Kesimpta®
(ofatumumab) 20 mg injection

Reflect. Reframe. Reach Out.

OWNING YOUR RMS STORY
WITH JAMIE-LYNN SIGLER

RMS, relapsing multiple sclerosis.

Important Safety Information

Who should not take KESIMPTA?

Do NOT take KESIMPTA if you:

- Have an active hepatitis B virus (HBV) infection.
- Have had an allergic reaction to ofatumumab or life-threatening injection-related reaction to KESIMPTA. (cont)

Please see full Important Safety Information here.
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I found out that I had RMS just as my acting career was taking off.

If I could go back in time, I would tell my past self: "**You're going to be okay. But you need to be honest and speak up about what you need**—from your family, your friends, and especially your doctor." This guide is meant to help you do just that.

Wherever you are in your journey, take this time to **REFLECT**, **REFRAME**, and **REACH OUT**—so you can reach for what's possible.

Important Safety Information

What is the most important information I should know about KESIMPTA?
KESIMPTA can cause serious side effects such as:

- **Infections.** Serious infections, which can be life-threatening or cause death, can happen during treatment with KESIMPTA. (cont)

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"No one knows you better than you."

At first, I wasn't ready to share my RMS journey. But I wish I had, knowing how much I've gained from sharing it. Now, I'm more honest with myself about how RMS affects me and how that's changed since I've become a mom and grown in my career.

Self-reflection lays the foundation for building the life you want, with the support you need. Remember, only you know your body and whether something feels right or wrong. Give yourself the time to listen.

Reflect on where you are now—I find meditation and journaling helpful.

Important Safety Information

If you have an active infection, your health care provider (HCP) should delay your treatment with KESIMPTA until your infection is gone. KESIMPTA taken before or after other medicines that weaken (cont)

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1. Reflect

- How is your body feeling?
- How are you feeling emotionally?
- How has RMS impacted what matters most in your life?
- Who makes up your support squad?

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2. REFRAME

"RMS pushed me to take better care of myself."

Reframing my thoughts has led to breakthroughs. For example, when a character I played had a running scene, I needed support. In the past, I'd shy away from asking for help to avoid feeling like a burden. But I reframed how I felt and was upfront about what I needed. Our inventive crew came up with a way for me to do the scene.

It allowed me to see that there are many ways to do things. My needs didn't have to take away from anything.

How can you reframe thoughts that aren't working for you?

Important Safety Information

the immune system may increase your risk of getting infections. Tell your HCP right away if you have any infections or get any symptoms including painful and frequent urination, nasal congestion, runny (cont)

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2. Reframe

OLD THINKING → NEW THINKING

EXAMPLE:

I need more rest, but it makes me feel lazy. → *I realize rest is restorative and lets me be my best.*

EXAMPLE:

Asking for help makes me feel like a burden. → *I recognize people genuinely like to feel helpful.*

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3. REACH OUT

"With your health, your voice needs to be the loudest in the room."

My doctor always says this, and with good reason. When I voiced my needs openly with my doctor, we decided KESIMPTA® was the right treatment choice for me. I was impressed with the study results and safety profile. I also really like that I can take it at home or on the go.

Don't forget to reach out to your support squad, too. For me, that can look like asking my husband to pick up the boys from practice when it's super hot out. When you reach out, be candid and confident about what you need.

Be specific about what you need, especially when it comes to your treatment plan.

Important Safety Information

nose, sore throat, fever, chills, cough, or body aches.

- **HBV reactivation.** If you have ever had HBV infection, it may become active again during or after treatment with (cont)

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3. Reach Out

REFLECT

Today I can use a hand with...

REFRAME

With help, I can...

REACH OUT

I can get support from...

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1. CONVERSATION STARTERS FOR YOUR NEXT APPOINTMENT

Screenshot to save!

Reflect on how you've been feeling lately.

- Have you had any life changes or shifts in mood since your diagnosis or last appointment?
- What are your primary treatment goals? Have they evolved due to changes in career, family planning, travel, insurance, or other aspects of your lifestyle?

Important Safety Information

KESIMPTA (reactivation). If this happens, it may cause serious liver problems including liver failure or death. Before starting KESIMPTA, your HCP will do a blood test to check for HBV. They will also continue (cont)

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2. CONVERSATION STARTERS FOR YOUR NEXT APPOINTMENT

Screenshot to save!

Reframe challenges if you're feeling held back or burdened by your RMS.

- What challenges are you facing?
- Are there different ways to think about them?
- Do you have any mantras that motivate you? For example, "This is tough, but so am I."
- What other small changes can you make to overcome obstacles?

Important Safety Information

to monitor you during and after treatment with KESIMPTA for HBV. Tell your HCP right away if you get worsening tiredness or yellowing of your skin or the white part of your eyes. (cont)

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3. CONVERSATION STARTERS FOR YOUR NEXT APPOINTMENT

Screenshot to save!

Reach out with questions that may be top of mind.

- How does B-cell treatment work for RMS?
- What does efficacy mean, and what kind of results can I expect?
- What are possible side effects?
- How do I take it, and can I take it at home or if I travel?
- Does the medication seem like it could fit into my lifestyle and routine?
- What support is available if I have questions?

Important Safety Information

- **Progressive Multifocal Leukoencephalopathy (PML).** PML may happen with KESIMPTA. PML is a rare, serious brain infection caused by a virus that may get worse over days or weeks. (cont)

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Important Safety Information

PML can result in death or severe disability. Tell your HCP right away if you have any new or worsening neurologic signs or symptoms.

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Indication

What is KESIMPTA (ofatumumab) injection?
KESIMPTA is a prescription medicine used to treat adults with relapsing forms of multiple sclerosis (MS) including clinically isolated syndrome (CIS), relapsing-remitting disease, and active secondary progressive disease.

It is not known if KESIMPTA is safe or effective in children.

Important Safety Information

Who should not take KESIMPTA?
Do NOT take KESIMPTA if you:
- Have an active hepatitis B virus (HBV) infection.
- Have had an allergic reaction to ofatumumab or life-threatening injection-related reaction to KESIMPTA.

What is the most important information I should know about KESIMPTA?
KESIMPTA can cause serious side effects such as:
- **Infections.** Serious infections, which can be life-threatening or cause death, can happen during treatment with KESIMPTA. If you have an active infection, your health care provider (HCP) should delay your treatment with KESIMPTA until your infection is gone. KESIMPTA taken before or after other medicines that weaken the immune system may increase your risk of getting infections. Tell your HCP right away if you have any infections or get any symptoms including painful and frequent urination, nasal congestion, runny nose, sore throat, fever, chills, cough, or body aches.
- **HBV reactivation.** If you have ever had HBV infection, it may become active again during or after treatment with KESIMPTA (reactivation). If this happens, it may cause serious liver problems including liver failure or death. Before starting KESIMPTA, your HCP will do a blood test to check for HBV. They will also continue to monitor you during and after treatment with KESIMPTA for HBV. Tell your HCP right away if you get worsening tiredness or yellowing of your skin or the white part of your eyes.
- **Progressive Multifocal Leukoencephalopathy (PML).** PML may happen with KESIMPTA. PML is a rare, serious brain infection caused by a virus that may get worse over days or weeks. PML can result in death or severe disability. Tell your HCP right away if you have any new or worsening neurologic signs or symptoms. These may include weakness on one side of your body, loss of coordination in arms and legs, vision problems, changes in thinking and memory, which may lead to confusion and personality changes.
- **Weakened immune system.** KESIMPTA taken before or after other medicines that weaken the immune system could increase your risk of getting infections.

Before you take KESIMPTA, tell your HCP about all your medical conditions, including if you:
- Have or think you have an infection including HBV or PML.
- Have ever taken, currently take, or plan to take medicines that affect your immune system. These medicines could increase your risk of getting an infection.
- Have a history of liver problems.
- Have had a recent vaccination or are scheduled to receive any vaccinations.
  - You should receive any required 'live' or 'live-attenuated' vaccines at least 4 weeks before you start treatment with KESIMPTA. You should not receive 'live' or 'live-attenuated' vaccines while you are being treated with KESIMPTA and until your HCP tells you that your immune system is no longer weakened.
  - Whenever possible, you should receive any 'non-live' vaccines at least 2 weeks before you start treatment with KESIMPTA.
  - Talk to your HCP about vaccinations for your baby if you used KESIMPTA during your pregnancy.
- Are pregnant, think that you might be pregnant, or plan to become pregnant. It is not known if KESIMPTA will harm your unborn baby. Females who can become pregnant should use birth control (contraception) during treatment with KESIMPTA and for 6 months after your last treatment. Talk with your HCP about what birth control method is right for you during this time.
- Are breastfeeding or plan to breastfeed. It is not known if KESIMPTA passes into your breast milk. Talk to your HCP about the best way to feed your baby if you take KESIMPTA.

Tell your HCP about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

How should I use KESIMPTA?

See the detailed Instructions for Use that comes with KESIMPTA for information about how to prepare and inject a dose of KESIMPTA and how to properly throw away (dispose of) used KESIMPTA Sensoready® pens or prefilled syringes.
- Use KESIMPTA exactly as your HCP tells you to use it.
- Your HCP will show you how to prepare and inject KESIMPTA the right way before you use it for the first time.
- **Do not** inject into areas where the skin is tender, bruised, red, scaly or hard. Avoid areas with moles, scars, or stretch marks.

KESIMPTA may cause serious side effects including:
- **Injection-related reactions.** Injection-related reactions are a common side effect of KESIMPTA. Injecting KESIMPTA can cause injection-related reactions that can happen within 24 hours (1 day) following the first injections and with later injections. There are two kinds of reactions:
  - **At or near the injection site:** redness of the skin, swelling, itching, and pain. Talk to your HCP if you have any of these signs and symptoms.
  - **That may happen when certain substances are released in your body:** fever, headache, pain in the muscles, chills, tiredness, rash, hives, trouble breathing, swelling of the face, eyelids, lips, mouth, tongue and throat, and feeling faint, or chest tightness. Contact your HCP right away if you experience any of these signs and symptoms, especially if they become worse or you have new severe signs of reactions after subsequent injections. It could be a sign of an allergic reaction, which can be serious.
- **Low immunoglobulins.** KESIMPTA may cause a decrease in some types of antibodies. Your HCP will do blood tests to check your blood immunoglobulin levels.
- **Liver damage.** KESIMPTA may cause liver damage. Your HCP will do blood tests to check your liver before you start KESIMPTA and while you take KESIMPTA if needed. Tell your HCP right away if you have any symptoms of liver damage such as:
  - yellowing of the skin and eyes (jaundice)
  - nausea
  - vomiting
  - unusual darkening of the urine
  - feeling tired or weak

The most common side effects of KESIMPTA include:
- Upper respiratory tract infection, with symptoms such as sore throat and runny nose, and headache.
- Headache.

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.

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