

Get the most out of your treatment with **EGRIFTA WR™**

# My **EGRIFTA WR™** Handbook



## Stay on Track with Your **EGRIFTA WR™** Treatment

### **THERA patient support®** Is Here to Help You Settle into Your New Treatment Routine with **EGRIFTA WR™**!



This brochure answers some common questions about **EGRIFTA WR™** treatment, like why you are taking **EGRIFTA WR™** and what to expect while on your treatment. It also provides helpful tips on how to create a consistent treatment routine.

Take some time to read through and get informed!



If you have any questions about **EGRIFTA WR™**, discuss them with your healthcare team or your THERA patient support® Nurse Navigator.

#### **Not sure if you've been enrolled in the THERA patient support® program?**

Scan the QR code to provide your consent and start getting all the benefits the program has to offer!



As part of being enrolled in the THERA patient support® program, a trained THERA Nurse Navigator will be in touch to schedule injection training before you start taking **EGRIFTA WR™**. Your THERA Nurse Navigator will ensure you are taking your medication properly, answer any treatment-related questions, and support you throughout your entire **EGRIFTA WR™** journey. Training with a THERA Nurse Navigator is available through virtual or telephone calls.



Save 1-833-23THERA (1-833-238-4372)—your THERA patient support® Nurse Navigator's phone number—in your contacts to ensure you never miss important updates and always know who is calling. It's a quick and easy way to stay connected with your healthcare team if you have any questions about your **EGRIFTA WR™** treatment.

## Why Am I Taking **EGRIFTA WR™**?



You and your healthcare provider have decided together that **EGRIFTA WR™**—a prescription medicine used to reduce excess stomach-area (abdominal) fat in adults with HIV and lipodystrophy—is right for you.

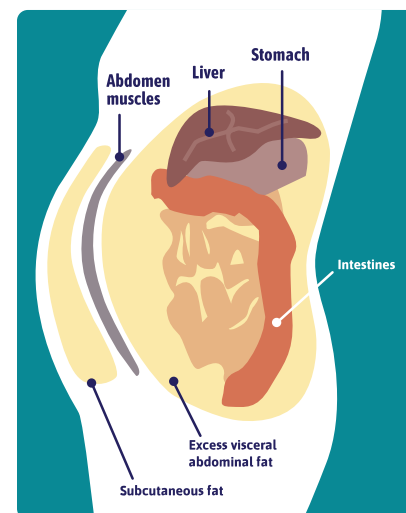
### **IMPORTANT SAFETY INFORMATION ABOUT **EGRIFTA WR™** (TESAMORELIN) FOR INJECTION**

#### **What is **EGRIFTA WR™** (tesamorelin) for injection?**

- **EGRIFTA WR™** is a prescription medicine used to reduce the excess stomach-area (abdominal) fat in adults with HIV and lipodystrophy.
- **EGRIFTA WR™** is a growth hormone-releasing factor (GHRF) analog.
- **EGRIFTA WR™** is not for weight loss management.
- The long-term safety of **EGRIFTA WR™** on the heart and blood vessels (cardiovascular) is not known.
- It is not known whether taking **EGRIFTA WR™** helps improve how well you take your antiretroviral medications.
- It is not known if **EGRIFTA WR™** is safe and effective in children; do not use **EGRIFTA WR™** in children.

Please see Important Safety Information throughout, or the complete Important Safety Information for Patients on pages 18-19, and the full Patient Information and Patient Instructions for Use at [www.egriftawr.com](http://www.egriftawr.com). The Full Prescribing Information is also included in this kit.

### **What Is Excess Visceral Abdominal Fat?**



Abdominal or belly fat is made up of two types of fat:

- **subcutaneous abdominal fat**, which is the type of fat that you can easily pinch around your belly and is just beneath your skin, and
- **visceral abdominal fat**, which is fat that is stored deeper inside your belly and around your organs.

Excess visceral abdominal fat tends to be more stubborn and may not respond to diet and exercise alone. **It's important to reduce this type of fat as it can have negative health consequences.**

***EGRIFTA WR™* works specifically to reduce excess visceral abdominal fat, not subcutaneous fat.**



Scan to find out more about excess visceral abdominal fat.



## How Does **EGRIFTA WR™** Work?



Many people with HIV have **lower levels of growth hormone** in their bodies than normal.

Growth hormone plays a key role in regulating the body's metabolism by controlling how the body stores the fat and helping keep muscles healthy. Low levels of growth hormone can cause excess abdominal fat.



**EGRIFTA WR™** is a growth hormone-releasing factor analog, which causes the body to **make more of its own growth hormone**.

By increasing levels of growth hormone, **EGRIFTA WR™** helps to restore the body's normal metabolic processes, and reduce the amount of excess visceral abdominal fat.

**EGRIFTA WR™ is not a weight loss drug—it is specifically designed to help reduce excess visceral abdominal fat.**

## How Do I Take **EGRIFTA WR™**?



**EGRIFTA WR™** is a daily subcutaneous injection—meaning you will inject the drug under your skin once a day.

Refer to the **STEP-BY-STEP ADMINISTRATION GUIDE** for details on how to inject **EGRIFTA WR™**.



Scan for step-by-step instructions on how to mix and inject **EGRIFTA WR™**.



**Need help with your daily **EGRIFTA WR™** injections? Call your Nurse Navigator at THERA patient support toll free at 1-833-23THERA (1-833-238-4372) Monday to Friday 8:30 a.m - 8:00 p.m. EST for more information.**

### IMPORTANT SAFETY INFORMATION (cont.)

**You should not take **EGRIFTA WR™** if you:**

- Have a pituitary gland tumor, surgery, or other problems related to your pituitary gland, or have had radiation treatment to your head or a head injury.
- Have active cancer.
- Are allergic to tesamorelin or any of the ingredients in **EGRIFTA WR™**.
- Are pregnant or become pregnant. If you become pregnant, stop using **EGRIFTA WR™** and talk with your healthcare provider.
- Are less than 18 years of age.

## Getting Comfortable with **EGRIFTA WR™** Injections

Being comfortable with injections is key to sticking to your treatment routine. To help you feel comfortable with your injections, try some of the following tips!

### Before Injecting



Choose a relaxing/comfortable place.



Take some deep breaths to help relax. You can even practice this when not injecting!



Put on your favorite music.

### IMPORTANT SAFETY INFORMATION (cont.)

**Before using **EGRIFTA WR™** tell your healthcare provider if you:**

- Have or have had cancer.
- Have problems with blood sugar or diabetes.
- Have scheduled heart or stomach surgery.
- Have breathing problems.
- Are breastfeeding or plan to breastfeed.
- Are taking any other prescription and non-prescription medicines, vitamins, and herbal supplements.

***EGRIFTA WR™* may cause serious side effects including:**

- **Increased risk of new cancer in adults with HIV or your cancer coming back (reactivation).** Stop using **EGRIFTA WR™** and inform your healthcare provider if any cancer symptoms come back.
- **Increased levels of your insulin-like growth factor-1 (IGF-1).** Your healthcare provider will do blood tests to check your IGF-1 levels while you are taking **EGRIFTA WR™**.
- **Serious allergic reaction** such as rash or hives anywhere over the body or on the skin, swelling of the face or throat, shortness of breath or trouble breathing, fast heartbeat, feeling of faintness or fainting, itching and reddening or flushing of the skin. **If you have any of these symptoms, stop using **EGRIFTA WR™** and get emergency medical help right away.**
- **Swelling or fluid retention.** Call your healthcare provider if you have swelling, an increase in joint pain, or pain or numbness in your hands or wrists.
- **Increase in blood sugar (glucose) or diabetes.**
- **Injection site reactions.** Injection site reactions are a common side effect of **EGRIFTA WR™** but may sometimes be serious.
- **Increased risk of death in people who have critical illness because of heart or stomach surgery, trauma or serious breathing (respiratory) problems** has been reported after treatment with therapeutic doses of growth hormone.



# Creating a Treatment Routine with **EGRIFTA WR™**

Consistency in taking your medicine properly and as prescribed by your healthcare provider is required for any treatment to be successful. By following your prescribed **EGRIFTA WR™** treatment routine, you can ensure the best possible treatment outcome and work towards your treatment goals.

Life can get busy, but you can stay on track with your treatment with the right strategies and commitment. Here are some tips to help get you started:



## Understand the Treatment Plan

Creating a treatment plan for **EGRIFTA WR™** with your healthcare provider can help make sure you have a clear understanding of what to expect from your **EGRIFTA WR™** treatment. **Your THERA patient support® Nurse Navigator will be calling to help you establish your personal treatment goals and set you up for success by training you on how to properly mix and inject EGRIFTA WR™.**

Make sure to always pick up the phone when your THERA patient support® Nurse Navigator calls—they are here to help and cheer you on every step of your treatment journey!



## Make **EGRIFTA WR™** a Daily Habit

Make taking **EGRIFTA WR™** a natural part of your daily routine by timing your injections with activities you already do, like brushing your teeth in the morning, or incorporating it into your evening self-care routine, such as washing your face or having dinner.



## Set Reminders

Use alarms, phone reminders, or a calendar app to help you remember to inject **EGRIFTA WR™** every day. Taking your medication at the same time each day can help establish a routine.



## Track Your Injections

Your **EGRIFTA WR™ THERAPY TRACKER** offers a simple and convenient way to keep track of **EGRIFTA WR™** injections. After your injection is complete, write down when and where you injected **EGRIFTA WR™**.



## Be Patient

Remember that **EGRIFTA WR™** may take time to show noticeable results. Even if you don't physically see results right away, that doesn't mean the **EGRIFTA WR™** isn't working. **Pay attention to other day-to-day improvements like less discomfort bending down, easier breathing, or your pants feeling a bit looser around the waist.**



## Practice Self Care

Taking care of your overall health and well-being can support your treatment plan. This includes getting enough sleep, eating a balanced diet, managing stress, and engaging in regular physical activity or movement.



## Celebrate Milestones

Acknowledge and celebrate your achievements along the way. Whether it's reaching a treatment milestone or successfully sticking to your regimen for a certain period of time, recognizing your progress can help keep you motivated.

You'll receive a monthly call from the specialty pharmacy dispensing your **EGRIFTA WR™** prescription to confirm your shipment. Be sure to answer—missing the call could delay your **EGRIFTA WR™**. **Save their name and number to your contacts so you always know who's calling.**

### Not sure which pharmacy is dispensing your medication?

Your Thera patient support® team can help. Contact **THERA** patient support® toll free at 1-833-23THERA (1-833-238-4372) Monday to Friday 8:30 a.m - 8:00 p.m. EST.

**THERA patient support® is dedicated to helping you reach your treatment goals and is your go-to resource when you need support on your **EGRIFTA WR™** treatment journey.**

Our THERA patient support® Nurse Navigators will ensure you are comfortable with your daily injections and can answer treatment-related questions. Contact your Nurse Navigator at **THERA** patient support® toll-free at 1-833-23THERA (1-833-238-4372) Monday to Friday 8:30 a.m. - 8:00 p.m. EST.



# Does EGRIFTA WR™ Cause Side Effects?

It is possible to experience some side effects while taking EGRIFTA WR™.

The most common side effects include pain in the legs and arms and muscle pain.

These are not the only side effects of EGRIFTA WR™. If you experience any side effects, please contact your healthcare provider or get in touch with your Nurse Navigator by contacting THERA patient support® toll-free at 1-833-23THERA (1-833-238-4372) Monday to Friday 8:30 a.m. - 8:00 p.m. EST.

For limitations of use and additional information about side effects, please see the complete Important Safety Information for Patients on pages 18-19 and the full Patient Information and Patient Instructions for Use at [www.egriftawr.com](http://www.egriftawr.com). The Full Prescribing Information is also included in this kit.



# Set Treatment Goals with EGRIFTA WR™

Setting treatment goals empowers you to take control of your health. Whether your goals involve bending down to tie your shoes with less discomfort, feeling less pressure in your abdomen, or reducing your waist circumference, having clear treatment goals can help motivate you to continue to take your medication consistently, properly, and as prescribed by your healthcare provider.

Use the space below and on the next page to record the goals you set with your THERA patient support® Nurse Navigator.

## My Treatment Goals

Today's date: \_\_\_\_\_

What is your goal?

\_\_\_\_\_

\_\_\_\_\_

Is it a short- or long-term goal? ☐ Short-term ☐ Long-term

Why does achieving this goal matter to you?

\_\_\_\_\_

\_\_\_\_\_

How will you celebrate once you reach a milestone or achieve your goal?

\_\_\_\_\_

\_\_\_\_\_

Today's date: \_\_\_\_\_

What is your goal?

\_\_\_\_\_

\_\_\_\_\_

Is it a short- or long-term goal? ☐ Short-term ☐ Long-term

Why does achieving this goal matter to you?

\_\_\_\_\_

\_\_\_\_\_

How will you celebrate once you reach a milestone or achieve your goal?

\_\_\_\_\_

\_\_\_\_\_

## My Treatment Goals

Today's date: \_\_\_\_\_

What is your goal?

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Is it a short- or long-term goal? ☐ Short-term ☐ Long-term

Why does achieving this goal matter to you?

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How will you celebrate once you reach a milestone or achieve your goal?

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Today's date: \_\_\_\_\_

What is your goal?

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Is it a short- or long-term goal? ☐ Short-term ☐ Long-term

Why does achieving this goal matter to you?

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How will you celebrate once you reach a milestone or achieve your goal?

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If reducing your waist circumference is one of your goals, your THERA patient support® Nurse Navigator can guide you through how to track progress towards your goal. Get in touch with us by contacting THERA patient support® toll-free at 1-833-23THERA (1-833-238-4372) Monday to Friday 8:30 a.m. - 8:00 p.m. EST.

## Track Your EGRIFTA WR™ Treatment Experience

Track your treatment experience after your first three months of EGRIFTA WR™, and every three months after that by filling out the self-assessment questions below. These questions will help you gauge how you feel on your treatment and how well you are managing your daily injection.

By completing these assessments and discussing the results with your healthcare provider or THERA patient support® Nurse Navigator, you can have more meaningful conversations with your healthcare team.

### 3-Month Check-In

Date: \_\_\_\_\_

How do you feel about your belly since starting EGRIFTA WR™?

NOT GREAT     GREAT

How do you feel about your EGRIFTA WR™ treatment progress?

NOT GREAT     GREAT

Do you remember to take EGRIFTA WR™ every day?

☐ Always ☐ Most of the time ☐ I often forget

Do you find it challenging to take EGRIFTA WR™ consistently, properly, and as prescribed by your healthcare provider?

VERY CHALLENGING     NOT CHALLENGING AT ALL

What would you like to discuss with your healthcare provider during your next appointment?\*

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Additional notes:

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**Congratulations on establishing your treatment routine, and for sticking with it!**

\* If you experience any side effects with EGRIFTA WR™ treatment, talk to your healthcare provider or your THERA patient support® Nurse Navigator. Get in touch with us by contacting THERA patient support® toll-free at 1-833-23THERA (1-833-238-4372) Monday to Friday 8:30 a.m. - 8:00 p.m. EST.

# Track Your EGRIFTA WR™ Treatment Progress

## 6-Month Check-In

Date: \_\_\_\_\_

How do you feel about your belly since starting EGRIFTA WR™?

NOT GREAT      GREAT

How do you feel about your EGRIFTA WR™ treatment progress?

NOT GREAT      GREAT

Do you remember to take EGRIFTA WR™ every day?

☐ Always ☐ Most of the time ☐ I often forget

Do you find it challenging to take EGRIFTA WR™ consistently, properly, and as prescribed by your healthcare provider?

VERY CHALLENGING      NOT CHALLENGING AT ALL

What would you like to discuss with your healthcare provider during your next appointment?\*

\_\_\_\_\_  
\_\_\_\_\_

Additional notes:

\_\_\_\_\_  
\_\_\_\_\_

Well done on reaching the 6-month mark in your treatment! Keep it up!

\* If you experience any side effects with EGRIFTA WR™ treatment, talk to your healthcare provider or your THERA patient support® Nurse Navigator. Get in touch with us by contacting THERA patient support® toll-free at 1-833-23THERA (1-833-238-4372) Monday to Friday 8:30 a.m. - 8:00 p.m. EST.

# Track Your EGRIFTA WR™ Treatment Progress

## 9-Month Check-In

Date: \_\_\_\_\_

How do you feel about your belly since starting EGRIFTA WR™?

NOT GREAT      GREAT

How do you feel about your EGRIFTA WR™ treatment progress?

NOT GREAT      GREAT

Do you remember to take EGRIFTA WR™ every day?

☐ Always ☐ Most of the time ☐ I often forget

Do you find it challenging to take EGRIFTA WR™ consistently, properly, and as prescribed by your healthcare provider?

VERY CHALLENGING      NOT CHALLENGING AT ALL

What would you like to discuss with your healthcare provider during your next appointment?\*

\_\_\_\_\_  
\_\_\_\_\_

Additional notes:

\_\_\_\_\_  
\_\_\_\_\_

Way to go on sticking with your EGRIFTA WR™ treatment for 9 months! You're doing great!

\* If you experience any side effects with EGRIFTA WR™ treatment, talk to your healthcare provider or your THERA patient support® Nurse Navigator. Get in touch with us by contacting THERA patient support® toll-free at 1-833-23THERA (1-833-238-4372) Monday to Friday 8:30 a.m. - 8:00 p.m. EST.

## Track Your *EGRIFTA WR*<sup>TM</sup> Treatment Progress

## 12-Month Check-In

**Date:** \_\_\_\_\_

**How do you feel about your belly since starting *EGRIFTA WR™*?**

NOT GREAT      GREAT

**How do you feel about your *EGRIFTA WR*<sup>TM</sup> treatment progress?**

NOT GREAT      GREAT

**Do you remember to take *EGRIFTA WR*<sup>TM</sup> every day?**

☐ Always    ☐ Most of the time    ☐ I often forget

**Do you find it challenging to take EGRIFTA WR™ consistently, properly, and as prescribed by your healthcare provider?**

VERY CHALLENGING      NOT CHALLENGING AT ALL

**What would you like to discuss with your healthcare provider during your next appointment?\***

**Additional notes:**

**Congratulations on remaining consistent with your  
EGRIFTA WR™ treatment for a whole year!  
Keep going to maintain your results!**

\* If you experience any side effects with EGRIFTA WR™ treatment, talk to your healthcare provider or your THERA patient support® Nurse Navigator. Get in touch with us by contacting THERA patient support® toll-free at 1-833-23THERA (1-833-238-4372) Monday to Friday 8:30 a.m. - 8:00 p.m. EST.

## Notes



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## IMPORTANT SAFETY INFORMATION FOR PATIENTS ABOUT EGRIFTA WR™ (TESAMORELIN) FOR INJECTION

### What is EGRIFTA WR™ (tesamorelin) for injection?

- EGRIFTA WR™ is a prescription medicine used to reduce the excess stomach-area (abdominal) fat in adults with HIV and lipodystrophy.
- EGRIFTA WR™ is a growth hormone-releasing factor (GHRF) analog.
- EGRIFTA WR™ is not for weight loss management.
- The long-term safety of EGRIFTA WR™ on the heart and blood vessels (cardiovascular) is not known.
- It is not known whether taking EGRIFTA WR™ helps improve how well you take your antiretroviral medications.
- It is not known if EGRIFTA WR™ is safe and effective in children; do not use EGRIFTA WR™ in children.

### You should not take EGRIFTA WR™ if you:

- Have a pituitary gland tumor, surgery, or other problems related to your pituitary gland, or have had radiation treatment to your head or a head injury.
- Have active cancer.
- Are allergic to tesamorelin or any of the ingredients in EGRIFTA WR™.
- Are pregnant or become pregnant. If you become pregnant, stop using EGRIFTA WR™ and talk with your healthcare provider.
- Are less than 18 years of age.

### Before using EGRIFTA WR™ tell your healthcare provider if you:


- Have or have had cancer.
- Have problems with blood sugar or diabetes.
- Have scheduled heart or stomach surgery.
- Have breathing problems.
- Are breastfeeding or plan to breastfeed.
- Are taking any other prescription and non-prescription medicines, vitamins, and herbal supplements.

### EGRIFTA WR™ may cause serious side effects including:

- **Increased risk of new cancer in adults with HIV or your cancer coming back (reactivation).** Stop using EGRIFTA WR™ and inform your healthcare provider if any cancer symptoms come back.
- **Increased levels of your insulin-like growth factor-1 (IGF-1).** Your healthcare provider will do blood tests to check your IGF-1 levels while you are taking EGRIFTA WR™.
- **Serious allergic reaction** such as rash or hives anywhere over the body or on the skin, swelling of the face or throat, shortness of breath or trouble breathing, fast heartbeat, feeling of faintness or fainting, itching and reddening or flushing of the skin. **If you have any of these symptoms, stop using EGRIFTA WR™ and get emergency medical help right away.**
- **Swelling or fluid retention.** Call your healthcare provider if you have swelling, an increase in joint pain, or pain or numbness in your hands or wrists.
- **Increase in blood sugar (glucose) or diabetes.**
- **Injection site reactions.** Injection site reactions are a common side effect of EGRIFTA WR™ but may sometimes be serious.
- **Increased risk of death in people who have critical illness because of heart or stomach surgery, trauma or serious breathing (respiratory) problems** has been reported after treatment with therapeutic doses of growth hormone.

### The most common side effects of EGRIFTA WR™ include:

- Pain in legs and arms
- Muscle pain

These are not all the possible side effects of EGRIFTA WR™. For more information, ask your healthcare provider or pharmacist. Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088 or to  • **THERA patient support**® toll-free at 1-833-23THERA (1-833-238-4372).

This information is not intended to replace discussions with your doctor. For additional information about EGRIFTA WR™, go to [www.egriftawr.com](http://www.egriftawr.com) for the **Patient Information** and **Patient Instructions for Use**, and talk to your doctor. For more information about EGRIFTA WR™ contact  • **THERA patient support**® toll-free at 1-833-23THERA (1-833-238-4372).

 • THERA patient support<sup>®</sup>

# There for You Every Step of the Way

THERA patient support<sup>®</sup> is a comprehensive patient support program offering personalized services and a dedicated team that will support you at every step of your EGRIFTA WR<sup>™</sup> treatment journey.



## Our Patient Care Coordinators Can:

- Verify your eligibility and, if eligible, enroll you in the EGRIFTA WR<sup>™</sup> Co-Pay Assistance Program
- Identify your best insurance and coverage options
- Follow up about your insurance benefits
- Find specialty pharmacies in your insurance network
- Help you get ready for therapy with educational materials and supplies



## Our Nurse Navigators Can:

- Train you how to properly mix and inject EGRIFTA WR<sup>™</sup>
- Share advice on starting and staying on therapy
- Answer common therapy-related questions throughout your treatment

## Have questions?

Call  • THERA patient support<sup>®</sup> toll free at 1-833-23THERA (1-833-238-4372) Monday to Friday 8:30 a.m. - 8:00 p.m. EST for more information.

For Important Safety Information, please see pages 18-19 or visit [egriftawr.com](http://egriftawr.com).



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technologies

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