


A CARE
PARTNER'S
GUIDE TO
TALVEY®

See today with a different light

 **TALVEY®**
(talquetamab-tgvs) Injection for
subcutaneous use
2 mg/mL and 40 mg/mL

What is TALVEY® (talquetamab-tgvs)?

TALVEY® is a prescription medicine to treat adults with multiple myeloma who:

- have already received at least 4 treatment regimens, including a proteasome inhibitor, an immunomodulatory agent, and an anti-CD38 monoclonal antibody to treat their multiple myeloma, **and**
- their cancer has come back or did not respond to prior treatment

TALVEY® is approved based on patient response. Data are not yet available to show if TALVEY® improves survival or symptoms.

It is not known if TALVEY® is safe and effective in children.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about TALVEY®?

TALVEY® may cause side effects that are serious, life-threatening, or lead to death, including Cytokine Release Syndrome (CRS) and neurologic problems.

Please read full Important Safety Information on [pages 6-8](#). Please read full [Prescribing Information](#), including Boxed Warning, and [Medication Guide](#) for TALVEY®.

Caring for someone receiving TALVEY®

Getting support for you and the person receiving TALVEY®

Finding yourself in the position of care partner is an unexpected role. It comes with challenges that you may not have expected. Being a care partner is important and valuable. You help by giving the person in your care ongoing support at home and between appointments. That makes a world of difference. This brochure exists to help you understand this new treatment. It also provides information on how to support the person in your care and yourself. It is important to remember that you deserve to be cared for, too.

Use this brochure to learn more about TALVEY® and how to support the person in your care

Please read full Important Safety Information on [pages 6-8](#). Please read full [Prescribing Information](#), including Boxed Warning, and [Medication Guide](#) for TALVEY®.



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IMPORTANT SAFETY INFORMATION (cont'd)

What is the most important information I should know about TALVEY®? (cont'd)

Call your healthcare provider or get medical help right away if you develop any of the signs or symptoms of CRS or neurologic problems listed below at any time during your treatment with TALVEY®:

Cytokine Release Syndrome (CRS). CRS is common during treatment with TALVEY® and can also be serious or life-threatening. Signs and symptoms of CRS may include:

- fever (100.4°F or higher)
- dizziness or lightheadedness
- chills
- difficulty breathing
- feeling anxious
- headache
- fast heartbeat

Neurologic problems. Symptoms of neurologic problems with TALVEY® may include:

- | | |
|---|--|
| • headache | • feeling sleepy |
| • feeling confused | • feeling very sleepy with low energy |
| • being less alert or aware | • slow or difficulty thinking |
| • feeling disoriented | • seizures |
| • trouble speaking or writing | • muscle weakness |
| • shaking (tremors) | • memory loss |
| • numbness and tingling (feeling like “pins and needles”) | • burning, throbbing, or stabbing pain |



TALVEY® OVERVIEW

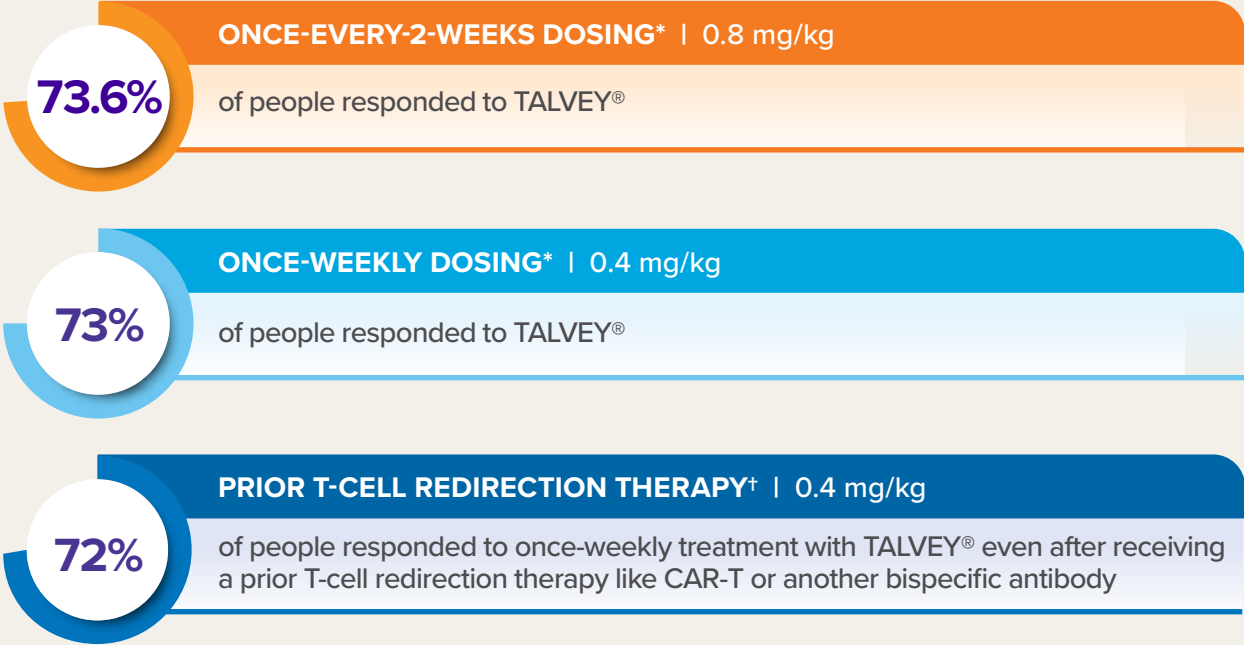
Getting to know TALVEY®

How TALVEY® works

TALVEY® is a bispecific antibody, or a type of medicine that targets 2 different proteins in the body. TALVEY® targets a protein called GPRC5D, which is found on multiple myeloma cells (as well as some healthy cells in the body). It also binds to proteins called CD3 on T cells (a type of immune cell). Binding to both proteins may activate the immune system to help find and destroy multiple myeloma cells in the body.

TALVEY® provided significant response rates in a clinical trial

In a study of 219 people with relapsed or refractory multiple myeloma who had previously been on at least 4 prior lines of therapy, including a proteasome inhibitor, an immunomodulatory agent, and an anti-CD38 monoclonal antibody, it was found that in:



*People in this group did not have previous T-cell redirection therapy.
†T-cell redirection therapy is a type of immunotherapy that engages your T cells to fight cancer. CAR-T cell therapy is a type of immunotherapy that takes your body's T cells and adapts them to fight cancer. Bispecific antibodies help your body's T cells find and detect cancer cells by binding to 2 different proteins.
CAR-T, chimeric antigen receptor-T cell; CD, cluster of differentiation; GPRC5D, G protein-coupled receptor class C group 5 member D.

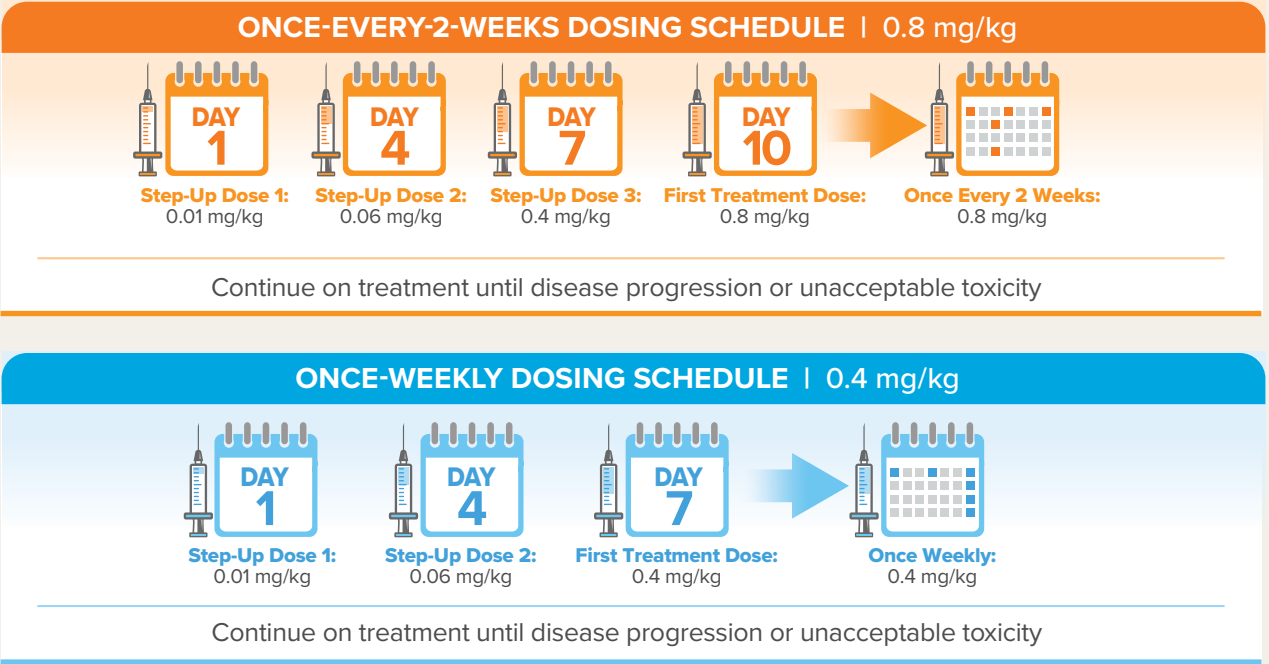
TALVEY® is a ready-to-use treatment

TALVEY® is a subcutaneous injection, meaning it will be given under the skin in the stomach area (abdomen), thigh, or other area of the body by a healthcare professional.

Due to the risk of cytokine release syndrome (CRS) and neurologic problems, the person in your care should be hospitalized for 48 hours after all doses of TALVEY® that are part of the step-up dosing schedule. The step-up dosing schedule is when they receive the first 2 or 3 doses of TALVEY®, which are smaller step-up doses, and also the first full treatment dose of TALVEY®.

TALVEY® can be given once every 2 weeks or once weekly. The healthcare provider will decide the number of days to wait between the doses of TALVEY®.

See the example schedule below.



Please see the **TALVEY® Patient Brochure** for more information about how TALVEY® works, and more details about results.

IMPORTANT SAFETY INFORMATION (cont'd)

What is the most important information I should know about TALVEY®? (cont'd)

- Due to the risk of CRS and neurologic problems, you should be hospitalized for 48 hours after all doses of TALVEY® that are part of the “step-up dosing schedule.” The “step-up dosing schedule” is when you receive the first 2 or 3 doses of TALVEY®, which are smaller “step-up” doses, and also the first full “treatment dose” of TALVEY®.
- TALVEY® is given weekly or every 2 weeks. Your healthcare provider will decide the number of days to wait between your doses of TALVEY® as well as how many treatments you will receive.
 - If you receive TALVEY® weekly, “Step-up dose 1” is given on day 1 of treatment. “Step-up dose 2” is usually given on day 4 of treatment. The first “treatment dose” is usually given on day 7 of treatment.
 - If you receive TALVEY® every 2 weeks, “Step-up dose 1” is given on day 1 of treatment. “Step-up dose 2” is usually given on day 4 of treatment. “Step-up dose 3” is usually given on day 7 of treatment. The first “treatment dose” is usually given on day 10 of treatment.
- If your dose of TALVEY® is delayed for any reason, you may need to repeat the “step-up dosing schedule” to receive TALVEY®.
- Before each “step up” dose of TALVEY®, you will receive medicines to help reduce your risk of CRS. Your healthcare provider will decide if you need to receive medicines to help reduce your risk of CRS with future doses.
- Your healthcare provider will monitor you for signs and symptoms of CRS and neurologic problems as well as other side effects, and treat you as needed.





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IMPORTANT SAFETY INFORMATION

What is the most important information I should know about TALVEY®?

TALVEY® may cause side effects that are serious, life-threatening, or lead to death, including Cytokine Release Syndrome (CRS) and neurologic problems.

Call your healthcare provider or get medical help right away if you develop any of the signs or symptoms of CRS or neurologic problems listed below at any time during your treatment with TALVEY®:

Cytokine Release Syndrome (CRS). CRS is common during treatment with TALVEY® and can also be serious or life-threatening. Signs and symptoms of CRS may include:

- fever (100.4°F or higher)
- dizziness or lightheadedness
- chills
- difficulty breathing
- feeling anxious
- headache
- fast heartbeat

Neurologic problems. Symptoms of neurologic problems with TALVEY® may include:

- headache
- feeling confused
- being less alert or aware
- feeling disoriented
- trouble speaking or writing
- shaking (tremors)
- numbness and tingling (feeling like “pins and needles”)
- feeling sleepy
- feeling very sleepy with low energy
- slow or difficulty thinking

- seizures
- muscle weakness
- memory loss
- burning, throbbing, or stabbing pain

- Due to the risk of CRS and neurologic problems, you should be hospitalized for 48 hours after all doses of TALVEY® that are part of the “step-up dosing schedule.” The “step-up dosing schedule” is when you receive the first 2 or 3 doses of TALVEY®, which are smaller “step-up” doses, and also the first full “treatment dose” of TALVEY®.
- TALVEY® is given weekly or every 2 weeks. Your healthcare provider will decide the number of days to wait between your doses of TALVEY® as well as how many treatments you will receive.
 - If you receive TALVEY® weekly, “Step-up dose 1” is given on day 1 of treatment. “Step-up dose 2” is usually given on day 4 of treatment. The first “treatment dose” is usually given on day 7 of treatment.
 - If you receive TALVEY® every 2 weeks, “Step-up dose 1” is given on day 1 of treatment. “Step-up dose 2” is usually given on day 4 of treatment. “Step-up dose 3” is usually given on day 7 of treatment. The first “treatment dose” is usually given on day 10 of treatment.
- If your dose of TALVEY® is delayed for any reason, you may need to repeat the “step-up dosing schedule” to receive TALVEY®.
- Before each “step up” dose of TALVEY®, you will receive medicines to help reduce your risk of CRS. Your healthcare provider will decide if you need to receive medicines to help reduce your risk of CRS with future doses.

- Your healthcare provider will monitor you for signs and symptoms of CRS and neurologic problems as well as other side effects, and treat you as needed.

TALVEY® is available only through the TECVAYLI® and TALVEY® Risk Evaluation and Mitigation Strategy (REMS) due to the risk of CRS and neurologic problems.

You will receive a Patient Wallet Card from your healthcare provider. **Carry the Patient Wallet Card with you at all times and show it to all of your healthcare providers.** The Patient Wallet Card lists signs and symptoms of CRS and neurologic problems.

The care team will enroll the person in your care in the REMS program and provide them with a Patient Wallet Card to carry. They do not need to enroll in the REMS program.

Get medical help right away if you develop any of the signs and symptoms listed on the Patient Wallet Card. You may need to be treated in a hospital.

- If you have any questions about TALVEY®, ask your healthcare provider.
- Your healthcare provider may temporarily stop or completely stop your treatment with TALVEY® if you develop CRS, neurologic problems, or any other side effects that are severe.

See **“What are the possible side effects of TALVEY®?”** for more information about side effects.

Before you receive TALVEY®, tell your healthcare provider about all of your medical conditions, including if you:

- have an infection
- are pregnant or plan to become pregnant. TALVEY® may harm your unborn baby. Tell your healthcare provider if you become pregnant or think that you may be pregnant during treatment with TALVEY®.

Females who are able to become pregnant:

- Your healthcare provider should do a pregnancy test before you start treatment with TALVEY®.
- You should use effective birth control (contraception) during treatment and for 3 months after your last dose of TALVEY®.
- are breastfeeding or plan to breastfeed. It is not known if TALVEY® passes into your breast milk. Do not breastfeed during treatment and for 3 months after your last dose of TALVEY®

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

How will I receive TALVEY®?

- TALVEY® will be given to you by your healthcare provider as an injection under your skin (subcutaneous injection), usually in the stomach area (abdomen). TALVEY® may also be injected into your thigh or another area of your body.
- See **“What is the most important information I should know about TALVEY®?” at the beginning of the Medication Guide for information about how you will receive TALVEY®.**

- If you miss any appointments, call your healthcare provider as soon as possible to reschedule your appointment.

What should I avoid while receiving TALVEY®?

Do not drive, operate heavy machinery, or do other dangerous activities during and for 48 hours after your TALVEY® “step-up dose” is completed or at any time during treatment with TALVEY®, if you develop dizziness, confusion, tremors, sleepiness, or any other symptoms that impair consciousness, until your signs and symptoms go away. These may be signs and symptoms of CRS or neurologic problems.

See **“What is the most important information I should know about TALVEY®?”** for more information about signs and symptoms of CRS and neurologic problems.

What are the possible side effects of TALVEY®?

TALVEY® may cause serious side effects, including:

- See **“What is the most important information I should know about TALVEY®?”**
- **Mouth problems and weight loss.** Tell your healthcare provider or get medical help right away if you develop any of the following symptoms of mouth problems:
 - changes in sense of taste
 - dry mouth
 - trouble swallowing
 - mouth sores

(continued on next page)

IMPORTANT SAFETY INFORMATION (cont'd)

What are the possible side effects of TALVEY®? (cont'd)

Your healthcare provider will monitor you for these symptoms and will monitor your weight during treatment with TALVEY®. Tell your healthcare provider if you lose weight during treatment with TALVEY®.

• **Infections.** TALVEY® can cause serious infections that can be life-threatening and may lead to death. Your healthcare provider will monitor you for signs and symptoms of infection before and during treatment with TALVEY®. Tell your healthcare provider right away if you get or develop any signs or symptoms of infection during treatment with TALVEY®, including:

- fever of 100.4°F (38°C) or higher
- chills
- cough
- chest pain
- tiredness
- shortness of breath
- painful rash
- sore throat
- pain during urination
- feeling weak or generally unwell

• **Decreased blood cell counts.** Decreased blood cell counts are common during treatment with TALVEY® and can also be severe. Your healthcare provider will check your blood cell counts during treatment with TALVEY®.

• **Skin problems.** Skin problems are common during treatment with TALVEY® and can also be serious. Tell your healthcare provider if you get skin problems such as skin rash, raised red bumps, or redness of the skin.

• **Liver problems.** Abnormal liver tests can happen during treatment with TALVEY®. Your healthcare provider will do blood tests before and during treatment with TALVEY® to check your liver. Tell your healthcare provider if you develop any of the following symptoms of liver problems:

- tiredness
- loss of appetite
- pain in your right upper stomach-area (abdomen)
- dark urine
- yellowing of your skin or the white part of your eyes

The most common side effects of TALVEY® include:

- changes in your sense of taste
- nail problems
- muscle and joint pain
- feeling very tired
- weight loss
- dry mouth
- fever
- very dry skin that may affect the mucous membranes (such as the mouth and eyes)
- difficulty swallowing
- infected nose, sinuses or throat (cold)
- diarrhea

The most common severe abnormal lab test results with TALVEY® include decreased white blood cells and red blood cells. These are not all the possible side effects of TALVEY®.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

Please read accompanying full [Prescribing Information](#), including Boxed Warning, for TALVEY®.

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Please read full Important Safety Information on [pages 6-8](#). Please read full [Prescribing Information](#), including Boxed Warning, and [Medication Guide](#) for TALVEY®.

SIDE EFFECTS OF TALVEY®

Cytokine release syndrome (CRS) and neurologic problems

TALVEY® may cause side effects that are serious, life-threatening, or lead to death, including CRS and neurologic problems.

If the person in your care develops any of the symptoms listed below at any time during their treatment, call their healthcare provider right away.

CRS is a condition that may occur after treatment with some types of immunotherapy, like TALVEY®. CRS is caused by a large, rapid release of cytokines into the blood from immune cells affected by the immunotherapy. Cytokines are immune substances that have different actions in the body. CRS is common during treatment with TALVEY® and can also be serious or life-threatening. Signs and symptoms may include:



- fever (100.4°F or higher)
- dizziness or lightheadedness
- chills
- difficulty breathing
- feeling anxious
- headache
- fast heartbeat

Neurologic problems. Symptoms of neurologic problems with TALVEY® may include:



- headache
- feeling confused
- being less alert or aware
- feeling disoriented
- trouble speaking or writing
- shaking (tremors)
- numbness and tingling (feeling like “pins and needles”)
- feeling sleepy or very sleepy with low energy
- slow or difficulty thinking
- seizures
- muscle weakness
- memory loss
- burning, throbbing, or stabbing pain

- In order to reduce the risk of CRS and neurologic problems, the person in your care will have a step-up dosing schedule. The step-up dosing schedule is when they receive the first doses of TALVEY®, starting at a low dose that slowly increases up to the full dose
- The person in your care should be hospitalized for 48 hours after all doses that are part of the step-up dosing schedule
 - More complete information regarding the dosing schedule can be found on [page 5](#)

Please read full Important Safety Information on [pages 6-8](#). Please read full [Prescribing Information](#), including [Boxed Warning](#), and [Medication Guide](#) for TALVEY®.



Using the ICE assessment tool

The healthcare team may occasionally use something called the ICE assessment tool to see whether the person in your care is experiencing a certain neurological side effect. The healthcare provider may provide you and the person in your care with additional guidance.

Preview of the ICE Assessment Tool



Orientation
The person in your care needs to tell the healthcare provider what month and year it is, and which city and hospital they are in.



Naming
The person in your care needs to identify 3 objects that the healthcare provider points to.



Following commands
The person in your care needs to follow simple directions given by the healthcare provider (for example, touch your nose).

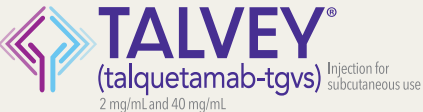


Writing
The person in your care needs to write down a sentence the healthcare provider tells them.



Attention
The person in your care needs to count backwards from 100 by tens.


ICE assessment tool, immune effector cell-associated encephalopathy assessment tool.



SIDE EFFECTS OF TALVEY®

What are the possible side effects of TALVEY®?

Talk to the healthcare provider right away if the person in your care develops any signs or symptoms of these side effects




Mouth problems and weight loss

Signs and symptoms of mouth problems during treatment may include:

- Changes in sense of taste
- Dry mouth
- Trouble swallowing
- Mouth sores

The healthcare provider will monitor the weight of the person in your care during treatment with TALVEY®. Tell the healthcare provider if the person in your care loses weight during treatment with TALVEY®.




Infections

TALVEY® can cause serious infections that can be life-threatening and may lead to death. The healthcare provider will monitor the person in your care for signs and symptoms of infection before and during treatment with TALVEY®.

Tell the healthcare provider right away if the person in your care develops any signs or symptoms of infection during treatment with TALVEY®, including:

- Fever of 100.4°F (38°C) or higher
- Chills
- Cough
- Chest pain
- Tiredness
- Shortness of breath
- Painful rash
- Sore throat
- Pain during urination
- Feeling weak or generally unwell




Decreased blood cell counts

Decreased blood cell counts are common during treatment with TALVEY® and can also be severe. The person in your care will have their blood cell counts checked by their healthcare provider during treatment with TALVEY®.

Keep track of how the person in your care is feeling each day with the My Journey with TALVEY® Guide. You can also download it from [TALVEY.com](https://www.talvey.com).




Please read full Important Safety Information on [pages 6-8](#). Please read full [Prescribing Information](#), including [Boxed Warning](#), and [Medication Guide](#) for TALVEY®.



Skin problems

Skin problems are common during treatment with TALVEY® and can also be serious. Tell the healthcare provider if the person in your care gets skin problems such as:


- Skin rash
- Raised red bumps
- Redness of the skin
- Very dry skin that may affect the mucous membranes (such as the mouth and eyes)



Liver problems


Abnormal liver tests can happen during treatment with TALVEY®. The person in your care will do blood tests before and during treatment with TALVEY® to check their liver. Tell the healthcare provider if the person in your care develops any of the following symptoms of liver problems:

- Tiredness
- Loss of appetite
- Pain in your right upper stomach-area (abdomen)
- Dark urine
- Yellowing of your skin or the white part of your eyes



Problems with pregnancy

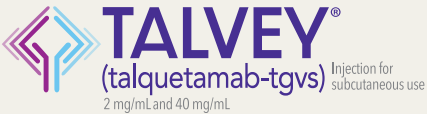
TALVEY® may harm the unborn baby of the person in your care. Tell the healthcare provider if the person in your care becomes pregnant or thinks that they may be pregnant during treatment with TALVEY®. The healthcare provider should do a pregnancy test before the person in your care starts treatment with TALVEY®. Females who are able to become pregnant should use effective birth control (contraception) during treatment and for 3 months after their last dose of TALVEY®.



Most common side effects

- Changes in sense of taste
- Nail problems
- Muscle and joint pain
- Feeling very tired
- Weight loss
- Dry mouth
- Fever
- Very dry skin that may affect the mucous membranes (such as the mouth and eyes)
- Difficulty swallowing
- Infected nose, sinuses or throat (cold)
- Diarrhea

These are not all the possible side effects of TALVEY®. Call the doctor for medical advice about side effects.





SIDE EFFECTS OF TALVEY®

Tips for coping with side effects

Please remember to talk to the healthcare team regularly about any side effects the person in your care is experiencing. These tips are just a few that may help the person in your care cope with some of their side effects. The tips below are not meant to replace talking to the healthcare team.

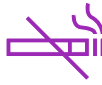
Living with mouth problems



Help them maintain good dental hygiene



Help them keep their mouth moist with hard candy, drinking water, or other saliva substitutes



Encourage them to avoid smoking

Living with weight loss



Help them maintain a food journal



Encourage them to engage in physical activity



Help them maintain a nutritious diet



The healthcare provider will weigh the person in your care during treatment and may consult a nutritionist.

For more information from IIs.org

Dental and Oral Complications of Cancer Treatment

Healthy Lifestyle Habits for a Better Quality of Life

Managing Low Appetite and Weight Loss

Caring For Skin, Nails, Hair, and Mouth

The recommendations below from The Leukemia & Lymphoma Society and the American Cancer Society may help people living with specific side effects. For more tips please see [lls.org](https://www.lls.org) and [cancer.org](https://www.cancer.org)

Living with skin problems



The person in your care should take warm (not hot) baths or showers



Encourage them to wash skin with mild soap and cleansers



Help them avoid direct sunlight and apply sunscreen



Remind them to pat skin dry



The person in your care should use unscented lotion or moisturizing cream

Living with nail changes



The person in your care should wear gloves when cleaning or gardening



Ask their doctor if they can have a manicure



Encourage them to avoid biting and picking on nails and cuticles



Help them keep fingernails and toenails neatly trimmed



The person in your care should wear comfortable shoes with extra room around the toes

IMPORTANT SAFETY INFORMATION (cont'd)

TALVEY® is available only through the TECVAYLI® and TALVEY® Risk Evaluation and Mitigation Strategy (REMS) due to the risk of CRS and neurologic problems.

You will receive a Patient Wallet Card from your healthcare provider. **Carry the Patient Wallet Card with you at all times and show it to all of your healthcare providers.** The Patient Wallet Card lists signs and symptoms of CRS and neurologic problems.

Get medical help right away if you develop any of the signs and symptoms listed on the Patient Wallet Card. You may need to be treated in a hospital.

- If you have any questions about TALVEY®, ask your healthcare provider.
- Your healthcare provider may temporarily stop or completely stop your treatment with TALVEY® if you develop CRS, neurologic problems, or any other side effects that are severe.

See “What are the possible side effects of TALVEY®?” for more information about side effects.

Before you receive TALVEY®, tell your healthcare provider about all of your medical conditions, including if you:

- have an infection
- are pregnant or plan to become pregnant. TALVEY® may harm your unborn baby. Tell your healthcare provider if you become pregnant or think that you may be pregnant during treatment with TALVEY®.






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HELPING THE PERSON IN YOUR CARE

Preparing for treatment

Before the person in your care starts TALVEY®, ensure they inform their healthcare provider if they:




- Have an infection




- Are pregnant or plan to become pregnant. TALVEY® may harm the unborn baby. Tell the healthcare provider if the person in your care becomes pregnant or think that they may be pregnant during treatment with TALVEY®

Females who are able to become pregnant:

- The healthcare provider should do a pregnancy test before the person in your care starts treatment with TALVEY®
- Women should use effective birth control (contraception) during treatment and for 3 months after the last dose of TALVEY®




- Are breastfeeding or plan to breastfeed. It is not known if TALVEY® passes into the breast milk. Do not breastfeed during treatment and for 3 months after the last dose of TALVEY®




- Are taking specific medicines, including prescription and over-the-counter medicines, vitamins, and herbal supplements


You can help the person in your care plan for the 48-hour hospitalization during the step-up dosing schedule by:



Helping them pack a bag for their hospitalization.




Figuring out care for any children, pets, or plants in their care.




Reviewing hospital policies around visiting them while they are hospitalized.


Treatment day




It might be helpful for the person in your care to wear comfortable clothing as the injection site can be located on the stomach area (abdomen) or thigh.




Since the person in your care cannot drive after treatment, you can help by arranging transportation to and from their appointment.




You can help ensure the person in your care does not drive, operate heavy machinery, or do other dangerous activities during and for 48 hours after their TALVEY® step-up dose is completed. If the person in your care develops dizziness, confusion, tremors, sleepiness, or any other symptoms that impair their consciousness after any TALVEY® doses, do not let them drive, operate heavy machinery, or do other dangerous activities.




Help the person in your care keep track of their treatment with the My Journey with TALVEY® Guide. **Download the [My Journey with TALVEY® Guide](#) for access to the Symptom Tracker.**



Talk to the healthcare team about any side effects and what to do about them.



Note down any additional questions you or the person in your care have so you can refer to them at their next appointment.



Make sure to double check where TALVEY® will be given during the step-up dosing schedule and during the treatment dosing schedule.

IMPORTANT SAFETY INFORMATION (cont'd)

Before you receive TALVEY®, tell your healthcare provider about all of your medical conditions, including if you: (cont'd)

- Females who are able to become pregnant:**
- Your healthcare provider should do a pregnancy test before you start treatment with TALVEY®.
 - You should use effective birth control (contraception) during treatment and for 3 months after your last dose of TALVEY®.
- are breastfeeding or plan to breastfeed. It is not known if TALVEY® passes into your breast milk. Do not breastfeed during treatment and for 3 months after your last dose of TALVEY®.

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

How will I receive TALVEY®?

- TALVEY® will be given to you by your healthcare provider as an injection under your skin (subcutaneous injection), usually in the stomach area (abdomen). TALVEY® may also be injected into your thigh or another area of your body.
- **See “What is the most important information I should know about TALVEY®?” at the beginning of the Medication Guide for information about how you will receive TALVEY®.**
- If you miss any appointments, call your healthcare provider as soon as possible to reschedule your appointment.



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HOW TO SUPPORT YOURSELF

Caring for yourself



Caring for someone with multiple myeloma can be very overwhelming, but there are resources for you

When you are caring for someone with multiple myeloma, you may need to provide them with both emotional and physical support. While this is important during their treatment journey, you are in this together and you need to find ways to take care of yourself as well. Many care partners stay in this role for some time, so finding a healthy balance is crucial.

Remember that you’re not alone—you have support

Being an available care partner means also taking care of yourself

Here are some tips that you can use to care for yourself:

- Caring for someone with multiple myeloma can be demanding. Don’t be afraid to ask for help if you need it
- Take care of your own health; make sure you are eating well, getting some exercise, resting, and not neglecting your own medical care
- Be sure to make time to relax and do things that are important to you
- Join a care partner support group. Connecting with people going through a similar experience can let you know you are not alone and give you new ideas for coping
- Find ways to cope with stress. There are many different ways to cope with stress, such as writing in a journal. Talk to your healthcare team if you are having trouble handling stress on your own
- If you are working, consider familiarizing yourself with the benefits your company may provide as well as any rights you may have through the Family and Medical Leave Act (FMLA)
- Take time to connect with your loved ones by engaging in a group activity

It’s important to maintain your own health and well-being so you can provide the best possible care.

Tips to maintain a positive relationship

- Help the person in your care live as normally as possible. Help prioritize activities that they can do and enjoy the most.
- Listen and allow them to express their feelings. Share your feelings as well and be sure to respect the person in your care’s need for privacy when they don’t want to talk.
- Keep the person in your care company. Talking, watching movies, listening to music, playing cards, and spending time together can be comforting. Sometimes a squeeze of the hand or a hug can mean so much to the person in your care.
- Respect the need for privacy and to be alone. Coping with cancer sometimes means that you and the person in your care have to take some time alone to think or reflect or just take a break from each other.

More helpful resources

**Johnson
& Johnson**

At Johnson & Johnson, we believe that lifting care partners up raises us all. Explore Generation Care™ to find resources for care partners, stories of other care partners, and more.

Visit janssen.com/GenerationCare

The
MIGHTY

Explore a digital toolkit for care partners, provided by The Mighty. The toolkit helps you learn more about the ins and outs of caregiving and discover helpful resources you can utilize along your caregiving journey.

Visit themighty.com/topic/chronic-illness/the-mightys-digital-toolkit-for-caregivers/

IMPORTANT SAFETY INFORMATION (cont’d)

What should I avoid while receiving TALVEY®?

Do not drive, operate heavy machinery, or do other dangerous activities during and for 48 hours after your TALVEY® “step-up dose” is completed or at any time during treatment with TALVEY®, if you develop dizziness, confusion, tremors, sleepiness, or any other symptoms that impair consciousness, until your signs and symptoms go away. These may be signs and symptoms of CRS or neurologic problems.

See **“What is the most important information I should know about TALVEY®?”** for more information about signs and symptoms of CRS and neurologic problems.

What are the possible side effects of TALVEY®?

TALVEY® may cause serious side effects, including:

- **See “What is the most important information I should know about TALVEY®?”**
- **Mouth problems and weight loss.** Tell your healthcare provider or get medical help right away if you develop any of the following symptoms of mouth problems:
 - changes in sense of taste
 - dry mouth
 - trouble swallowing
 - mouth sores

Your healthcare provider will monitor you for these symptoms and will monitor your weight during treatment with TALVEY®. Tell your healthcare provider if you lose weight during treatment with TALVEY®.



SUPPORT AND RESOURCES

Once the person in your care and their doctor have decided that TALVEY® is right for them, Janssen has resources to help support their treatment journey.

Personalized 1-on-1 support

Starting and staying on track with a new medication can feel overwhelming. A Janssen Compass® Care Navigator is here to help with personalized 1-on-1 support over the phone throughout the treatment journey.

Care partners can also participate and engage with a Care Navigator upon an enrolled patient’s request.

Connect with a Care Navigator today

Call us at 844-628-1234, Monday through Friday, 8:30 AM–8:30 PM ET.

Or sign up online to have a Care Navigator call them within 1 business day www.JanssenCompass.com/signup

Once the person you care for is enrolled, a dedicated Care Navigator can help them find the resources they need, and that you may need too. They will help in 3 key areas:



Cost and Affordability:

Explore resources that may help the person in your care pay for their Janssen medication.



Medication and Disease Education:

Gain a better understanding of the person in your care’s disease and their Janssen medication. Learn tips for how to have meaningful conversations with the person in your care and the care team during office visits.



Practical and Emotional Support:

Learn lifestyle and coping skills to help manage stress. Get connected to resources for your practical and emotional support needs, including support groups and transportation-related services.

Janssen Compass® is limited to education about Janssen therapy, its administration, and/or this disease. It is intended to supplement your understanding of their therapy and is not intended to provide medical advice, replace a treatment plan from their doctor or nurse, or serve as a reason for them to start or stay on this medication.



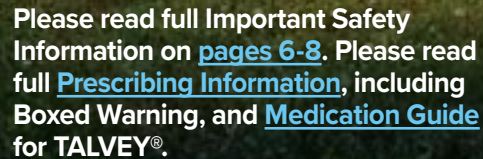
Please read full Important Safety Information on [pages 6-8](#). Please read full [Prescribing Information](#), including [Boxed Warning](#), and [Medication Guide](#) for TALVEY®.

IMPORTANT SAFETY INFORMATION (cont’d)

What are the possible side effects of TALVEY®? (cont’d)

- **Infections.** TALVEY® can cause serious infections that can be life-threatening and may lead to death. Your healthcare provider will monitor you for signs and symptoms of infection before and during treatment with TALVEY®. Tell your healthcare provider right away if you get or develop any signs or symptoms of infection during treatment with TALVEY®, including:
 - fever of 100.4°F (38°C) or higher
 - chills
 - cough
 - chest pain
 - tiredness
 - shortness of breath
 - painful rash
 - sore throat
 - pain during urination
 - feeling weak or generally unwell
- **Decreased blood cell counts.** Decreased blood cell counts are common during treatment with TALVEY® and can also be severe. Your healthcare provider will check your blood cell counts during treatment with TALVEY®.
- **Skin problems.** Skin problems are common during treatment with TALVEY® and can also be serious. Tell your healthcare provider if you get skin problems such as skin rash, raised red bumps, or redness of the skin.
- **Liver problems.** Abnormal liver tests can happen during treatment with TALVEY®. Your healthcare provider will do blood tests before and during treatment with TALVEY® to check your liver. Tell your healthcare provider if you develop any of the following symptoms of liver problems:
 - tiredness
 - loss of appetite
 - pain in your right upper stomach-area (abdomen)
 - dark urine
 - yellowing of your skin or the white part of your eyes



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The most common side effects of TALVEY® include:

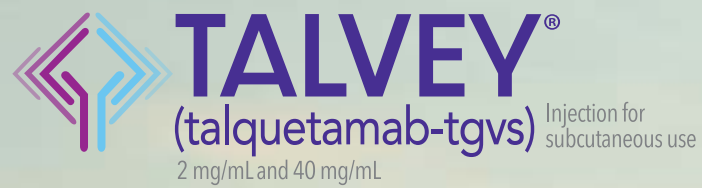
- changes in your sense of taste
- nail problems
- muscle and joint pain
- feeling very tired
- weight loss
- dry mouth
- fever
- very dry skin that may affect the mucous membranes (such as the mouth and eyes)
- difficulty swallowing
- infected nose, sinuses or throat (cold)
- diarrhea

The most common severe abnormal lab test results with TALVEY® include decreased white blood cells and red blood cells. These are not all the possible side effects of TALVEY®.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

Please read accompanying full Prescribing Information, including Boxed Warning, for TALVEY®.

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Visit TALVEY.com to learn more and to sign up
for additional resources.

Please see full Important Safety Information on [pages 6-8](#). Please read full [Prescribing Information](#), including Boxed Warning, and [Medication Guide](#).