



Jakafi is a prescription medicine used to treat adults with polycythemia vera (PV) who have already taken a medicine called hydroxyurea (HU) and it did not work well enough or they could not tolerate it.

# Help Make the Most of Your PV Healthcare Appointments

## 10 Tips to Help You Prepare

For individuals living with the rare, chronic blood cancer known as PV, 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 PV 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® (ruxolitinib) may cause your platelet, red blood cell, or white blood cell counts to be lowered. If you develop bleeding, stop taking Jakafi and call your healthcare provider. Your healthcare provider will perform blood tests 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 page 13 for related and other risks.

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# 1 Begin With the Basics

Having a good PV 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 PV 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 PV, it's important to actively advocate for your own care. This includes keeping track of your blood counts, such as hematocrit and white blood cell counts, which can be high in people with PV. Asking questions also 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 are my **target blood counts** and what are my **actual blood counts**?

	<b>Hematocrit (HCT)</b> <small>(red blood cell volume)</small>	<b>White blood cell count (WBC)</b>	<b>Platelet count (PLT)</b>
<b>Actual</b>	_____	_____	_____
<b>Target</b>	_____	_____	_____

› What is the plan to keep my PV **under control**?

› What **aspects of my PV** should I be keeping track of?

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

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

› What are **potential complications** of my PV?

› 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.



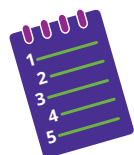
Learn about IncyteCARES\*

IncyteCARES is a patient support program for eligible patients taking Jakafi® (ruxolitinib). It offers ongoing education and resources, including a program that could make your copay as little as \$0.\*

\*Terms and Conditions apply. Terms of this program may change at any time.

### 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 PV



**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 Focus on How Your PV Affects You



Every PV journey is unique. How your condition makes you feel depends upon your individual circumstances. That's why it's important to **tell your Healthcare Professional about how PV 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?

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

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

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› 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?*

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› 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?*

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**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 PV. This information may provide valuable insights that may help guide your ongoing care.

## 5 Ask About Your Spleen Size

In PV, the spleen may become enlarged—a condition called **splenomegaly** (splee-nuh-MEG-uh-lee). In some people with PV, an enlarged spleen may be a sign of disease progression, which means that your PV is changing or getting worse. That's why it's important to have your spleen size checked on a regular basis. You can take an active role in your care by working with your Healthcare Professional to identify the signs and symptoms of spleen enlargement.

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

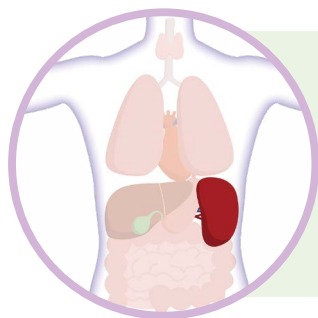
Do you feel full quickly after meals?

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 PV

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 PV journey.

Learn more about spleen enlargement in PV. Read **Polycythemia Vera, Spleen Size & You** at [Jakafi.com/PVspleenInfo](https://www.jakafi.com/PVspleenInfo).

## 6 Review and Share Your PV Tracking Information

Because PV is a progressive condition, it may change or get worse over time. **Keeping ongoing, detailed records about various aspects of your condition can help you identify trends in your health** that may warrant further discussion with your Healthcare Professional. It also ensures 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 PV care visit:



**Gather all of the information** you've used to keep track of your PV, 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 PV 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 PV 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 PV, 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 PV 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* PV 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 PV care team on a regular basis. How often that happens depends on your individual care management plan.

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



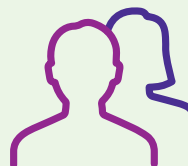
Ask **how often** you need to be seen



**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

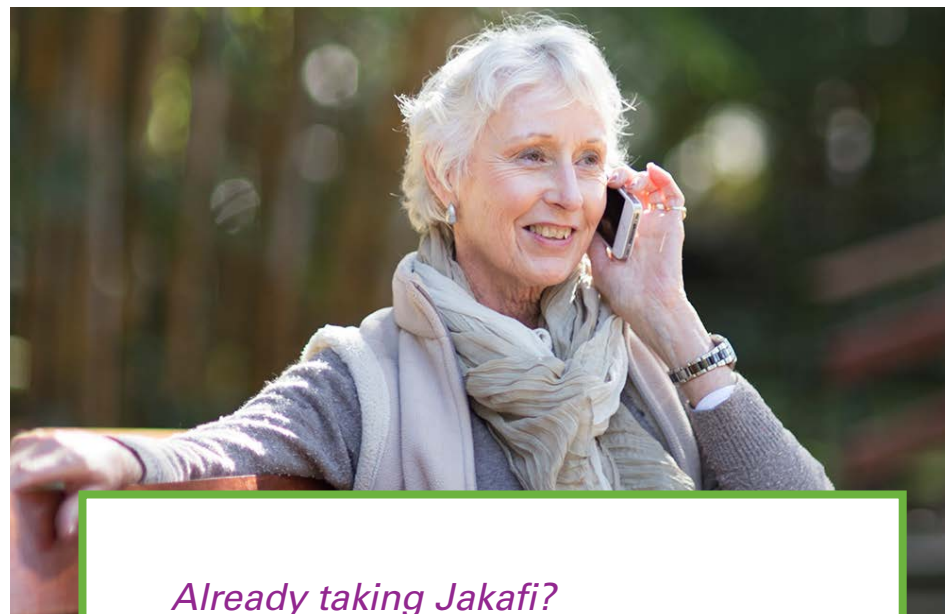


When it comes to moving your PV treatment journey forward, the path you take depends on your individual circumstances—as well as the decisions you make with your Healthcare Professional.



Discover what's possible with **Jakafi® (ruxolitinib)**—the *first and only FDA-approved prescription medicine* for adults with PV who have already taken a medicine called hydroxyurea and it did not work well enough or they could not tolerate it.

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



*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/MentorsForPV](https://www.jakafi.com/MentorsForPV).

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. The most common side effects of Jakafi for certain types of MF and PV include: low platelet or red blood cell counts, bruising, dizziness, headache, and diarrhea. Tell your doctor about any side effect that bothers you or that does not go away. These are not all the possible side effects of Jakafi. Ask your pharmacist or doctor for more information.

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

## INDICATIONS AND USAGE

Jakafi is a prescription medicine used to treat adults with polycythemia vera (PV) who have already taken a medicine called hydroxyurea and it did not work well enough or they could not tolerate it.

## IMPORTANT SAFETY INFORMATION

### **Jakafi can cause serious side effects, including:**

**Low blood counts:** Jakafi<sup>®</sup> (ruxolitinib) may cause your platelet, red blood cell, or white blood cell counts to be lowered. If you develop bleeding, stop taking Jakafi and call your healthcare provider. Your healthcare provider will perform blood tests 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.

**Skin cancers:** Some people who take Jakafi have developed certain types of non-melanoma skin cancers. Tell your healthcare provider if you develop any new or changing skin lesions.

**Increases in cholesterol:** You may have changes in your blood cholesterol levels. Your healthcare provider will do blood tests to check your cholesterol levels during your treatment with Jakafi.

**The most common side effects of Jakafi include:** for certain types of MF and PV – low platelet or red blood cell counts, bruising, dizziness, headache, and diarrhea; and for acute GVHD – low platelet, red or white blood cell counts, infections, and fluid retention.

These are not all the possible side effects of Jakafi. Ask your pharmacist or healthcare provider for more information. Tell your healthcare provider about any side effect that bothers you or that does not go away.

**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 tuberculosis (TB) or have been in close contact with someone who has TB, have or had hepatitis B, have or had liver or kidney problems, are on dialysis, have high cholesterol or triglycerides, had skin cancer, 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](http://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.





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