

Your MyPATH gMG Symptom Tracker



MyPATH

VYVGART® Patient Support Program

Here for you

every step of the way

**Keeping track of your generalized
Myasthenia Gravis (gMG) symptoms**



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

A guide to assist you in keeping track of your generalized myasthenia gravis (gMG) symptoms



With a disease like gMG, muscle weakness can fluctuate throughout the day, from day to day, and even more so from month to month.



It is important for your healthcare team to understand the impact of your symptoms on daily life, so they can help you manage your gMG and tailor your VYVGART® treatment to your individual needs.

gMG symptom assessment

The Myasthenia Gravis Activities of Daily Living (MG-ADL) scale

The MG-ADL scale helps you track your gMG symptoms by looking at 8 signs and symptoms commonly associated with gMG. It only takes a few minutes to complete and can be very helpful in assessing the impact of gMG symptoms on your daily life.

Each item is measured on a 4-point scale:

- A score of 0 represents normal function
- A score of 3 represents the loss of ability to perform a function
- Total scores range from 0 to 24 points. The higher the total score, the more severe your gMG

Grade	0	1	2	3	Score
1. Looking	Normal	Intermittent difficulty	Constant difficulty	Unable to look	
2. Chewing	Normal	Difficulty with soft food	Difficulty with hard food	Unable to chew	
3. Swallowing	Normal	Some difficulty	Significant difficulty	Unable to swallow	
4. Breathing	Normal	Difficulty with exertion	Difficulty with normal activities	Unable to breathe	
5. Eye opening	Normal	Difficulty with eye opening	Difficulty with eye opening	Unable to open eyes	
6. Dropping objects	Normal	Difficulty with objects	Difficulty with objects	Unable to hold objects	
7. Walking	Normal	Difficulty with walking	Difficulty with walking	Unable to walk	
8. Getting dressed	Normal	Difficulty with dressing	Difficulty with dressing	Unable to dress	
MG-ADL score total =					

Follow 3 simple steps to track your gMG symptoms

1. Enter the date of assessment.
2. For each of the following domains (1-8), consider your symptoms over the past 7 days and assign a score ranging from 0 to 3 in the column on the right based on your level of impairment.
3. To calculate your total MG-ADL score, add the scores for domains 1 to 8. The total score can range from 0 to 24, with higher scores indicating more severe impairment due to gMG.

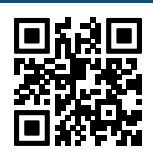
Things to remember

Use the MG-ADL weekly to help your neurologist understand how gMG is impacting your life and to help them determine the timing of your VYVGART®.

When completing the MG-ADL, consider your most troublesome symptoms over the past 7 days.

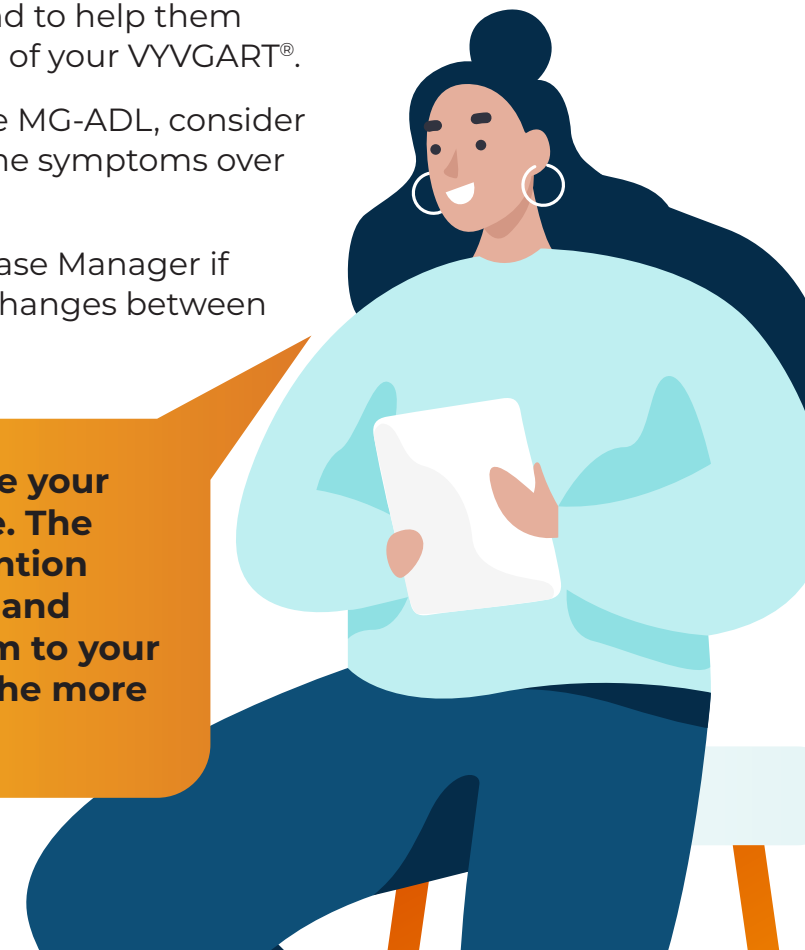
Contact your Nurse Case Manager if you note significant changes between infusions.

Remember, you are your own best advocate. The more you pay attention to your symptoms and communicate them to your healthcare team, the more they can help you.



You can track your MG-ADL scores in this booklet or digitally using the MyPATH app on your phone or tablet.

Scan the QR code to download the app.



How to use your MG-ADL scale symptom tracker: an example

The MG-ADL scale symptom tracker

Grade	0	1	2	3	Score (0, 1, 2, or 3)
1. Talking	Normal	Intermittent slurring or nasal speech	Constant slurring or nasal, but can be understood	Difficult to understand speech	0
2. Chewing	Normal	Fatigue with solid food	Fatigue with soft food	Gastric tube	0
3. Swallowing	Normal	Rare episode of choking	Frequent choking necessitating changes in diet	Gastric tube	1
4. Breathing	Normal	Shortness of breath with exertion	Shortness of breath at rest	Ventilator dependence	0
5. Impairment of ability to brush teeth or comb hair	None	Extra effort, but no rest periods needed	Rest periods needed	Can not do one of these functions	1
6. Impairment of ability to arise from a chair	None	Mild, sometimes uses arms	Moderate, always uses arms	Severe, requires assistance	2
7. Double vision	None	Occurs, but not daily	Daily, but not constant	Constant	0
8. Eyelid droop	None	Occurs, but not daily	Daily, but not constant	Constant	0
MG-ADL score total = Add lines 1-8					4

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Remember to let your healthcare team know if there are any changes to your MG-ADL score, or if you have questions about VYVGART®.

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- Date: May 2nd, 2025
- Time: 9:00 [✓] AM [] PM
- Score: 4

Track your symptoms weekly. It would also be helpful to note how the symptoms are impacting your daily life and share this with your healthcare team.

→ My other gMG symptoms:

Leg weakness during longer dog walks

→ Questions for my neurologist/healthcare team:

What are the potential side effects of my steroids?

→ Other notes:

Vygart infusion next week - in home @ 4:00 pm!

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3. Swallowing	Normal	Rare episode of choking	Frequent choking necessitating changes in diet	Gastric tube	+
4. Breathing	Normal	Shortness of breath with exertion	Shortness of breath at rest	Ventilator dependence	+
5. Impairment of ability to brush teeth or comb hair	None	Extra effort, but no rest periods needed	Rest periods needed	Can not do one of these functions	+
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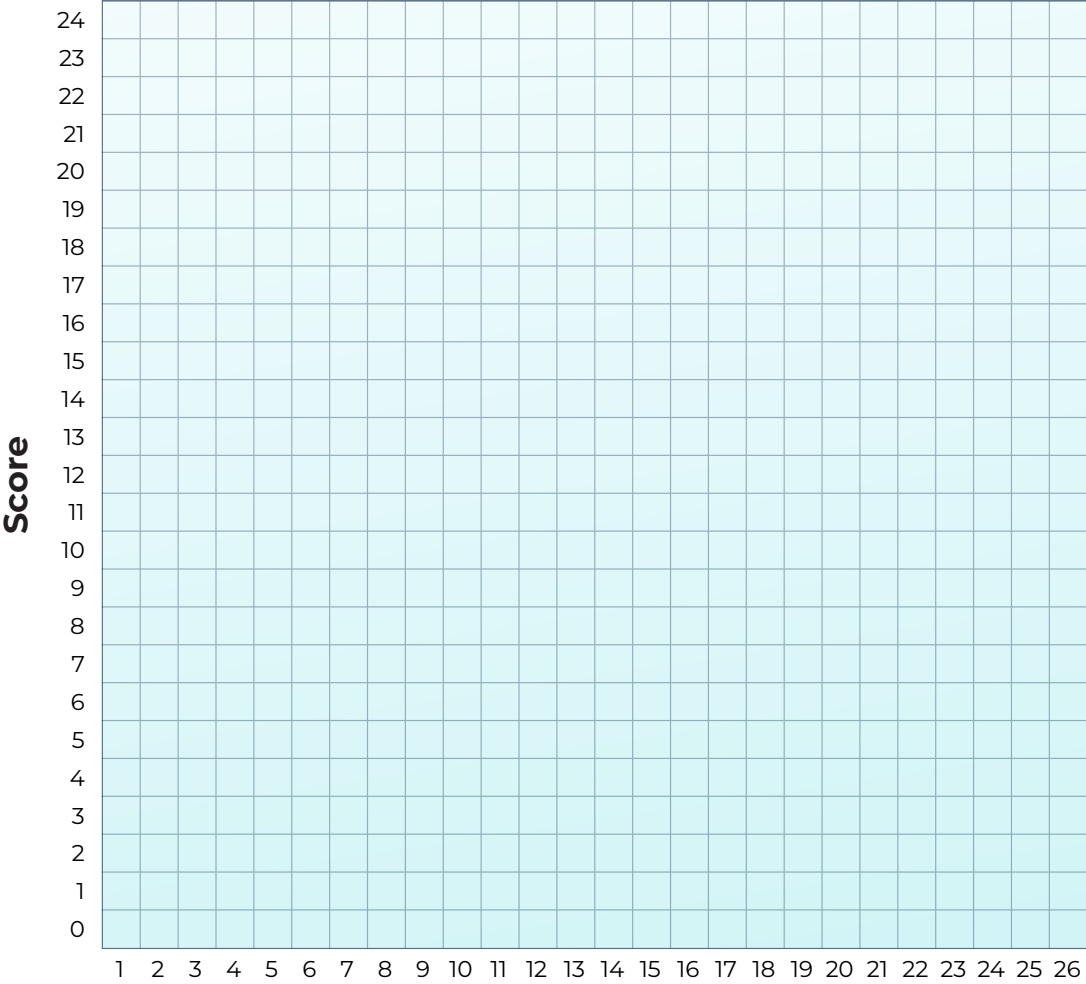
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My MG-ADL score card

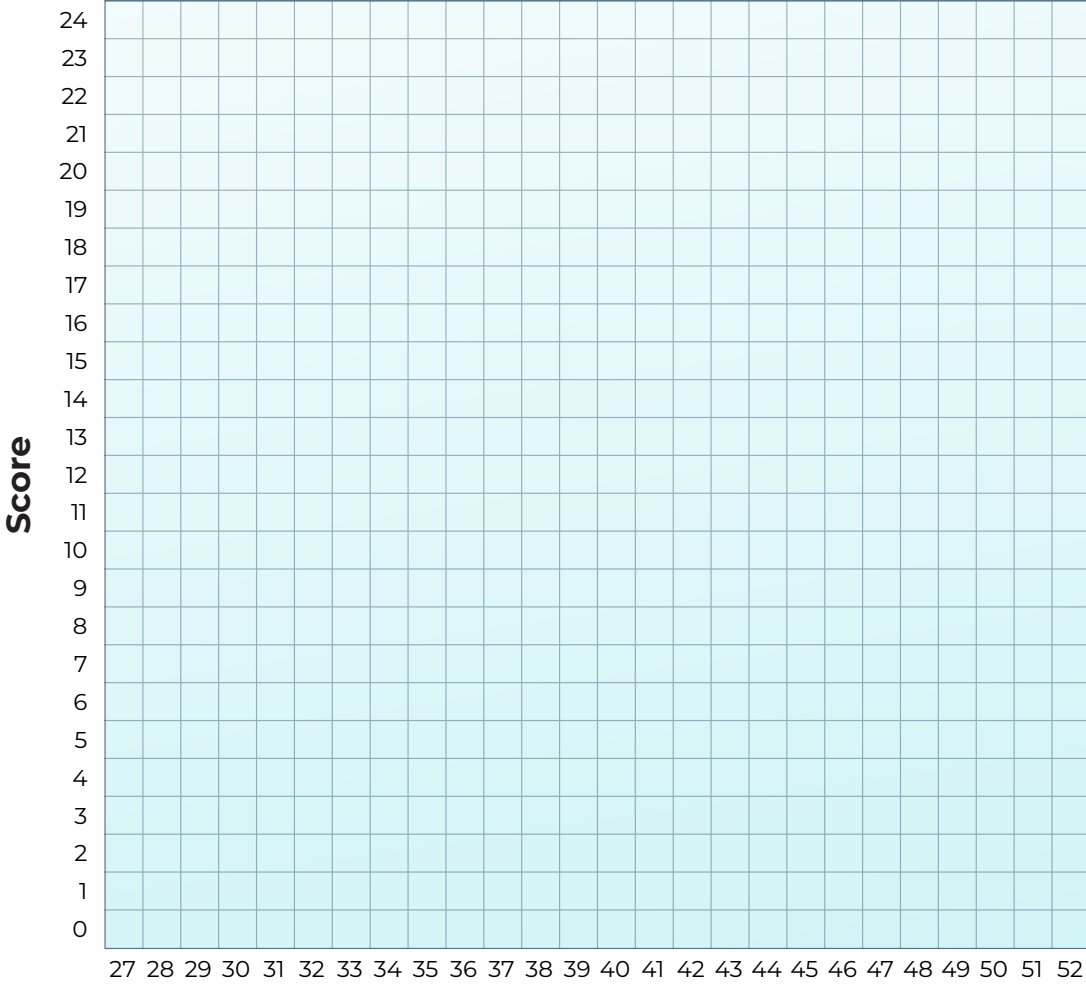
To see an overview of your symptoms, fill in the square on the chart that corresponds to your MG-ADL score for that particular week.

Week 1-26



Week 1-26

Week 27-52



Week 27-52

Adapted from Wolfe GI et al., 1999.



MyPATH

VYVGART® Patient Support Program

Here for you
every step of the way

**whenever you need us throughout
your treatment journey.**



For additional support throughout your journey,
call to speak with a MyPATH Nurse Case Manager:

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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MyPATH

 MEMBER OF
INNOVATIVE MEDICINES CANADA

VYVGART®
efgartigimod alfa
400 mg/20 mL