

Help Make the Most of Your MF Healthcare Appointments

10 Tips to Help You Prepare

For individuals living with the rare, chronic blood cancer known as MF, visits with your care team are an important part of managing your condition. With the **growing availability of telemedicine**, patients are now increasingly able to supplement **in-office** visits with **telehealth or virtual visits**, which enable patients and Healthcare Professionals to connect remotely, via telephone, tablet, or computer.

No matter which type of healthcare appointment you plan to have, the following tips can help you take an active role in your ongoing care by helping you prepare for informed, meaningful discussions with your MF care team about the topics that are most important to you.



Throughout this guide, you may use the interactive fields to complete and print your responses and share them with your care team.

IMPORTANT SAFETY INFORMATION

Jakafi can cause serious side effects, including:

Low blood counts:

Jakafi may cause low platelet, red blood cell, and white blood cell counts. If you develop bleeding, stop taking Jakafi and call your healthcare provider. Your healthcare provider will do a blood test to check your blood counts before you start Jakafi and regularly during your treatment. Your healthcare provider may change your dose of Jakafi or stop your treatment based on the results of your blood tests. Tell your healthcare provider right away if you develop or have worsening symptoms such as unusual bleeding, bruising, tiredness, shortness of breath, or a fever.

Please see **Important Safety Information** on pages 13 and 14 for related and other risks.

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1 Begin With the Basics

Having a good MF care visit appointment begins with making sure that you are well informed and well prepared. The following checklists are designed to help ensure that you have all of the basic information you may need for a successful visit—whether that appointment is in person, online, or over the phone.

What you can do in advance of your appointment:



Set/confirm the date, time, and location of your appointment



Prepare for expected fees or copayments



Complete all required paperwork, lab work, and medical procedures as requested by your Healthcare Professional



Collect copies of any recent lab reports, medical records, and MF tracking information (such as a notebook or tracking diary)



Create a list of questions or concerns that you want to discuss with your care team and have this with you during your appointment



Have an updated list of all the medications that you are currently taking, including vitamins, supplements, and over-the-counter medications



Be prepared to take notes

For an *In-Person* Visit:

- ✓ Arrange for transportation, if necessary
- ✓ Ask about in-office safety measures and/or waiting room protocols
- ✓ Have your health insurance card and other personal identification
- ✓ Confirm if a caregiver or loved one can attend, if desired
- ✓ Consider silencing your mobile device so you can focus on the visit

For a *Telehealth* Visit:

- ✓ Choose a quiet, private spot with minimal distractions and a reliable internet connection
- ✓ Ensure your computer, tablet, or smartphone is compatible with the video conferencing program used by your Healthcare Professional
 - Ask if you need to download any new technology or “app” on your computer or phone
- ✓ Request a contact number for technology support in the event of a technical issue
- ✓ Avoid multitasking so you can focus on the visit

2 Advocate for Yourself by Asking Questions

When you have a chronic condition like MF, it's important to actively advocate for your own care. Asking questions helps you do this—enabling you to address your topics of interest or concern. Before your appointments, **write down your questions and concerns** in a notebook and bring it with you to every appointment. To help you get started, some sample questions you may want to discuss include:

› What **aspects of my MF** do you want me to keep track of?

› What **symptoms or health concerns** do you need to know about right away?

› What types of **tests or procedures** will I need to schedule?

› Other

› What should I do if I feel **weak or tired**?

› What **potential complications** of MF should I be aware of?

› Other

› Other



No matter what questions or concerns you may have, know that *all of them are important*. Don't be embarrassed to talk openly with your Healthcare Professional.

Remember, working together as a team can help ensure that you get the best possible care for you.

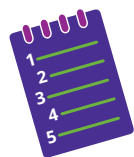


Helping you with access and support

IncyteCARES for Jakafi can help you understand your insurance coverage, explore financial assistance options, and offer ongoing support. Learn more at www.IncyteCARES.com.

3 Commit to Being a Good Communicator

Having an open, informed conversation with your Healthcare Professional is an excellent way to take an active role in your care. The following tips can help guide your ongoing communication with your care team:



Use your written list of your questions and concerns to help guide the conversation with your care team



Don't withhold important information about your health or how you've been feeling. Make sure to note and share any changes in your health since your last appointment—even if you're not sure they're related to your MF



Take notes during the appointment or have a loved one or caregiver attend the appointment and take notes for you



Know that it's ok to ask for an explanation if you don't understand something. It's important that you are able to fully understand what's going on with your health and treatment plan(s)



Be specific—detailed answers offer valuable insights that may help guide your ongoing care



Ask for detailed information about your diagnosis, lab results, and treatment plan, as well as any follow-up items. This is important information about your health

4 Share All of Your MF Symptoms

Every MF journey is unique, and it's important to understand how MF can affect your body over time. Although the type and severity of MF symptoms can vary from person to person, it's important to be aware of how your individual symptoms may be changing over time. This can help you partner with your care team to help identify possible signs of disease progression.

How your condition makes you feel depends upon your individual circumstances. That's why it's important to **tell your Healthcare Professional about how MF has been affecting you**. This includes information about any impact on your daily routines and activity levels. Before your next appointment, consider asking yourself the following questions:

› What, if any, **changes in my health** have I experienced since my last visit?

Common MF symptoms may include:

Itching | Night sweats | Bone and muscle pain | **Abdominal discomfort*** | **Early feeling of fullness*** | **Pain under the left ribs***

*Symptoms related to an enlarged spleen

› Since my last appointment, **what changes have I noticed** in my MF symptoms? Check the answers that best apply to you.

	Night Sweats	Itching	Bone/Muscle Pain	Fatigue	Abdominal Discomfort	Early Feeling of Fullness	Pain Under the Left Ribs
Increase							
Decrease							
No Change							

› **How long** have I been experiencing these changes?

› What am I unable to do now that I was able to do **3 months** ago?
For example, are there events that you are no longer able to attend?

› Have my activity levels **changed**? If so, how?
For example, are there activities that you can no longer enjoy?

› What am I unable to do now that I was able to do **6 months** ago?
For example, are you now unable to eat as much food without feeling full?



Share your responses with your Healthcare Professional. Be sure to mention *all* of the changes in how you've been feeling—even if you're not sure they are related to your MF. This information may provide valuable insights that may help guide your ongoing care.

5 Ask About Your Spleen Size

In MF, the spleen may become enlarged—a condition called **splenomegaly** (splee-nuh-MEG-uh-lee). This is a common finding in people with MF. In some people with MF, enlargement of the spleen may be a sign of disease progression, which means that your MF is changing or getting worse.

It's important to work with your care team to regularly **keep track of any changes** in your spleen size or spleen-related symptoms, which may include:

- Abdominal discomfort
- Pain under the left ribs
- An early feeling of fullness when eating (early satiety)—even if you haven't eaten much food

During an in-person MF care visit, your Healthcare Professional can physically check your spleen size by gently feeling your left upper abdominal area, just below the left rib cage, to determine if there have been any changes in spleen size. He or she may also order an imaging test, such as an ultrasound, CT scan, or MRI, to provide a more accurate measure.



Ultrasound



Computed tomography (CT),
also called a CT scan



Magnetic resonance
imaging (MRI)

Before your next MF care visit, ask yourself the following questions and share your responses with your Healthcare Professional:

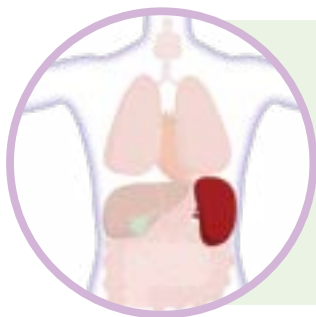
Do you feel full quickly after meals?

Are you losing weight unintentionally, and if so, how much weight have you lost over the last 6 months?

Do you have abdominal discomfort, particularly after eating? If so, how often does this occur?

Do you find it difficult to get into a comfortable position for sleeping because of abdominal discomfort when lying down?

Do you experience dull or sharp pain under the left ribs or in your abdomen?



Partner With Your Care Team to Help Identify Spleen Enlargement in MF

It's important to partner with your care team to regularly keep track of any changes in your spleen size or spleen-related symptoms. Talk with your Healthcare Professional about **establishing your individual "baseline" spleen size** as early on as possible—ideally, at diagnosis—and ask about having your spleen size checked on a regular basis, throughout your MF journey.

Learn more about spleen enlargement in MF. Read **Myelofibrosis, Spleen Size & You** at [Jakafi.com/MFspleenInfo](https://www.jakafi.com/MFspleenInfo).

6 Review and Share Your MF Tracking Information

An important goal of MF treatment is to reduce your symptoms. That's why keeping track of your condition over time can be so important. **Keeping ongoing, detailed records about your condition can help you more easily identify when something has changed.** Tracking various aspects of your MF (including symptoms, blood counts, changes in spleen size and medical procedures) also helps ensure that you don't have to rely on memory alone when it's time to share observations with your care team.

You can use the following checklist to **prepare your tracking information** before your next MF care visit:



Gather all of the information you've used to keep track of your MF, such as a tracking diary, notebook, or online tracker tool



Be sure to **document any questions you may have** about your tracking results or any observations that you want to discuss



If you track your MF on your smartphone, be sure to **have your phone with you** for your appointment, and make sure that it's fully charged and easy to access during your in-person or telehealth appointment



Have a pen and notebook available to **jot down notes** from your discussion with your care team



Remember, **having an informed discussion with your Healthcare Professional** about your tracking results can also help you both understand how your MF is affecting you. This can help you partner with your care team in determining how to manage or adjust your care over time.

7 Know That You're All on the Same Team

As someone living with MF, you likely have a **team of Healthcare Professionals** that includes a variety of care providers, which may include:



Hematologist:

Name

Phone

Practice/Email



Nurse/Nurse Practitioner:

Name

Phone

Practice/Email



Primary Care Physician:

Name

Phone

Practice/Email



Oncologist:

Name

Phone

Practice/Email



Myeloproliferative Neoplasm (MPN) Specialist:

Name

Phone

Practice/Email



Other:

Name

Phone

Practice/Email

Complete the fields above with the contact information for your individual MF care team. You may print and share this information with your Healthcare Professional(s) as needed.

It's important to know that **your entire care team is working together toward the same goal—which is helping ensure that you have the best possible care for you.** You can help ensure that all of your Healthcare Professionals know about each other—and can communicate with each other as part of a comprehensive, coordinated care team.



8 Speak Up if You Want or Need a Summary

At the end of your visit, it's important to make sure that your questions have been answered and that you understand the topics that you have just discussed. If desired, you may want to **request a summary of your visit** to be sure that you fully understand any changes and next steps.



An appointment summary can help you:

- Define next steps and follow-up items
 - If you had a telehealth appointment, be sure to confirm if any follow-up items require an in-person visit (eg, to check your spleen size)
 - If you had an in-person appointment, find out which, if any, upcoming appointments may be handled via telehealth (eg, to review lab results)
- Clarify any changes in your current care management approach
- Reinforce key takeaways



Remember, this is *your* MF care appointment, so be sure to speak up if a recap of your discussion would be helpful to you.

9 Schedule Your Follow-Up Appointment(s)

It's important to see your MF care team on a regular basis. How often that happens depends on your individual care management plan.

When scheduling your next MF care appointment, consider the following:



Ask **how often** you need to be seen



Record appointments in your calendar, smartphone, or notebook



Schedule **several care visits** in advance, if possible, for added convenience



Coordinate your schedule with your loved one or caregiver, if you want them to accompany you to your appointments



Confirm if you will also need to schedule **additional medical appointments**, such as bloodwork or imaging studies



Ask about the **availability of telehealth appointments** to supplement in-office visits

– Confirm **continued telehealth coverage** with your private healthcare insurance company, if applicable

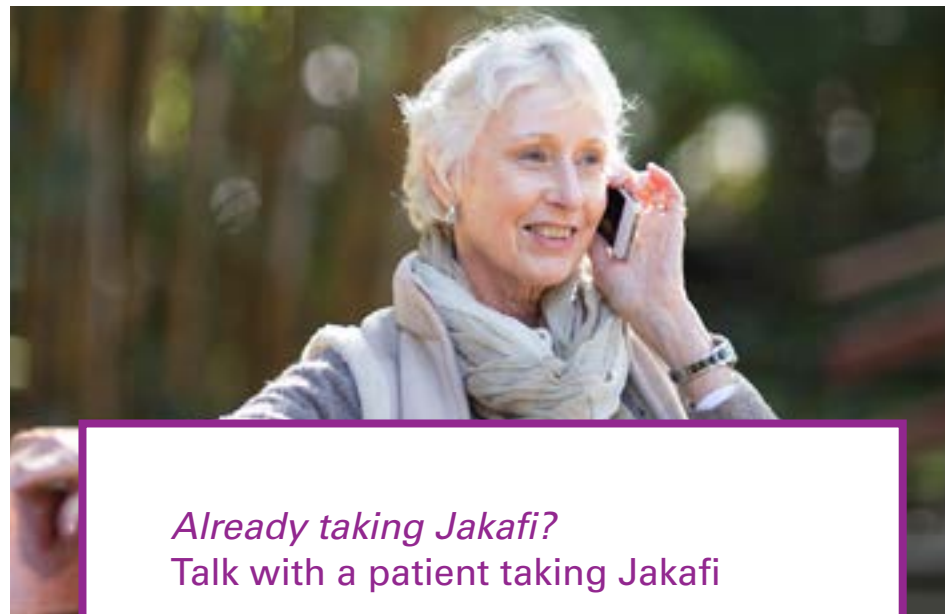
10 Discover What May Be Possible With Jakafi

When it comes to moving your MF treatment journey forward, the path you take depends on your individual circumstances—as well as the decisions you make with your Healthcare Professional.



Discover what's possible with **Jakafi**[®] (ruxolitinib)—the *first FDA-approved prescription medicine* for adults with intermediate or high-risk MF.

Learn more about Jakafi at
[Jakafi.com/DiscoverMF](https://www.jakafi.com/DiscoverMF)



Already taking Jakafi?
Talk with a patient taking Jakafi

Register for the ***Incyte Mentor Program*** and connect with another patient taking Jakafi. Learn more at [Jakafi.com/MentorsForMF](https://www.jakafi.com/MentorsForMF).

Jakafi[®] (ruxolitinib) can cause serious side effects including low blood counts and infection. Some people who take Jakafi have developed certain types of non-melanoma skin cancers. Increases in blood cholesterol levels can also occur. In patients who took another JAK inhibitor to treat rheumatoid arthritis, there was an increased risk of potentially fatal cardiovascular events like heart attack or stroke in patients with risk factors for these events who smoke now or smoked in the past, as well as an increased risk of blood clots in legs or lungs and new (secondary) cancers like lymphoma, especially in patients who smoke now or smoked in the past. The most common side effects of Jakafi for certain types of myelofibrosis (MF) and polycythemia vera (PV) include: low platelet or red blood cell counts, bruising, dizziness, headache, and diarrhea. Call your doctor for medical advice about side effects.

■ Please see [Important Safety Information](#) on pages 13 and 14 for related and other risks.

INDICATIONS AND USAGE

Jakafi is a prescription medicine used to treat adults with intermediate or high-risk myelofibrosis (MF), including primary MF, post-polycythemia vera MF and post-essential thrombocythemia MF.

IMPORTANT SAFETY INFORMATION

Jakafi can cause serious side effects, including:

Low blood counts: Jakafi[®] (ruxolitinib) may cause low platelet, red blood cell, and white blood cell counts. If you develop bleeding, stop taking Jakafi and call your healthcare provider. Your healthcare provider will do a blood test to check your blood counts before you start Jakafi and regularly during your treatment. Your healthcare provider may change your dose of Jakafi or stop your treatment based on the results of your blood tests. Tell your healthcare provider right away if you develop or have worsening symptoms such as unusual bleeding, bruising, tiredness, shortness of breath, or a fever.

Infection: You may be at risk for developing a serious infection during treatment with Jakafi. Tell your healthcare provider if you develop any of the following symptoms of infection: chills, nausea, vomiting, aches, weakness, fever, painful skin rash or blisters.

Cancer: Some people have had certain types of non-melanoma skin cancers during treatment with Jakafi. Your healthcare provider will regularly check your skin during your treatment with Jakafi. Tell your healthcare provider if you develop any new or changing skin lesions during treatment with Jakafi.

Increases in cholesterol: You may have changes in your blood cholesterol levels during treatment with Jakafi. Your healthcare provider will do blood tests to check your cholesterol levels about every 8 to 12 weeks after you start taking Jakafi, and as needed.

Increased risk of major cardiovascular events such as heart attack, stroke or death in people who have cardiovascular risk factors and who are current or past smokers while using another JAK inhibitor to treat rheumatoid arthritis: Get emergency help right away if you have any symptoms of a heart attack or stroke while taking Jakafi, including: discomfort in the center of your chest that lasts for more than a few minutes, or that goes away and comes back, severe tightness, pain, pressure, or heaviness in your chest, throat, neck, or jaw, pain or discomfort in your arms, back, neck, jaw, or stomach, shortness of breath with or without chest discomfort, breaking out in a cold sweat, nausea or vomiting, feeling lightheaded, weakness in one part or on one side of your body, slurred speech

Increased risk of blood clots: Blood clots in the veins of your legs (deep vein thrombosis, DVT) or lungs (pulmonary embolism, PE) have happened in people taking another JAK inhibitor for rheumatoid arthritis and may be life-threatening. Tell your healthcare provider right away if you have any signs and symptoms of blood clots during treatment with Jakafi, including: swelling, pain, or tenderness in one or both legs, sudden, unexplained chest or upper back pain, shortness of breath or difficulty breathing

Possible increased risk of new (secondary) cancers: People who take another JAK inhibitor for rheumatoid arthritis have an increased risk of new (secondary) cancers, including lymphoma and other cancers. People who smoke or who smoked in the past have an added risk of new cancers.

IMPORTANT SAFETY INFORMATION (cont)

The most common side effects of Jakafi include: for certain types of myelofibrosis (MF) and polycythemia vera (PV) – low platelet or red blood cell counts, bruising, dizziness, headache, and diarrhea; for acute GVHD – low platelet counts, low red or white blood cell counts, infections, and swelling; and for chronic GVHD – low red blood cell or platelet counts and infections including viral infections.

These are not all the possible side effects of Jakafi. Ask your pharmacist or healthcare provider for more information. Call your doctor for medical advice about side effects.

Before taking Jakafi, tell your healthcare provider about: all the medications, vitamins, and herbal supplements you are taking and all your medical conditions, including if you have an infection, have or had low white or red blood cell counts, have or had tuberculosis (TB) or have been in close contact with someone who has TB, had shingles (herpes zoster), have or had hepatitis B, have or had liver or kidney problems, are on dialysis, have high cholesterol or triglycerides, had cancer, are a current or past smoker, had a blood clot, heart attack, other heart problems or stroke, or have any other medical condition. Take Jakafi exactly as your healthcare provider tells you. Do not change your dose or stop taking Jakafi without first talking to your healthcare provider.

Women should not take Jakafi while pregnant or planning to become pregnant. Do not breastfeed during treatment with Jakafi and for 2 weeks after the final dose.

Please see the [Full Prescribing Information](#), which includes a more complete discussion of the risks associated with Jakafi.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call **1-800-FDA-1088**.

You may also report side effects to Incyte Medical Information at 1-855-463-3463.





Notes

A series of horizontal lines for taking notes.