

Your REBLOZYL Treatment Tracker



This treatment tracker was created for adults who were prescribed REBLOZYL to treat MDS (myelodysplastic syndromes)-related anemia, and for the people who are involved in their care. Tracking can help you stay organized and keep you moving toward your treatment goals.

What is REBLOZYL?

 REBLOZYL is a prescription medicine for injection, and is used to treat anemia (low red blood cells) in adults with:

MDS who may need regular RBC transfusions and have never received another type of medicine called an erythropoiesis stimulating agent (ESA).

MDS: myelodysplastic syndromes

MDS-RS or MDS/MPN-RS-T who need 2 or more RBC units over 8 weeks and have not responded well to an ESA.

MDS-RS: myelodysplastic syndromes with ring sideroblasts

MDS/MPN-RS-T: myelodysplastic or myeloproliferative neoplasms with ring sideroblasts and thrombocytosis

- ✗ REBLOZYL is not a substitute for RBC transfusions in people who need immediate treatment for anemia.
- ✗ It is not known if REBLOZYL is safe or effective in children under 18 years of age.

What should I discuss with my healthcare team before starting treatment?

 **Talk to your healthcare team about all of your health problems and risk factors**, including if you:

- have or have had blood clots
- take hormone replacement therapy or birth control pills (oral contraceptives)
- have had your spleen removed (splenectomy)
- smoke
- have or have had high blood pressure (hypertension)

Please see Important Safety Information throughout this journal, as well as full [Prescribing Information](#) and [Patient Information](#) for REBLOZYL.

Reblozyl[®]
(lusatercept-aamt)
for injection 25mg • 75mg

Reblozyl[®]
(luspatercept-aamt)
for injection 25mg • 75mg

This tracker belongs to:

My phone number is:

My email is:

How do I use this tracker?

You can use this tracker both during and in between appointments. It has space to record your treatment goals, your health information, and other important dates and details from your treatment journey.

Remember to bring this tracker with you to appointments. It will help you talk to your healthcare team about your tracking, and it can make your discussions with them easier.

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My Healthcare Team's Contact Information

Having the contact information for your healthcare team in one place can be helpful. Use this page to write down contact information for anyone you feel is an important part of your healthcare team.

Hematologist/Oncologist

Name _____





Nurse Practitioner

Name _____





Nurse

Name _____





Primary Care Physician

Name _____





Pharmacy

Name _____





Additional Support Add in any other contact information you might need.

Name _____





.....
Name _____





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Why is tracking my treatment so important?

- **It gives your healthcare team a complete view of your health.** Your tracking can give them a full picture of how REBLOZYL is working for you, even when you're not in the exam room.
- **It helps you speak up.** Your tracking can guide your discussions with your healthcare team, especially when it's time for you to ask questions and review your options.
- **It shows how far you've come.** Your tracking can show your progress over time and help you and your healthcare team know when a change might be needed.



The more you, your caregivers, and your healthcare team know about your health, the more confident you can be when making important choices about your treatment together.

What are the serious side effects of REBLOZYL?

A **serious side effect** is a side effect that can sometimes become life-threatening and can lead to death. They may happen any time during treatment or even after your treatment has ended. You may experience more than one side effect at the same time.

Blood clots (thrombosis/thromboembolism) — Blood clots in the arteries, veins, brain, and lungs have happened in people with β -thalassemia during treatment with REBLOZYL. The risk of blood clots may be higher in people who have had their spleen removed or who take hormone replacement therapy or birth control pills.



Call your healthcare provider or get medical help right away if you have any of these symptoms:

- chest pain
- sudden numbness or weakness that is short-term or continues to happen over a long period of time, especially on one side of the body
- trouble breathing or shortness of breath
- severe headache or confusion
- pain in your leg, with or without swelling
- sudden problems with vision, speech, or balance (such as trouble speaking, difficulty walking, or dizziness)
- a cold or pale arm or leg

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What can I track during my treatment journey?

You can track your:



Hemoglobin (Hgb) levels: Write down your results every time you get a blood test.



Red blood cell (RBC) transfusions: Write down the date and number of units in every transfusion.



Symptoms and side effects: Between appointments, write down any ongoing, new, or changing symptoms or side effects.



REBLOZYL dose: Write down the date and amount of each REBLOZYL dose.

What are the serious side effects of REBLOZYL? (continued)

High blood pressure (hypertension) — REBLOZYL may cause an increase in your blood pressure. Your healthcare provider will check your blood pressure before you receive your REBLOZYL dose. Your healthcare provider may prescribe you medicine to treat high blood pressure or increase the dose of medicine you already take to treat high blood pressure, if you develop high blood pressure during treatment with REBLOZYL.

Why should I set treatment goals?



Setting goals is a great way for you and your healthcare team to measure your progress at every stage of your journey. Your goals and your tracking can help your healthcare team know how you're responding to REBLOZYL.

For people using REBLOZYL as a first line treatment:

Your goals might be to increase your hemoglobin (Hgb) levels and to achieve transfusion independence.

For people using REBLOZYL as a second line treatment:

You may want to work toward a goal of reducing transfusion burden and achieving transfusion independence.



Every journey is different, and there isn't always one set of goals that's best for everyone. Talk to your healthcare team about what goals might be right for you.

These discussions will help your healthcare team ensure that your dose is supporting your treatment goals.

What are the most common side effects of REBLOZYL?

The most common side effects of REBLOZYL include:

- tiredness
- headache
- back, joint, muscle, or bone pain
- joint pain
- dizziness
- nausea
- diarrhea
- cough
- stomach (abdominal) pain
- trouble breathing
- swelling of your hands, legs, or feet
- high blood pressure
- allergic reactions

These are not all of the possible side effects.



Talk to your healthcare team for more information about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA by visiting www.fda.gov/medwatch or calling **1-800-FDA-1088**.

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What are my treatment goals?



Writing down your goals can help you stay focused on them throughout your treatment journey.

What are your treatment goals?

Do you have a Hgb goal? If so, what is it?

How frequently do you currently receive RBC transfusions? Is reducing transfusions one of your goals?

My REBLOZYL Treatment Tracker



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Sample Tracker

REMEMBER TO BRING THESE NOTES
WITH YOU TO EVERY VISIT

During your visit

Date of your visit: March 22

Did you receive REBLOZYL? Yes No If yes, what was your dose? 1 mg/kg

Previous hemoglobin level 6 g/dL Current hemoglobin level 6.5 g/dL

In between your visits

Symptoms or side effects

| | |
|---|------------------------------------|
| What symptom or side effect did you feel? | <u>Really tired</u> |
| When did you feel it? | <u>March 15th, mid-morning</u> |
| From 1 to 3, how severe was it? 1 = mild, 2 = middle, 3 = severe | <u>3</u> |
| Write down any other details you may want your healthcare team to know | <u>very tired</u> |

Did you receive a red blood cell (RBC) transfusion between appointments? Yes No Transfusion date(s): March 30

Write down any notes about your RBC transfusion(s), including number of units:
Got one unit. Felt a little better afterwards but started feeling
tired again after a week or so.

For your next visit

Date of your visit: April 12, 2023

Write down any questions or topics you'd like to talk to your healthcare team about:
Do you think my REBLOZYL dose needs to change? Want to
discuss how we know when that may be needed.

Tracker

During your visit

Date of your visit: _____

Did you receive REBLOZYL? Yes No If yes, what was your dose? _____

Previous hemoglobin level _____ g/dL Current hemoglobin level _____

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In between your visits

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Important Facts About REBLOZYL® (luspaterecept-aamt)

This is a summary of important information that you need to know about REBLOZYL. Your healthcare team can work with you to help answer any questions you may have about this medication. **Keep this information in a safe place so you can refer to it before and during your treatment.**

Look out for the following icons as you read:



Talk to your healthcare team



Call a healthcare provider right away



Helpful information to remember

What should I discuss with my healthcare team before starting treatment?



Talk to your healthcare team about all of your health problems and risk factors, including if you:

- have or have had blood clots
- take hormone replacement therapy or birth control pills (oral contraceptives)
- have had your spleen removed (splenectomy)
- smoke
- have or have had high blood pressure (hypertension)



Talk to your healthcare team about all the medicines you are taking, including:

- prescription medicines
- over-the-counter medicines
- vitamins
- herbal supplements

These are not all the topics you should discuss with your healthcare team. Ask your healthcare team about anything you may be unsure about before starting treatment.

What should I discuss with my healthcare team about pregnancy, birth control, and breastfeeding?



Talk to your healthcare team if:



You are pregnant or plan to become pregnant — REBLOZYL may harm your unborn baby

If you are able to become pregnant, your healthcare team should do a pregnancy test before you start receiving REBLOZYL. You should use an effective method of birth control during treatment and for at least 3 months after your last dose of REBLOZYL. Talk to your healthcare team about birth control methods that you can use with REBLOZYL.



Call your healthcare provider right away if you become pregnant or think you are pregnant during treatment with REBLOZYL.

REBLOZYL may affect your ability to become pregnant. Talk to your healthcare team if fertility problems are a concern for you.



You are breastfeeding or plan to breastfeed

Do not breastfeed during treatment and for 3 months after the last dose of REBLOZYL. It is not known if REBLOZYL passes into your breast milk. Talk to your healthcare team about the best way to feed your baby during this time.

What are the serious side effects of REBLOZYL?

A **serious side effect** is a side effect that can sometimes become life-threatening and can lead to death. They may happen any time during treatment or even after your treatment has ended. You may experience more than one side effect at the same time.

Please see Important Safety Information throughout this journal, as well as full [Prescribing Information](#) and [Patient Information](#) for REBLOZYL.

Reblozyl®
(luspaterecept-aamt)
for injection 25mg • 75mg

Blood clots (thrombosis/thromboembolism) — Blood clots in the arteries, veins, brain, and lungs have happened in people with β -thalassemia during treatment with REBLOZYL. The risk of blood clots may be higher in people who have had their spleen removed or who take hormone replacement therapy or birth control pills.



Call your healthcare provider or get medical help right away if you have any of these symptoms:

- chest pain
- trouble breathing or shortness of breath
- pain in your leg, with or without swelling
- a cold or pale arm or leg
- sudden numbness or weakness that is short-term or continues to happen over a long period of time, especially on one side of the body
- severe headache or confusion
- sudden problems with vision, speech, or balance (such as trouble speaking, difficulty walking, or dizziness)

High blood pressure (hypertension) — REBLOZYL may cause an increase in your blood pressure. Your healthcare provider will check your blood pressure before you receive your REBLOZYL dose. Your healthcare provider may prescribe you medicine to treat high blood pressure or increase the dose of medicine you already take to treat high blood pressure, if you develop high blood pressure during treatment with REBLOZYL.

What are the most common side effects of REBLOZYL?

The most common side effects of REBLOZYL include:

- tiredness
- headache
- back, joint, muscle, or bone pain
- joint pain
- dizziness
- nausea
- diarrhea
- cough
- stomach (abdominal) pain
- trouble breathing
- swelling of your hands, legs, or feet
- high blood pressure
- allergic reactions

These are not all of the possible side effects.



Talk to your healthcare team for more information about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA by visiting www.fda.gov/medwatch or calling **1-800-FDA-1088**.

How will I receive REBLOZYL?



REBLOZYL is given as a subcutaneous injection (under your skin) in the upper arm, thigh, or stomach by your healthcare provider. The recommended starting dose of REBLOZYL is 1 mg/kg, once every 3 weeks. Work with your healthcare team to determine the right treatment plan for you.

REBLOZYL is a type of medicine called an erythroid maturation agent (EMA), and comes in single-dose vials that need to be prepared for injection by a healthcare professional.

Active ingredients: luspaterecept-aamt

Inactive ingredients: citric acid monohydrate, polysorbate 80, sucrose, and tri-sodium citrate dihydrate



Before each REBLOZYL injection, your healthcare provider will do a blood test to check your hemoglobin and review your transfusion record to see how your anemia is responding to REBLOZYL. Your healthcare provider may adjust your dose or stop treatment depending on how you respond to REBLOZYL.

What if I delayed or missed a dose?



Call your healthcare provider as soon as possible to reschedule your next appointment if you delayed or missed a dose. Your healthcare provider will give your dose of REBLOZYL as soon as possible. Your treatment with REBLOZYL will continue as prescribed, with at least 3 weeks between doses.



For more information, please see full [Prescribing Information](#) and [Medication Guide](#) for REBLOZYL.

Talk to your healthcare team for more information about this medication.

Reblozyl[®]
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Additional resources for your REBLOZYL journey

You can find more information on REBLOZYL and MDS-related anemia, on [REBLOZYL.com](https://www.reblozyl.com)

You can also download other REBLOZYL resources:

[Click here](#) to explore other REBLOZYL resources

REBLOZYL Patient Brochure
(available in English and Spanish)

The REBLOZYL Patient Brochure can help you learn more about treatment with REBLOZYL.

MDS Education Brochure

The MDS Education Brochure can help you learn more about myelodysplastic syndromes (MDS) and MDS-related anemia.

Doctor Discussion Guide

The Doctor Discussion Guide can help you speak up with your healthcare team.

**Your
Reblozyl[®] Connection[™]**
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Sign up for *Your REBLOZYL Connection[™]*, an educational program designed to help you understand your treatment with REBLOZYL and provide resources that allow you to take a more active role in your care.

 Bristol Myers Squibb[™]

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