A photograph of an older couple smiling and embracing on a porch. The woman is on the left, wearing a light-colored top, and the man is on the right, wearing a white button-down shirt. They are both looking towards the camera with warm expressions. The background shows a blurred outdoor setting with greenery and a wooden ceiling.

Getting Started with VYVGART[®]

Your guide to understanding
generalized Myasthenia Gravis (gMG)
and **VYVGART[®]**

Pr **VYVGART[®]**
efgartigimod alfa
400 mg/20 mL

Your guide to understanding gMG and VYVGART®

This guide is designed to help you better understand your VYVGART® treatment and to offer useful information and tips for living with gMG.

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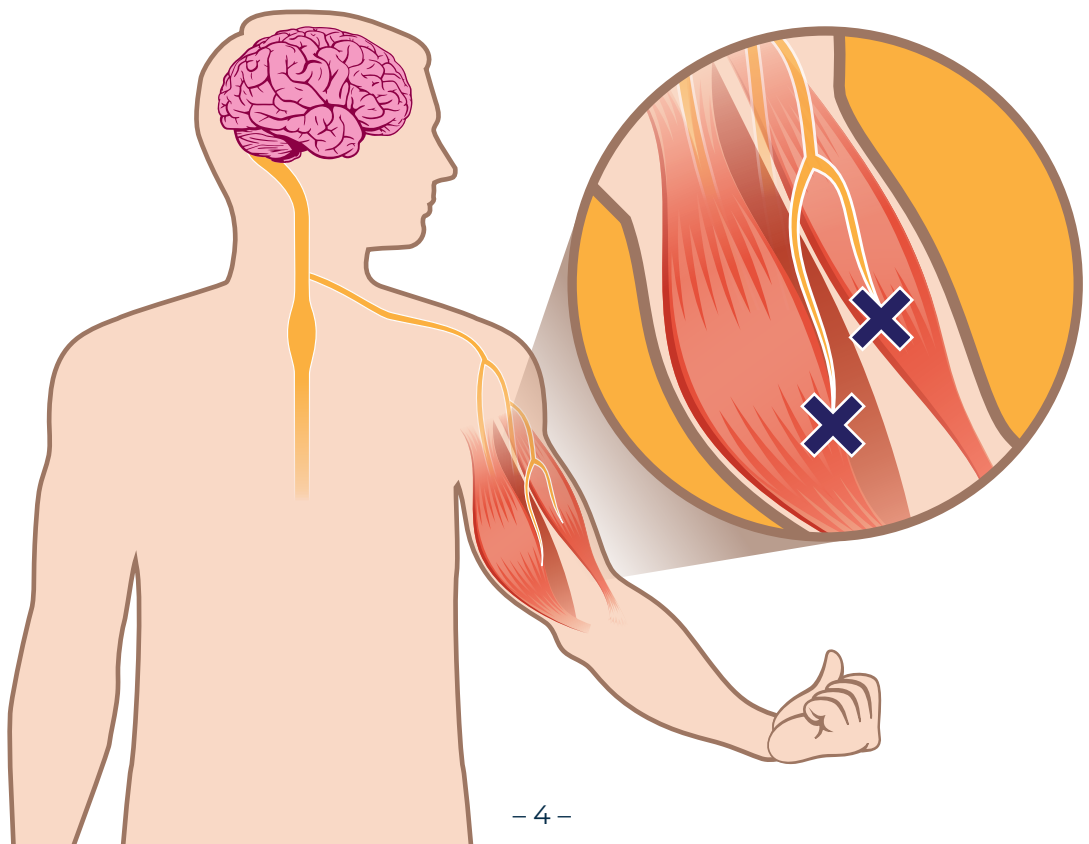


What is generalized Myasthenia Gravis (gMG)?

gMG is a rare autoimmune disorder that causes muscle weakness.

Your brain sends messages to your muscles to help you move. Your muscle cells have important proteins called acetylcholine receptors (AChR) on them that help messages travel from your brain to your muscles.

In gMG, your body's own natural defenses, called IgG autoantibodies, attack the AChR on your muscle cells. When your AChR are attacked, it can make it hard for your brain to communicate with your muscles, which leads to muscle weakness and difficulty moving.



MUSCLE WEAKNESS FROM gMG CAN CAUSE:**Vision changes**

- Weakness of the eye muscles
- Drooping of one or both eyelids
- Blurred or double vision

**Muscle weakness**

- Weakness in the arms, hands, fingers, legs, and face

**Swallowing difficulties**

- Difficulty chewing
- Difficulty swallowing
- Choking

**Breathing and speech challenges**

- Difficulty speaking
- Shortness of breath/difficulty breathing
- Respiratory failure

How VYVGART® works

VYVGART® binds to and blocks a protein in the body called neonatal Fc receptor (FcRn).

By blocking FcRn, VYVGART® decreases the level of IgG autoantibodies, the proteins that are part of your body's immune system and that are attacking the AChR on your muscle cells. By lowering the level of IgG autoantibodies, it makes it easier for your brain to communicate with your muscles.



VYVGART® binds to FcRn, which prevents many IgG antibodies, including the harmful anti-AChR autoantibodies, from attaching to the FcRn.



Harmful anti-AChR autoantibodies that do not attach to FcRn are removed from the body, which reduces gMG symptoms.

Take control of your gMG with VYVGART®

VYVGART® is here to help by:



Reducing muscle weakness



Improving the capacity to perform daily activities



How VYVGART® is administered

VYVGART® is given as an intravenous infusion, which means it's administered into your bloodstream by an infusion nurse using a very small, soft, flexible tube, and a needle.



**You can receive your VYVGART®
infusion from the comfort
of your own home.**

**VYVGART® IS GIVEN IN TREATMENT CYCLES,
WITH A BREAK BETWEEN EACH CYCLE.**

The time between cycles varies with everyone, as they are individualized based on an evaluation of your gMG symptoms and side effects.



A treatment cycle consists of four infusions, each a week apart. Each infusion is 1 hour long.†



The VYVGART® infusion can be administered at home or at an infusion clinic – whatever you decide!‡

WHAT IF I MISS AN INFUSION?

If you miss a scheduled infusion, VYVGART® can be given up to 3 days after the scheduled infusion day. Work with your Nurse Case Manager to coordinate your next infusion.

Missing a scheduled treatment with VYVGART® may cause your gMG symptoms to come back. Please speak to your doctor before stopping VYVGART®. Your doctor will discuss the possible side effects and risks with you.

†The total infusion time per session may vary by patient, depending on the dosage and if any pre-medication has been requested by your physician.

‡VYVGART® may be administered at home by a trained infusion nurse with MyPATH Patient Support Program.

How VYVGART®
is administered



Track your symptoms with the Myasthenia Gravis Activities of Daily Living (MG-ADL) assessment tool using the **Symptom Tracker or digitally using MyPATH (on the MyBayshoreCare™ app)** to help your neurologist determine your next treatment cycle.

Possible side effects from using VYVGART® and what to do about them

Symptom	Talk to your healthcare team	
	Only if severe	In all cases
VERY COMMON		
Upper respiratory tract infection (includes nose and throat)	✓	
COMMON		
Urinary tract infection (pain or burning sensation during urination)		✓
Bronchitis (inflammation of the airways in the lungs)		✓
Myalgia (muscle pain)	✓	
Headache (during or after VYVGART® infusion)	✓	

Tell your healthcare team, including your Nurse Case Manager, if you experience any side effects from your VYVGART® treatment, including side effects not mentioned here.

TIPS FOR MANAGING MILD SIDE EFFECTS:



If you have a mild respiratory tract infection, get plenty of rest and drink lots of water.



If you have mild myalgia (muscle pain), take a warm bath or shower, or try applying an ice pack, followed by a heated pad on your sore muscles.



If you have a mild headache during your infusion, ask your infusion nurse for a hot or cold compress for your head.

VYVGART® may cause serious side effects, including:

- **Infections:** VYVGART® may increase the risk of infection. Tell your healthcare team right away if you have signs or symptoms of an infection during treatment with VYVGART®.
 - **Signs of infection include:** chills, frequent and/or painful urination, cough, pain and blockage of nasal passages/sinus, wheezing, shortness of breath, fatigue, sore throat, excess secretion, nasal discharge, back pain, and/or chest pain.
- **Hypersensitivity reactions:** VYVGART® can cause the immune system to have undesirable reactions such as rashes, swelling under the skin, itchiness, and shortness of breath. Tell your healthcare team immediately about any undesirable reactions to VYVGART®.

To help avoid side effects and ensure proper use, talk to your healthcare team before you take VYVGART® about if you:

- have a history of infection or think you have an infection.
- have had a recent vaccination or are scheduled to receive any vaccinations.

You should receive any required vaccines at least 4 weeks before you start treatment with VYVGART®!

- are pregnant or plan to become pregnant. It is not known if VYVGART® will harm your unborn baby.

It is not known whether VYVGART® may affect your fertility. Talk to your healthcare practitioner if you are planning on having children.

- are breastfeeding or plan to breastfeed. It is not known if VYVGART® passes into your breast milk.
- have had an allergic reaction to VYVGART® in the past.

Tell your healthcare professional about all the medicines you take, including any drugs, vitamins, minerals, natural supplements or alternative medicines.

Helpful tips for living with and managing gMG

gMG can look very different in each person it affects. Nevertheless, here are some common strategies to help you effectively manage your gMG and promote your overall well-being:



Exercise

- Engage in exercise to maintain muscle and bone health, but don't overexert yourself
- Listen to your body – if you start suffering fatigue of limb or have difficulty breathing, then stop and rest



Eating and swallowing

- Consume smaller, more frequent meals to avoid fatigue
- Cut meat into small pieces for easier chewing and cook it well
- Opt for warm meals, not hot, to prevent aggravating MG
- Avoid foods like lemons and tonic water, which can worsen MG



Personal hygiene

- Choose low-maintenance hairstyles and use electric grooming tools if needed
- Keep showers short and warm, avoid hot baths
- Sit when performing hygiene tasks and listen to your body's signals



Vision difficulties

- If you experience double vision and droopy eyelids, do not drive
- Use an eye patch for reading or watching TV to relieve double vision
- Rest your eyes before going outside and use sunglasses and sun visors to reduce glare
- Consider using eye lubricant or taping your eyes closed at night



Emergencies

- Educate family and friends about potential crisis symptoms and create a communication plan
- Always carry the **MyPATH First Responder Wallet Card** when you go out to aid in emergencies

TO LEARN MORE ABOUT gMG, VISIT:



MyPATH, the VYVGART® Patient Support Program, is committed to supporting you throughout your journey.

At the MyPATH Patient Support Program, we understand that living with a chronic condition like generalized Myasthenia Gravis (gMG) is different for everyone.

That's why we're dedicated to supporting you at **every step** – in the way that suits you best!

The steps in your support journey:

GETTING TO KNOW YOUR NURSE CASE MANAGER

By now you should have received a welcome call from your MyPATH Nurse Case Manager. Your Nurse Case Manager is there to help you with all aspects of receiving VYVGART®!

UNDERSTANDING YOUR VYVGART® TREATMENT

Your Nurse Case Manager will provide information about your disease, your treatment with VYVGART®, and the importance of symptom tracking.

NAVIGATING INSURANCE COVERAGE

Your Nurse Case Manager will help you explore and navigate the insurance coverage available to you.

COORDINATING YOUR VYVGART® TREATMENT

The MyPATH Patient Support Program will coordinate scheduling your infusion, either at home or in-clinic, and ensure VYVGART® is delivered.

ONGOING COMMUNICATION

Your Nurse Case Manager will help you continue to track your symptoms, and provide ongoing support that can help you benefit from your VYVGART® treatment.



VYVGART® Patient Support Program



Whenever you have questions or concerns, contact the MyPATH Patient Support Program. We're here for you.

1-877-697-2840

Monday to Friday, 8 a.m. – 8 p.m. EST
Bilingual services are available.

info@mypathpsp.ca





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^{Px} VYVGART®
efgartigimod alfa
400 mg/20 mL