

YOUR RYBREVANT[®] TREATMENT JOURNAL

This journal is designed to help support you during treatment and at your doctor appointments. Consider printing it out and bringing it with you to your appointments.



Please see full [Prescribing Information](#) for RYBREVANT[®].

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This journal is designed to help support you during treatment and at your doctor appointments. Inside, you'll find resources to help you stay organized and talk to your care team.

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This journal belongs to:

Name:



Phone Number:



Email Address:




Home Address:


This journal contains important information about my cancer treatment. If found, please contact me.


Care team contact information

Write down the names and contact numbers for the members of your care team so that you have them available when you need them.


Oncologist:










Primary Physician:








Dermatologist:









Infusion Nurse:








Pulmonologist:









Other:







Treatment calendar

Use this calendar to keep track of appointments, infusions, and any other important events.

MONTH: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes						

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Symptom tracker

It's important to tell your care team about any symptoms you experience. Use this tracker to record them throughout treatment.

You already have a lot to deal with, and living with lung cancer has its own challenges as well. Any treatment can come with certain symptoms.

Some symptoms may be prevented or reduced by treating them before they happen. Your care team can help you to feel your best during treatment.

Bring this tracker with you to your doctor appointments and use it to guide your discussions with your care team.

Symptom Rating Scale

Use these numbers to help rate how serious each symptom is, based on how it affects your daily life.



1 – Just noticeable



2 – Annoying, but can still do daily activities

3 – Uncomfortable, can't do some daily activities

4 – Very uncomfortable, hard to do any activities



5 – Unbearable, not able to do daily activities



Here's a helpful way to bring up symptoms to your care team: "Since [insert date], I've had [insert symptom], and it's been a [insert number 1-5] on a scale of 1 to 5."

Symptom tracker

Date	Symptom Description	How Serious (rate 1-5)	Care Team Suggestions

Symptom tracker

Date	Symptom Description	How Serious (rate 1-5)	Care Team Suggestions

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Symptom tracker

Date	Symptom Description	How Serious (rate 1-5)	Care Team Suggestions

Infusion checklist

Here are some tips to help you prepare for your infusion appointments.



Drink plenty of water the day before and have a good breakfast on infusion day.



Infusions can last several hours, so make sure you've set aside enough time for your appointment. Ask your care team about how long your infusion will be.



Ask the office if it's okay to **bring a drink and snack** with you in case you get hungry.



Consider setting up transportation to and from the infusion center. You may receive medicines before your infusion that can make you drowsy. If you need help setting up a ride, reach out to your family and friends.



If you have any other questions about your infusions, ask your care team.

Infusion checklist

Here are some tips to help you prepare for your infusion appointments.



Wear loose clothes for comfort and so your care team can easily reach the infusion area of your body.



Bring a pillow and blanket for extra comfort.



Bring a book, game, puzzle, music, or other entertainment to help pass the time.



Pay close attention to how you feel during an infusion, and make sure to tell your care team if you experience any discomfort. They know how to help.



Your care team may give you allergy medicine, a fever reducer, and a steroid to help reduce the risks of serious side effects from the infusion.

Doctor discussion guide

The booklet that came with this journal contains additional information about your treatment. If you have any other questions, ask your doctor or other members of your care team.

Here are some helpful questions to get the conversation started with your doctor.

?

Is there a way I can give a friend or family member the ability to talk to my doctors on my behalf?

A

?

Where will my treatment infusions take place?

A

?

How long will my treatment infusions be?

A

Doctor discussion guide

?

What side effects of treatment should I expect?

A

?

Do you have any suggestions to help prevent or reduce the seriousness of side effects?

A

?

What resources and support programs are available to me as I start RYBREVANT®?

A

Remember, the members of your care team are the experts on treatment, but you are the expert on yourself, what you are expecting from treatment, and how you are feeling. Tell them about any thoughts you have and ask them any questions you have. They are there to help!

Notes

Use these pages to write down anything that will help you stay organized or feel better. Consider writing down questions you have for your care team, journaling about how you're feeling, or making "to do" lists. You can also use this space to take notes during your doctor's appointments.

Topics to discuss:

Summary of infusion:

Date/Time:

Treatment notes:

Reminders:

Date/Time:

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If you're looking for information about your treatment that's not included in this journal, review the booklet that you received with this journal. If you still have questions, ask your care team.

Notes

[illegible]

Notes

[illegible]

Notes

[illegible]

Notes



Glossary of terms and phrases

During treatment, you may hear or read some words or phrases that you're not used to. The definitions below can help with some of them. If you have any other questions about the meaning of certain terms, ask your care team.

Antibody

Antibodies are protective proteins that help detect harmful substances and diseases such as cancers. They are made naturally by your immune system and can also be man-made. Man-made antibodies used to treat cancer have a specific target on a cancer cell that they aim to find, attach to, and attack. RYBREVANT® is a man-made antibody.

Biomarker

A biomarker is any molecule that can help show when your body is working normally or abnormally. This includes mutations in certain cells associated with advanced NSCLC.

Combination therapy

Therapy that combines more than one method of treatment.

Dose

The amount of medicine given at one time.

Glossary of terms and phrases

EGFR (epidermal growth factor receptor)

The EGFR protein is involved in controlling cell division and survival. Sometimes, mutations (changes) in the *EGFR* gene cause EGFR proteins to be made in higher than normal amounts on some types of cancer cells. This causes cancer cells to divide more rapidly.

Intravenous infusion

A method of putting fluids, including medicines, into the bloodstream through a vein. This may also be called an IV.

Metastatic

The spread of cancer from the primary site (place where it started) to other places in the body. This can also be called “advanced” cancer.

Mutation

Any change in the DNA sequence of a cell. Mutations may be caused by mistakes during cell division, or they may be caused by exposure to DNA-damaging agents in the environment. Certain mutations may lead to cancer or other diseases. A mutation is sometimes called a variant.

Savings & Support

Now that you and your doctor have decided that RYBREVA[®] is right for you, review all of the **RYBREVA withMe** patient support options available to you.

RYBREVA withMe

Personalized 1-on-1 Support

You have access to free, dedicated support. Your Care Navigator is here to help guide you to support solutions throughout your treatment journey, so you feel informed and empowered.

Starting a new treatment can be overwhelming, and you may still have questions. We are here to help.



Free, 1-on-1 dedicated Care Navigator Support



Cost support options regardless of your insurance type



Additional resources and community connections

Sign up for personalized support throughout your treatment journey now by scanning the QR code, or calling **833-JNJ-wMe1** (833-565-9631), Monday through Friday, 8:00 AM–8:00 PM ET.

To learn more, visit RYBREVATwithMe.com



Data rates may apply.

The support and resources provided by **RYBREVA withMe** are not intended to provide medical advice, replace a treatment plan you receive from your doctor or nurse, or serve as a reason for you to start or stay on treatment.

Please see full [Prescribing Information](#) for RYBREVA[®].

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