tough — you're worth it.



W1

W2

W3

W4

W5

W6



Imagine how a person who loves you would describe this situation. Write a letter to yourself from that person's perspective: How would they remind you that you're doing your best? How would they want you to think about this situation?



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**TIP**

*Next time you're having trouble, re-read this letter. Remind yourself that you are doing the best you can.*

W1

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W3

W4

W5

W6

## How about some mindfulness?

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If you're feeling stressed about something today, give this mindfulness activity a try. Search online for more mindfulness videos and resources!



Find a quiet place, and get into a comfortable position.

Let your body relax.



Focus on your breathing – pay attention to the rhythm of your breath. Breathe normally, but focus on the sensation of your breath, one breath at a time.

Your mind may start to wander. This is normal. When this happens, slowly return your focus to your breath.



Start with just one minute whenever you're feeling stressed. Work your way up to a longer amount of time.

## Defeating negativity

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We all have negative thoughts sometimes. But you can choose what to do with them.

Does “I’m not good enough” or “I can’t do this” sound familiar? Next time you have these thoughts, remind yourself these are only thoughts, not facts.

**When you have these thoughts, ask yourself:**

- Do you have to believe them?
- Are they even true?
- Could you think about the situation in a different way, or could you just let those thoughts go?



W1

W2

W3

W4

W5

W6

**Imagine your thoughts are floating by on a stream.  
You can decide what thoughts to keep and what  
thoughts to let pass you by.**



# Week Four

## Making conversations count: Talking to your doctor

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Partnering with your doctor helps you get the most out of each appointment. Communicate about your symptoms and what you need to manage them. These conversations can help guide your treatment and show your doctor that you're being proactive.

Let's talk about some tools and activities for partnering with your doctor.

### Tracking your symptoms

Discuss tracking your symptoms with your doctor to decide how often you should record them. If you feel any changes, write them down. This can make it easier to have great, productive conversations at your next appointment.

### Self-reflection

Before you complete your next appointment, try reflecting on your previous appointments. Did you feel heard or ignored at your last appointment? Did you leave with more questions or more answers?

W1

W2

W3

W4

W5

W6

## Planning your appointments

Got a lot you want to talk about, but not a lot of time to do it? When you go to your appointment with a plan, it can be easier to cover everything that you want with your doctor. Take a few minutes to write down a plan before each appointment. What do you want to know, ask, or talk about? Write these things down and bring them up with your doctor at the beginning of your appointment.



## It's appointment time

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**Let's face it:** Communicating with your doctor isn't always easy. But like any other skill, it can improve with a bit of practice. Here are some tips for building your communication skills:



W1

W2

W3

W4

W5

W6

### Ask for specifics

- If your doctor says something that is unclear or if you want something repeated, just ask.
- Try this: *I didn't quite get that. Can you explain a little more?*

**How will you ask if you want something repeated?**

**Write your own conversation starter here.**

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## Bring a partner

- There are plenty of reasons to bring someone to your appointment. A caregiver could help you take notes, make you feel more confident, or just keep you company.
- When you ask someone to come to your appointment, make sure to say how they can support you. This helps ensure that you get the support you need.

**Who could you bring to an appointment, and how could that person help?**

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## Don't minimize

- Your concerns matter and the way you feel is important. Don't downplay or minimize your concerns or feelings. Instead of saying things like "This probably doesn't matter...", say "Lately, I've been thinking about..."

**If there's a feeling you've been wanting to discuss with your doctor lately, try writing how you can bring it up.**

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## Find what works

- Remember, your questions and feelings are normal. By speaking up at your appointments, you can help create the best treatment path for you and your lifestyle.
- There are plenty of ways to speak up: writing down questions, asking questions via an online patient portal, asking nurses, and leaving voicemails are all great ways to ask questions.



**What is one way you could speak up? Consider one that you haven't tried before.**

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## Using your skills

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Now that we've gone over a few new skills, it's time to put them to use. Pick a couple of those tips and write how you can use them at your appointments.

Tip:

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Tip:

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How I'll Use It:

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## Your feelings count

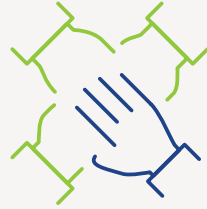
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A lot of different feelings can come up when you go to the doctor. You may be excited, nervous, frustrated, or something else entirely. All of these feelings are valid. So make sure you communicate them! Remember, your doctor wants to hear how you're doing. Your doctor is the expert on medical treatment, and you're the expert on you.

# Week Five

## Strengthening your social support network

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Your support network matters ... a lot! It could help you stay on track throughout your treatment plan.

Let's talk about different types of support: Whether you're giving or receiving support, this can be helpful to understand.

### Types of support

- **Social support** is any physical or emotional comfort you may get from friends and family.

Social support is important because throughout gMG, you are likely to experience ups and downs. A great support network may help you get through difficult times. There are three types of social support: practical, emotional, and informational. Let's talk about the roles each of these play in your life.

- **Practical support** is assistance with everyday activities (preparing food, arranging transportation and help with day-to-day chores around the house, and so on.)

W1

W2

W3

W4

W5

W6

How satisfied are you right now with the amount of practical support you receive?

1 2 3 4 5 6 7 8 9 10

← Less satisfied

More satisfied →

What things do you want practical support with?

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Who else could you go to for practical support (think about friends, family, communities, or other loved ones)?

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**TIP**

*Looking for more support? Try making a list of the things you need support with. Consider who is most capable of providing that support. **Aim to ask for support this week.***

- **Emotional support** is the assistance you may get when you're experiencing any negative emotions like stress or even positive emotions and wanting friendly interactions.

**Who do you go to for emotional support?**

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**How satisfied are you right now with the amount of emotional support you receive?**

**1 2 3 4 5 6 7 8 9 10**

← Less satisfied

More satisfied →

**What things do you want emotional support with?**

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**Who else could you go to for emotional support (think about friends, family, communities, or other loved ones)?**

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W1

W2

W3

W4

W5

W6



## TIP

If you're looking for more emotional support but are not sure how to ask, start small. Consider asking someone you trust for support with just one thing you've been feeling lately. See how the conversation goes.

- **Informational support** is the assistance you may get when you need to learn more or need help understanding something.

**Who do you go to for informational support?**

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**How satisfied are you right now with the amount of informational support you receive?**

1 2 3 4 5 6 7 8 9 10

← Less satisfied

More satisfied →



Over →

**On what topics would you like more information –  
For example, finding a good mechanic or things to  
do in a town you haven't visited before.**

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**Who else could you go to for informational support  
(think about friends, family, communities, or other  
loved ones)?**

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**REMINDER**

*For medical and treatment questions,  
connect with your healthcare team.*

W1

W2

W3

W4

W5

W6



## Getting the conversation started

- If you're struggling to ask someone for additional support, try brainstorming some conversation starters below:
  - *I've been feeling...*
  - *I've been feeling down lately. Do you mind if I talk to you about what's been going on?*
  - *I'd really like more help with...*

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## Thinking outside of the box

- When you think about ways to grow your support network, think outside of the box! Try seeking out online communities, social media groups, or in-person advocacy groups in your area, such as the Myasthenia Gravis Foundation of America, the Myasthenia Gravis Holistic Society, or Conquer Myasthenia Gravis.



# Week Six

## Planning for the future

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You may find the future intimidating, exciting, or something else completely. But no matter how you're feeling, setting and meeting your goals may be a great way to help you find success as you continue on your treatment path.

### Setting goals you can meet

- How do you set and hit your goals? Follow this road map and make your own plan.
  - **Reflect:** Take a moment to think about how far you've come. Reflect on your progress and decide what areas you want to improve in the future.
  - **Pick your goal:** What is a specific example of an improvement you would like to make? Be realistic and don't be afraid to set smaller goals if you'd like.
  - **Prepare to succeed:** Now that you've identified an improvement, brainstorm ways to make that change.
  - **Overcome obstacles:** What is in the way of putting these plans into action?

W1

W2

W3

W4

W5

W6

**1 Reflect**

**2 Pick your goal**

**3 Prepare to succeed**

**4 Overcome obstacles**

## **Meeting Your Goals**

Keep these tips in mind to help meet your goals:

- **Self-kindness:** If you fall off track, that's OK. Get back on track as soon as you can.
- **Expect the Unexpected:** You can't plan for everything. Remember to be flexible.
- **Plan and Adjust:** If parts of your plan aren't working, adjust and try again!

# MG-ADL

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The Myasthenia Gravis Activities of Daily Living (MG-ADL) scale is used to measure your gMG symptoms.

This scale is a tool that helps you measure the symptoms that most affect your daily living and communicate your symptoms with your doctor.

## **Share your MG-ADL scores with your doctor.**

It's important to review your MG-ADL results with your doctor. Here are three reasons why:

### **Doctor appointments may be brief.**

- With a quick glance at your completed MG-ADL worksheet, your doctor can quickly understand how your symptoms are impacting your life.

### **You know your symptoms best.**

- It can be difficult to communicate with your doctor about your symptoms. The MG-ADL scale is a standardized worksheet that helps you show your doctor exactly what you're feeling.

### **It's important to form a team with your doctor.**

- Tracking your symptoms using the MG-ADL scale shows your doctor that you are an active partner in your treatment path.

W1

W2

W3

W4

W5

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## When to Talk “MG-ADL”

Your doctor will often begin your visit by asking how you’ve been. This is a great time to bring up your MG-ADL.

### Need help starting the conversation?

Try using one of these phrases:

- “Since my last appointment, I’ve been tracking my symptoms with the MG-ADL.”
- “I’d like to discuss my MG-ADL scores.”
- “I’ve been using the MG-ADL scale to track how gMG affects me. I want to talk with you about my scores.”

The MG-ADL scale is designed to help you throughout the entire course of your gMG experience.

Use this table to track your symptoms regularly and help tell your doctor how symptoms are impacting your life. Ask your doctor how often to track your scores.

<b>Date</b>						
<b>ADL Score</b>						

<b>Date</b>						
<b>ADL Score</b>						

## MG-ADL

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	<b>0 = Normal</b>	<b>1</b>
<b>Talking</b>	Normal	Intermittent slurring or nasal speech
<b>Chewing</b>	Normal	Fatigue with solid food
<b>Swallowing</b>	Normal	Rare episode of choking
<b>Breathing</b>	Normal	Shortness of breath with exertion
<b>Impairment of ability to brush teeth or comb hair</b>	None	Extra effort, but no rest periods needed
<b>Impairment of ability to rise from a chair</b>	None	Mild, sometimes uses arms
<b>Double vision</b>	None	Occurs, but not daily
<b>Eyelid droop</b>	None	Occurs, but not daily

\*Total score ranges from 0-24 and higher scores indicate more impairment.

How to Use: Score each activity from 0 to 3 and add the scores to see your total result.

2	3 = Most Severe	0-3
Constant slurring or nasal speech, but can be understood	Difficult-to-understand speech	
Fatigue with soft food	Gastric tube	
Frequent choking, necessitating changes in diet	Gastric tube	
Shortness of breath at rest	Ventilator dependence	
Rest periods needed	Cannot do one of these functions	
Moderate, always uses arms	Severe, requires assistance	
Daily, but not constant	Constant	
Daily, but not constant	Constant	

**Total your MG-ADL score**

## Your treatment break

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If you're finishing your 6-week treatment cycle, you may now be on a treatment break, during which you won't need any RYSTIGGO® infusions.

The length of your treatment break will depend on how your body responds to RYSTIGGO. Your doctor can work with you to decide if or when it's time to start a new treatment cycle. By tracking your symptoms, you can inform your doctor about them and how you're feeling.

Make sure you ask your doctor how often to track your symptoms.

### Symptom tracking FAQ

- Does tracking take a long time?
  - Work with your doctor to make a tracking plan and determine how often you should do it. No matter how you track your symptoms, it won't necessarily take a long time.
- Is tracking my symptoms hard to remember?
  - For some people, it may be. But you can use your resources to help make it easier. If you're a digital person, schedule an alarm on your phone. If you prefer a paper calendar, pencil something in each week. Or, you can ask a support partner to remind you to track.

Please see Important Safety Information about RYSTIGGO® on pages 12-14 as well as accompanying full Prescribing Information, also available at RYSTIGGO.com.

- Is tracking important?
  - Yes, tracking can be very important. It helps you “speak the right language” with your doctor, which could make it easier to create and stick to a treatment plan. By providing your symptom tracking information, you can help yourself get what you need from your healthcare plan.
- What do I do once I've tracked my symptoms?
  - Check out Week 4 of this journal: Talking to your doctor.
- How should I track my symptoms?
  - Using the MG-ADL on page 46 is a great way to track symptoms. The MG-ADL is a standardized scale that most doctors are familiar with. As you track your symptoms, it can become easier to communicate with your doctor.
- Think about the future
  - Let's commit to discussing symptom tracking with your doctor. How will you bring up tracking at your next appointment?

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# Keep in mind

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As you reach the end of your journal, it's a great time to review. You've covered a lot of ground in this journal. Here are some of the highlights:

- Stay prepared
  - During your treatment cycle, prepare for each infusion appointment. Make plans, ask questions, and stay organized!
- Plan and adjust
  - After your appointments, reflect on what went well and what could be improved. If you need to, adjust your plan!
- Manage your stress
  - Stress management could help throughout your treatment. The tools in this journal are designed to help you manage stress and overcome obstacles as they arise.
- Communicate with your doctor
  - Track your symptoms and speak up at your appointments. Tell your doctor how you're feeling every time you see them. This may help guide your treatment path.

W1

W2

W3

W4

W5

W6

- Strengthen your support network
  - Whether you've got friends, family, or support groups. Consider asking them for help or reaching out to new forms of support. Keep your support network strong to help throughout your treatment.
- Set and attain goals
  - Set, attain, and celebrate goals and milestones along the way.

## You're starting strong. Keep it going.

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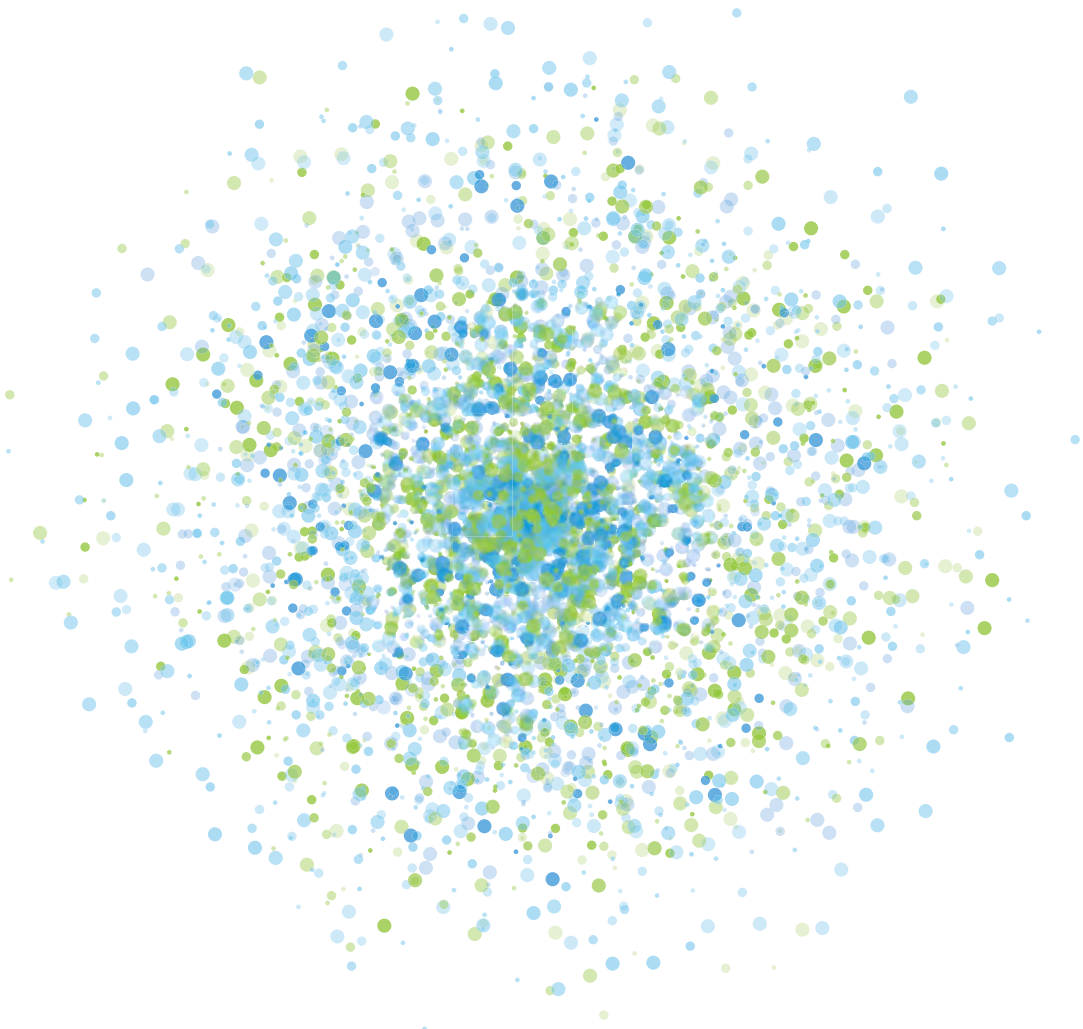
There's a lot to consider (and a lot to do) when you start a new treatment. But you've made great progress so far. Discuss tracking your symptoms with your doctor, make the most of your appointments, and stay on your prescribed treatment.





**Use this page to write notes, thoughts, feelings, or whatever else you'd like.**





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