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## BETTER TOGETHER

# A YESCARTA® Caregiver Resource Guide

WHAT TO EXPECT AND HOW TO  
HELP A LOVED ONE RECEIVING  
CAR T-CELL THERAPY

YESCARTA is a prescription medicine used to treat large B-cell lymphoma, a type of non-Hodgkin lymphoma, when your first treatment did not work or your cancer returned within a year of first treatment, OR when at least two kinds of treatment have failed to control your cancer. YESCARTA is different than other cancer medicines because it is made from your own white blood cells, which have been modified to recognize and attack your lymphoma cells.

Please see **Important Safety Information** throughout this brochure.

 **YESCARTA**<sup>®</sup>  
(axicabtagene ciloleucel) Suspension  
for IV infusion

# Caring For Your Loved One Every Step of the Way

If you've been there for a close friend or family member with large B-cell lymphoma, you've seen how much the experience impacts them. Caregiving is your opportunity to help your loved one. With your time, patience, love, and care, you'll become a critical part of your loved one's healthcare team.

## ESTABLISHING YOUR ROLE AS A CAREGIVER

Talk to your loved one's healthcare team about your role as a caregiver. They can help you understand what to expect and answer any questions you may have.

As caregiving responsibilities may last for up to 8 weeks, it's strongly encouraged to have a backup caregiver available to help. Caregivers should be at least 18 years old, dependable, and in good health.

Caregivers provide different types of support that may include:

### MEDICAL

Keeping track of side effects and symptoms, maintaining your loved one's medication routine, and helping with treatment decisions

### EMOTIONAL

Talking with your loved one about their feelings toward their diagnosis and treatment

### PRACTICAL

Scheduling appointments, managing insurance paperwork, cleaning the living area, running errands, paying bills, and driving your loved one to appointments

## What's Inside

Inside this guide, you'll receive important information about YESCARTA®; instructions on how to provide care for your loved one before, during, and after therapy; and tips for supporting yourself as a caregiver.

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## Learn about YESCARTA®

### WHAT IS YESCARTA?

YESCARTA is a prescription medicine used to treat large B-cell lymphoma, a type of non-Hodgkin lymphoma, when your first treatment did not work or your cancer returned within a year of first treatment, OR when at least two kinds of treatment have failed to control your cancer. YESCARTA is different than other cancer medicines because it is made from your own white blood cells, which have been modified to recognize and attack your lymphoma cells.

### WHEN IS YESCARTA AN OPTION?

YESCARTA may be an option if one or more previous large B-cell lymphoma treatments did not control your loved one's cancer.

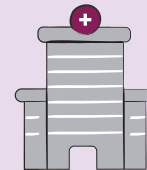
When discussing treatment options, the healthcare team will consider the specific type of large B-cell lymphoma your loved one has, the number of treatments they have tried so far, and their overall health.

*You can record your loved one's treatment history on page 23.*

### TALK TO AN ONCOLOGIST AT AN AUTHORIZED TREATMENT CENTER

Oncologists at Authorized Treatment Centers, specialized cancer hospitals, have the most experience with CAR T-cell therapy.

**GET STARTED AT [YESCARTA.com](https://www.yescarta.com)**



### IMPORTANT SAFETY INFORMATION

#### What is the most important information I should know about YESCARTA?

YESCARTA may cause side effects that are life-threatening and can lead to death. Call or see your healthcare provider or get emergency help right away if you get any of the following:

- Fever (100.4°F/38°C or higher)
- Difficulty breathing
- Chills or shaking chills
- Confusion
- Dizziness or lightheadedness
- Severe nausea, vomiting, or diarrhea
- Fast or irregular heartbeat
- Severe fatigue or weakness

It is important to tell your healthcare provider that you received YESCARTA and to show them your YESCARTA Patient Wallet Card. Your healthcare provider may give you other medicines to treat your side effects.

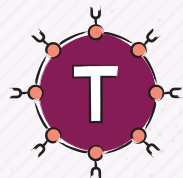
## Learn about YESCARTA®



### HOW YESCARTA WORKS

#### It starts with their T cells

The immune system has different types of white blood cells, all working together to keep a person healthy. One type of white blood cell, called the T cell, has the very important job of finding and destroying things that can harm the body, like infection or cancer. In some cases, however, their T cells aren't able to recognize their cancer cells.



#### YESCARTA can help their T cells do the job they were meant to

YESCARTA is a therapy where a person's own T cells are modified in a way that can improve their ability to recognize and destroy cancer cells. YESCARTA is a type of immunotherapy known as CAR T, or Chimeric Antigen Receptor T-cell therapy.

## IMPORTANT SAFETY INFORMATION

**Before getting YESCARTA, tell your healthcare provider about all your medical problems, including if you have or have had:**

- Neurologic problems (such as seizures, stroke, or memory loss)
- Lung or breathing problems
- Heart problems
- Liver problems
- Kidney problems
- A recent or active infection

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

## Your loved one's YESCARTA.

Whether your loved one has been treated once or multiple times, see how YESCARTA can help:

### Where are they on their treatment journey?

#### 1<sup>st</sup> treatment

didn't work or their cancer returned  
within a year of first treatment

One, go to page 7

#### 2+ treatments

did not control their cancer

Two or more, go to page 8

## IMPORTANT SAFETY INFORMATION

### How will I receive YESCARTA?

- Since YESCARTA is made from your own white blood cells, your blood will be collected by a process called "leukapheresis" (loo-kah-fur-ee-sis), which will concentrate your white blood cells.
- Your blood cells will be sent to a manufacturing center to make your YESCARTA.
- Before you get YESCARTA, you will get 3 days of chemotherapy to prepare your body.
- When your YESCARTA is ready, your healthcare provider will give it to you through a catheter placed into your vein (intravenous infusion). The infusion usually takes less than 30 minutes.
- You will be monitored where you received your treatment daily for at least 7 days after the infusion.
- You should plan to stay close to the location where you received your treatment for at least 4 weeks after getting YESCARTA. Your healthcare provider will help you with any side effects that may occur.
- You may be hospitalized for side effects and your healthcare provider will discharge you if your side effects are under control, and it is safe for you to leave the hospital.
- Your healthcare provider will want to do blood tests to follow your progress. It is important that you do have your blood tested. If you miss an appointment, call your healthcare provider as soon as possible to reschedule.

# A single infusion. A second chance to control cancer.

Consider YESCARTA® after your loved one's **1<sup>ST</sup> TREATMENT** didn't work or their cancer returned within a year of first treatment

YESCARTA was studied in a clinical trial of **359 adult patients** with large B-cell lymphoma when their first treatment did not work or their cancer returned within a year of first treatment.

Of those patients:

**180**

were assigned to get YESCARTA



**179**

were assigned to get standard therapy\*



\*Standard therapy was defined as chemotherapy followed by high-dose therapy and autologous stem cell transplant.

With YESCARTA, patients had improved results

**4x LONGER** without an event with YESCARTA

**8.3 months without an event** for half of patients on YESCARTA

**2.0 months without an event** for half of patients on **standard therapy**

An event is starting a new lymphoma treatment, cancer getting worse, or death.



**60% REDUCED RISK** with YESCARTA

The risk of needing to start a new lymphoma treatment, cancer getting worse, or death **dropped by 60%** vs **standard therapy**.

## IMPORTANT SAFETY INFORMATION

What should I avoid after receiving YESCARTA?

- Do not drive, operate heavy machinery, or do other dangerous things for 8 weeks after you get YESCARTA because the treatment can cause sleepiness, confusion, weakness, and temporary memory and coordination problems.
- Do not donate blood, organs, tissues, or cells for transplantation.

# A single infusion. A chance at lasting remission.

Consider YESCARTA® after **2+ TREATMENTS** did not control your loved one's cancer

YESCARTA was studied in **101 patients** with large B-cell lymphoma whose cancer wasn't controlled after being treated.

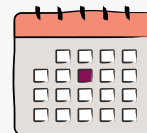
**72%** achieved partial or complete remission with YESCARTA



**51%** of patients achieved complete remission, seeing a disappearance of all signs of cancer. (This does not always mean the cancer has been cured)

**21%** of patients achieved partial remission, experiencing a decrease in the amount of cancer within the body

Most of the patients who achieved a complete remission were still in a complete remission two years after treatment.



Remission is possible in as little as  
**1 MONTH**  
after treatment

In the YESCARTA clinical study, half of patients with large B-cell lymphoma achieved remission in as little as 0.9 month (range: 0.8–6.2 months).

## IMPORTANT SAFETY INFORMATION

### What are the possible or reasonably likely side effects of YESCARTA?

The most common side effects of YESCARTA include:

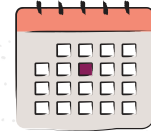
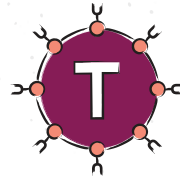
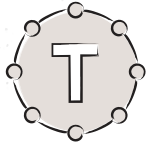
- Fever (100.4°F/38°C or higher)
- Low white blood cells (can occur with a fever)
- Low red blood cells
- Low blood pressure (dizziness or lightheadedness, headache, feeling tired, short of breath)
- Fast heartbeat
- Confusion
- Difficulty speaking or slurred speech
- Nausea
- Diarrhea

These are not all the possible side effects of YESCARTA. Call your healthcare provider about any side effects that concern you. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.



## The YESCARTA® treatment process

YESCARTA is administered as a single infusion at an Authorized Treatment Center. From start to finish, the process of receiving YESCARTA consists of 5 distinct steps. As a patient caregiver, you play a critical role throughout this process, and your loved one will be relying on your help during all 5 steps.



### BLOOD IS COLLECTED TO REMOVE THEIR T CELLS

- T cells are a type of white blood cell that play a key role in helping your loved one's immune system fight off things like infection and cancer. YESCARTA is made from their own T cells, so the first step in treatment involves collecting their blood through an IV
- Their blood is passed through a machine to separate out their T cells. This process, called leukapheresis (loo-kah-fur-ee-sis), may take about 3–4 hours

### THEIR T CELLS ARE MODIFIED TO BECOME CAR T CELLS

- The patient's separated T cells are sent to a laboratory where a special connector called a CAR is added to them. This special connector improves their T cells' ability to latch onto cancer cells and destroy them
- The process of transforming their T cells into YESCARTA CAR T cells can take 2–3 weeks. Once their cells are ready, they'll receive 3 days of low-dose chemotherapy. This helps prepare their body to accept their new YESCARTA cells

### YESCARTA INFUSION

- On their scheduled treatment day, you and your loved one will go to their Authorized Treatment Center
- They'll receive a one-time, up to 30-minute infusion that puts millions of their own cancer-fighting CAR T cells into their body

### THEIR PROGRESS IS MONITORED

- Your loved one's safety and care are top priority, and their healthcare team will monitor them daily at the Authorized Treatment Center for at least 7 days after receiving YESCARTA. The healthcare team at the Authorized Treatment Center is thoroughly trained to help manage and treat any complications that may occur
- You and your loved one should plan to stay close to their Authorized Treatment Center for at least 4 weeks after receiving YESCARTA for additional checkups. Kite Konnect® can provide information about potential options for transportation and housing assistance

### FOLLOW-UP VISITS WITH THEIR LOCAL ONCOLOGIST

- The patient's local oncologist will perform blood tests and examine them to track their progress and help with any side effects that may occur. If you think your loved one is experiencing side effects, make sure to tell their healthcare team. **If they miss an appointment, it's important to reschedule as soon as possible**



#### CAREGIVER TIP:

Ask your loved one's oncologist as many questions as you need to in order to understand the YESCARTA treatment process. You can also watch a video that explains the treatment process at [YESCARTA.com](https://www.yescarta.com)

## Helping your loved one prepare for YESCARTA®



Preparing for treatment can be an emotional time for your loved one. Being there for them physically and emotionally can help them feel supported throughout the process.

### PREPARING FOR APPOINTMENTS

Know your loved one's medical history so you can help provide information to their healthcare team and ask questions during appointments.

#### At the first appointment you may need to bring:

- Driver's license and insurance cards
- A list of all prescribed medications, including frequency and dose
- A list of all over-the-counter medications, including frequency and dose
- Any medical records and tests, including X-rays, MRIs, CT scans, laboratory tests, and chemotherapy reports
- Cancer treatment history, including the names of treatments, frequency and dose, and how long the treatment lasted. Also include if your loved one's cancer responded to the treatment and for how long

*The caregiving journal that starts on page 21 can help you keep track of medications and treatment history.*



## Helping your loved one prepare for YESCARTA®

### DURING APPOINTMENTS

Supporting your loved one at appointments can help them feel well informed and comfortable asking questions.

#### HELP YOUR LOVED ONE AT APPOINTMENTS BY:

##### **Taking notes about the conversation or recording it, with the healthcare provider's approval.**

Use the notes section that starts on page 35 to write down important information.

##### **Creating and sharing a contact list with the healthcare team.**

Use the space on pages 24 and 25 to record the healthcare team's contact information.

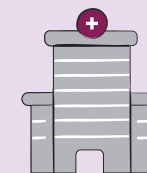
##### **Writing down upcoming appointments and treatment schedules.**

The treatment calendars on pages 26 and 27 can help you keep track of appointments.

##### **Helping your loved one think of questions to ask. Topics may include:**

- Your loved one's leukapheresis date and what to expect on that day
- Conditioning chemotherapy and how a low-dose treatment regimen may differ from what they've experienced in the past
- Approximately when conditioning chemotherapy will be scheduled and how you'll be alerted to the schedule
- Your loved one's infusion date, and if they will be admitted to the Authorized Treatment Center the night before or the day of YESCARTA infusion
- How long you should plan to stay close to the ATC after infusion
- Side effects and side effect management

See page 33 for additional questions to guide the conversation.



### PLANNING YOUR LOVED ONE'S STAY AT AN AUTHORIZED TREATMENT CENTER

YESCARTA is available at Authorized Treatment Centers (ATCs). These treatment centers are specialized cancer hospitals with medical staff thoroughly trained and equipped to provide YESCARTA CAR T-cell therapy.

This is where your loved one will receive their YESCARTA infusion. They will be monitored at the ATC for the first 7 days following treatment, and you will both need to stay within 2 hours of this treatment center for at least 4 weeks after getting YESCARTA.

There are over 110 ATCs throughout the US. If there is not a location within 2 hours of where you or your loved one lives, consider looking for one near family or friends.

Kite Connect® can help with finding an Authorized Treatment Center and provide information about the support resources that may be available to you.

**1-844-454-KITE** [5483],  
Monday–Friday, 5 AM–6 PM PT.



## Care during the treatment process



### CARE DURING LEUKAPHERESIS

Leukapheresis is the first step of the CAR T-cell therapy treatment process. Your loved one's blood is collected through an IV and passed through a machine to separate out their T cells. The process may take about 3–4 hours. Your loved one can wear loose-fitting, comfortable clothes during leukapheresis. Be sure to alert your loved one's healthcare team if you notice any changes in their health after leukapheresis.



### CARE AFTER YESCARTA® INFUSION

On your loved one's scheduled treatment day, you will take them to the Authorized Treatment Center (ATC) for a single, 30-minute infusion of YESCARTA. After your loved one receives YESCARTA, their healthcare team will monitor them at the ATC daily for at least 7 days. This ensures they are close to the care they need while being monitored to see how they respond. When your loved one is released from the hospital, they will be instructed not to drive and will need your help with transportation.



### MONITORING FOR SIDE EFFECTS

After your loved one is released from the ATC, you will both need to stay within 2 hours of their healthcare team. It's possible for them to experience serious side effects during this time. Typically, the most serious side effects occur in the first few weeks while patients are near the care of the ATC healthcare team. As their caregiver, it's very important for you to understand what to look for and notify the healthcare team should any of these side effects occur.

## IMPORTANT SAFETY INFORMATION

### What is the most important information I should know about YESCARTA?

YESCARTA may cause side effects that are life-threatening and can lead to death. Call or see your healthcare provider or get emergency help right away if you get any of the following:

- Fever (100.4°F/38°C or higher)
- Difficulty breathing
- Chills or shaking chills
- Confusion
- Dizziness or lightheadedness
- Severe nausea, vomiting, or diarrhea
- Fast or irregular heartbeat
- Severe fatigue or weakness

It is important to tell your healthcare provider that you received YESCARTA and to show them your YESCARTA Patient Wallet Card. Your healthcare provider may give you other medicines to treat your side effects.

## Care during the treatment process

### AFTER YESCARTA® INFUSION



#### HANDLING SERIOUS SIDE EFFECTS

Your loved one may experience side effects after receiving CAR T-cell therapy. The healthcare team at the Authorized Treatment Center (ATC) is thoroughly trained to help manage and treat any complications. Two of the most serious side effects your loved one could experience are:

**Cytokine release syndrome (CRS):** After infusion, when the modified T cells recognize and kill cancer cells, they may release proteins called cytokines. A buildup of cytokines can cause swelling that leads to side effects like fever, low blood pressure, rapid heart rate, or chills.

CRS typically occurs in the first few days after infusion, when your loved one is in the care of the ATC's healthcare team, and lasts for about a week.

**Neurotoxicity:** Side effects that affect the nervous system can also happen after receiving CAR T-cell therapy. Neurotoxicity can cause headache, shaking, dizziness, difficulty with speech, or confusion.

These symptoms typically begin 4–5 days after YESCARTA infusion and can last for 2–3 weeks.



#### ALERTING THE HEALTHCARE TEAM

Notify your loved one's healthcare team immediately if they experience any changes in how they're feeling or if side effects occur after their infusion with YESCARTA. Receiving emergency medical attention right away may keep side effects from becoming more serious. Show your loved one's healthcare providers the Patient Wallet Card they received after YESCARTA infusion.

### IMPORTANT SAFETY INFORMATION

**Before getting YESCARTA, tell your healthcare provider about all your medical problems, including if you have or have had:**

- Neurologic problems (such as seizures, stroke, or memory loss)
- Lung or breathing problems
- Heart problems
- Liver problems
- Kidney problems
- A recent or active infection

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

#### CAREGIVER TIP: WATCH THEIR WRITING



A change in penmanship could indicate a serious side effect. Ask your loved one to write something down daily, like their name, and pay special attention.

Let the healthcare team know of any changes in the weeks following treatment.

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## Care during the treatment process

### AFTER YESCARTA® INFUSION



#### EMOTIONAL SUPPORT

This can be a time of heightened emotions, so it's important you and your loved one check in with each other during their treatment. This can help your loved one feel supported.

*Page 16 has more tips about caring for yourself.*



#### VISITING WITH FRIENDS AND FAMILY

Having visitors can be good for both you and your loved one, but following guidelines can help ensure they stay as healthy as possible after receiving YESCARTA. Treatment can weaken your loved one's immune system, so encouraging good hygiene with visitors can help reduce the risk of infection.



People think I am strong and confident, but I feel that my family, especially my husband, is what has gotten me through.

**– Peggy, treated with YESCARTA in December 2018**

A real patient who received YESCARTA after multiple treatments did not control their cancer. Featured patients are sponsored by Kite.

## Caring after YESCARTA®

About a month after receiving YESCARTA, your loved one will receive a CT/PET scan to see how their cancer has responded to therapy. They may have follow-up appointments with their local oncologist for a period of time after treatment. **If they miss an appointment, it's important to reschedule as soon as possible.**

Your loved one may still need your support after treatment. Pay special attention to rest, diet, exercise, and avoiding infections. Ask your loved one's healthcare team what they think is safe and healthy in the months following CAR T-cell therapy.



### MEDICATION MANAGEMENT

Help your loved one develop a medication routine. Talk with your loved one's healthcare team about how medications should be taken, what their potential side effects are, and what to do if a dose is missed.

*The medication tracker on pages 21 and 22 can help with this.*



### DIET

Good nutrition is important for recovery. Certain dietary restrictions may help to protect your loved one from dangerous bacteria sometimes found in foods.

Ask your loved one's healthcare team about consulting with a registered dietitian. They may be able to suggest a meal plan that supports your loved one's recovery.



### EXERCISE

Light physical activity can reduce fatigue, maintain muscle tone, support the immune system, and improve your loved one's mood.

Encourage your loved one to talk with their healthcare team before beginning a light exercise regimen. You can also discuss physical and occupational therapy with their healthcare team.



### AVOID INFECTIONS

- Wash hands frequently
- Help with household chores, including gardening and cleaning up after pets
- Avoid large crowds
- Encourage your loved one to use good hygiene
- Cook meat and eggs thoroughly and carefully wash raw fruits and vegetables before they eat them

## IMPORTANT SAFETY INFORMATION

### What should I avoid after receiving YESCARTA?

- Do not drive, operate heavy machinery, or do other dangerous things for 8 weeks after you get YESCARTA because the treatment can cause sleepiness, confusion, weakness, and temporary memory and coordination problems.
- Do not donate blood, organs, tissues, or cells for transplantation.



### CAREGIVER TIP:

Stay in touch with the healthcare team and reach out as soon as questions come up.

## Caring for yourself

Being a caregiver can be physically and emotionally demanding. It's common to overlook your own needs, but this can lead to burnout. Your own wellbeing is extremely important. Try to take time, even if it's just a few moments here and there, to take care of yourself and do things you enjoy.



Listed below are some suggestions to help you take care of yourself.

### TAKE CARE OF YOUR NEEDS

It's not always easy, but it's important to pay attention to your own health when caring for someone else. *Use the calendars on pages 28 and 29 to keep track of your own appointments.*

Maintain healthy habits by exercising, staying hydrated, and getting enough sleep. Try to include a variety of fruits, vegetables, proteins, and healthy fats in your diet.

Unwind by reading, gardening, or spending time on hobbies that give your mind a break.

### MANAGE STRESS

Supporting your loved one through treatment for large B-cell lymphoma can be stressful in so many ways.

Taking breaks when you start to feel overwhelmed can help your own mental health. Calm the mind by using techniques that calm the body like breathing exercises, meditation, or going for a walk. You can also call a trusted friend or family member. Sometimes just a small change of scenery is all you need for a mood boost. *See page 34 for more stress management tips.*

### ASK FOR HELP

The responsibility is not on you alone. Sometimes people want to help but aren't sure how. Try asking for help with specific tasks like a ride to an appointment or grocery shopping.

It's important for the primary and backup caregivers to coordinate the patient's care together. Get support from other family and friends when you can. Remember, there are many support resources available.

### FIND CARE FOR YOU

Consider caregiver therapy, support groups, or the Kite Mentor Match program. (See more information on page 18).

*Pages 19 and 20 have a list of more caregiver support resources.*

“ My family and a close group of friends gave me the support I needed to keep going.

– **Tim, treated with YESCARTA® in September 2018**

A real patient who received YESCARTA after multiple treatments did not control their cancer. Featured patients are sponsored by Kite.



### CAREGIVER TIP: STAYING ACTIVE ON THE GO

You don't have to leave the hospital to exercise. Try walking a few laps around the hospital wing, or do a body weight workout in the room. When your loved one is cleared by their healthcare team, going on walks or doing other light physical activities together is a good way to get exercise and check in emotionally.



# Support for YESCARTA® caregivers and patients

## Kite Konnect® is here to help

You don't have to do it all on your own. From finding an Authorized Treatment Center, to learning about support resources that may be available to you, Kite Konnect is here to help you and your loved one throughout the YESCARTA journey once your physician has decided CAR T-cell therapy is appropriate for you.



### Find a Treatment Center

Kite Konnect can help you find a CAR T Authorized Treatment Center when you're ready to begin therapy.



### Reimbursement Support

To assist with understanding coverage for your Kite treatment, help with benefits investigations, claims appeals information, and potential sources of support for eligible uninsured and underinsured patients.



### Logistics Support

Kite Konnect can provide information about potential resources for transportation and housing assistance.



### Patient Navigator

Patient Navigators are here to help patients and caregivers feel informed, confident, and supported throughout every step of the CAR T treatment journey.



Kite Konnect can help with finding an Authorized Treatment Center and provide information about the support resources that may be available to you.

**1-844-454-KITE [5483], Monday–Friday, 5 AM–6 PM PT.**

**Please note:** Kite Konnect support may be subject to eligibility requirements and other terms and conditions. Contact Kite Konnect for more information.

Authorized Treatment Centers are independent facilities certified to dispense Kite CAR T therapies. Choice of an Authorized Treatment Center is within the sole discretion of the physician and patient. Kite does not endorse any individual treatment sites.

Resources may include referrals to independent third-party nonprofit patient assistance programs. These programs are not operated or controlled by Kite. Nonprofit patient assistance program eligibility requirements may vary and are established solely by each independent organization. Kite makes no guarantee with respect to reimbursement or copay assistance for any item or service.

Cell therapy programs are for eligible prescribed patients.

# Support for YESCARTA<sup>®</sup> caregivers and patients

## Kite Mentor Match

### Connect with someone who truly understands

The Kite Mentor Match program pairs you with a patient or caregiver who has experience with LBCL and CAR T-cell therapy.\*



#### One-to-One

A real YESCARTA caregiver or patient talks you through the treatment experience by phone in the comfort of your own home.



#### Secure and Confidential

All calls are facilitated through a secure dial-in and are confidential, with no personal information shared between you and your mentor aside from first names.



#### Find a Mentor

Call Kite Mentor Match to connect with a caregiver or patient mentor:

**1-844-718-6800**, Monday–Friday, 5 AM–6 PM PT.

\*Available for patients who have had 2 or more treatments that failed to control their cancer.

## Additional support for caregivers

Resources and support programs for caregivers may be available through the following organizations:

### American Cancer Society

The American Cancer Society funds and conducts research, shares expert information, supports patients, and spreads the word about prevention.

- Visit: [cancer.org](http://cancer.org)
- Call: 1-800-227-2345

### Be the Match

Be the Match has a list of websites, brochures, and books to help caregivers find support and resources to use during all stages of the caregiving journey.

- Visit: [bethematch.org/patients-and-families/](http://bethematch.org/patients-and-families/)

### BMT InfoNet

Blood & Marrow Transplant Information Network (BMT InfoNet) provides caregivers with resources and techniques to help maintain a balance while caring for a patient.

- Visit: [bmtinfonet.org](http://bmtinfonet.org)
- Call: 1-888-597-7674

### CancerCare

CancerCare provides free, professional support services for caregivers and loved ones, as well as caregiving information and additional resources.

- Visit: [cancercare.org](http://cancercare.org)
- Call: 1-800-813-4673

### Cancer Support Community

Cancer Support Community offers caregivers educational resources, personal videos, and treatment advice.

- Visit: [cancersupportcommunity.org](http://cancersupportcommunity.org)
- Call: 1-888-793-9355

### Cancer Support Community Affiliates & Support Groups for Caregivers

The Cancer Support Community Affiliate Network consists of more than 50 licensed affiliates, 175 locations, and a growing number of healthcare partnerships.

- Visit: [cancersupportcommunity.org/find-location-near-you](http://cancersupportcommunity.org/find-location-near-you)

### Cancer Support Community's Cancer Experience Registry

The Cancer Experience Registry is a free, confidential, online community that allows caregivers and patients to share their experiences, access resources, and learn from each other.

- Visit: [cancerexperienceregistry.org](http://cancerexperienceregistry.org)

### Caregiver Action Network (CAN)

CAN provides free education, peer support, and resources to family caregivers across the country.

- Visit: [caregiveraction.org](http://caregiveraction.org)
- Call: 1-202-454-3970

## Additional support for caregivers

### Family Caregiver Alliance (FCA)

The FCA's services include assessment, care planning, direct care skills, wellness programs, respite services, and legal/financial consultation vouchers.

- Visit: [caregiver.org](http://caregiver.org)
- Call: 1-800-445-8106

### Help for Cancer Caregivers

Help for Cancer Caregivers provides news and a personalized guide that caregivers can use to improve their well-being.

- Visit: [helpforcancercaregivers.org](http://helpforcancercaregivers.org)
- Call: 1-407-423-5311

### Leukemia & Lymphoma Society (LLS)

LLS offers multiple caregiver resources, ranging from weekly online chats to local support groups.

- Visit: [lls.org](http://lls.org)
- Call: 1-800-955-4572

### Lymphoma Research Foundation (LRF)

LRF offers the Lymphoma Support Network (LSN), a one-to-one peer support program. LSN connects patients and caregivers with volunteers who have experience with the same type of lymphoma, treatments, or challenges for mutual emotional support and encouragement.

- Visit: [lymphoma.org](http://lymphoma.org)
- Call: 1-800-500-9976

### National Alliance for Caregiving (NAC)

NAC conducts research, does policy analysis, develops national best-practice programs, and works to increase public awareness of family caregiving issues.

- Visit: [caregiving.org](http://caregiving.org)
- Call: 1-202-918-1013

### National Cancer Institute

The National Cancer Institute includes a comprehensive cancer database with information about caregivers' needs.

- Visit: [www.cancer.gov/resources-for/caregivers](http://www.cancer.gov/resources-for/caregivers)

### Patient Advocate Foundation

Patient Advocate Foundation offers confidential, individualized support to help patients solve insurance and access issues.

- Visit: [patientadvocate.org](http://patientadvocate.org)
- Call: 1-800-532-5274

## Caregiving journal

The caregiving journal can be used to record important information for you, your loved one, and their healthcare team. Use the following pages to keep track of your loved one's medications, treatment history, upcoming appointments, and more.

### PRESCRIBED AND OVER-THE-COUNTER MEDICATION TRACKER

During the course of treatment, it's important to keep track of your loved one's prescription and over-the-counter medications.

MEDICATION	USED FOR	DOSE	FREQUENCY	INSTRUCTIONS	START DATE	STOP DATE



## TREATMENT HISTORY

YESCARTA® may be an option if your loved one's large B-cell lymphoma treatment did not work or their cancer returned within the first year of treatment OR when at least 2 kinds of treatment have failed to control their cancer. Share your loved one's treatment history with an oncologist at an Authorized Treatment Center to help determine if they are eligible to receive YESCARTA.

### 1 | FIRST-LINE TREATMENTS

These were the first treatments your loved one may have received for their cancer. First-line treatments typically include cycles of R-CHOP, a chemoimmunotherapy combination, with or without radiation therapy. They may have also received supportive care to address side effects or other health issues that arise during the course of treatment.

DATES:

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DOSAGE:

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RELAPSE\* HISTORY:

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### 2 | SECOND-LINE TREATMENTS

If your loved one's cancer returned or persisted after first-line treatments, they may have received second-line treatments. These include one or a combination of: additional lines of chemotherapy with or without rituximab, high-dose radiation, stem-cell transplant with high-dose chemotherapy, clinical trial, and/or supportive care.

DATES:

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DOSAGE:

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RELAPSE\* HISTORY:

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### 3 | ADDITIONAL TREATMENTS

Describe any additional treatments your loved one may have received.

DATES:

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DOSAGE:

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RELAPSE\* HISTORY:

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\*A RELAPSE IS WHEN CANCER RETURNS AFTER A PERIOD OF IMPROVEMENT.

## HEALTHCARE TEAM CONTACT INFORMATION

Write down names and contact information for your loved one's healthcare team.

### PRIMARY HEMATOLOGIST/ONCOLOGIST

NAME

PHONE NUMBER

FAX NUMBER

EMAIL

ADDRESS

### PRIMARY CARE PHYSICIAN

NAME

PHONE NUMBER

FAX NUMBER

EMAIL

ADDRESS

### AUTHORIZED TREATMENT CENTER HEMATOLOGIST/ONCOLOGIST

NAME

PHONE NUMBER

FAX NUMBER

EMAIL

ADDRESS

### AUTHORIZED TREATMENT CENTER

NAME

PHONE NUMBER

FAX NUMBER

EMAIL

ADDRESS



## HEALTHCARE TEAM CONTACT INFORMATION

Write down names and contact information for your loved one's healthcare team.

### HOSPITAL COORDINATOR

NAME

PHONE NUMBER

FAX NUMBER

EMAIL

ADDRESS

### INSURANCE PROVIDER

NAME

PHONE NUMBER

FAX NUMBER

EMAIL

ADDRESS

### PHARMACY

NAME

PHONE NUMBER

FAX NUMBER

EMAIL

ADDRESS

### OTHER

NAME

PHONE NUMBER

FAX NUMBER

EMAIL

ADDRESS

## PATIENT TREATMENT CALENDAR

Note upcoming appointments in this calendar. If your loved one misses an appointment, reschedule as soon as possible.

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

SU	M	TU	W	TH	F	SA

Key dates you may want to write down:



**Leukapheresis appointment:** this should be the first day of the treatment process

**Low-dose chemotherapy:** takes place 3 days before the YESCARTA® infusion

**Infusion:** the day your loved one receives their YESCARTA

**Follow-up appointments:** monitoring after treatment with YESCARTA

## PATIENT TREATMENT CALENDAR

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# CAREGIVER APPOINTMENT CALENDAR

Maintaining your own health during your loved one's treatment is vital. You can use this section to keep track of your own healthcare appointments.

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

SU	M	TU	W	TH	F	SA
SU	M	TU	W	TH	F	SA
SU	M	TU	W	TH	F	SA
SU	M	TU	W	TH	F	SA
SU	M	TU	W	TH	F	SA

**Important appointments to remember may include annual physicals, dental and eye exams, therapy, or support groups.**




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# CAREGIVER APPOINTMENT CALENDAR

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JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

SU	M	TU	W	TH	F	SA
SU	M	TU	W	TH	F	SA
SU	M	TU	W	TH	F	SA
SU	M	TU	W	TH	F	SA
SU	M	TU	W	TH	F	SA

**Important appointments to remember may include annual physicals, dental and eye exams, therapy, or support groups.**




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## SIDE EFFECTS TRACKER

Use this section to record any side effects your loved one has and review with their healthcare team.

**If side effects occur after their infusion with YESCARTA®, notify the healthcare team immediately.**

DATE:        /        /

HOW ARE THEY FEELING? (circle one)



DESCRIBE THE WAY THEY'RE FEELING:

Try to help your loved one describe what they feel and record their temperature, what they'd had to eat and drink, and other factors, including schedule changes. Try to be as descriptive as possible when speaking to their healthcare team.

## IMPORTANT SAFETY INFORMATION

### What is the most important information I should know about YESCARTA?

YESCARTA may cause side effects that are life-threatening and can lead to death. Call or see your healthcare provider or get emergency help right away if you get any of the following:

- Fever (100.4°F/38°C or higher)
- Difficulty breathing
- Chills or shaking chills
- Confusion
- Dizziness or lightheadedness
- Severe nausea, vomiting, or diarrhea
- Fast or irregular heartbeat
- Severe fatigue or weakness

It is important to tell your healthcare provider that you received YESCARTA and to show them your YESCARTA Patient Wallet Card. Your healthcare provider may give you other medicines to treat your side effects.

## SIDE EFFECTS TRACKER

DATE:        /        /

HOW ARE THEY FEELING? (circle one)



DESCRIBE THE WAY THEY'RE FEELING:

Five horizontal lines for describing feelings.

DATE:        /        /

HOW ARE THEY FEELING? (circle one)



DESCRIBE THE WAY THEY'RE FEELING:

Five horizontal lines for describing feelings.

## SIDE EFFECTS TRACKER

DATE:        /        /

HOW ARE THEY FEELING? (circle one)



DESCRIBE THE WAY THEY'RE FEELING:

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DATE:        /        /

HOW ARE THEY FEELING? (circle one)



DESCRIBE THE WAY THEY'RE FEELING:

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## QUESTIONS FOR THE HEALTHCARE TEAM

*The following questions can be used to help guide the conversation between you, your loved one, and their healthcare team.*



**Q: IS MY LOVED ONE ELIGIBLE TO RECEIVE YESCARTA® CAR T-CELL THERAPY?**

A: \_\_\_\_\_  
\_\_\_\_\_

**Q: WHAT ARE THE BENEFITS AND SIDE EFFECTS ASSOCIATED WITH CAR T-CELL THERAPY?**

A: \_\_\_\_\_  
\_\_\_\_\_

**Q: HOW LONG DOES THE CAR T-CELL THERAPY PROCESS TAKE AND WHAT DOES IT INVOLVE?**

A: \_\_\_\_\_  
\_\_\_\_\_

**Q: HOW SOON WILL MY LOVED ONE POTENTIALLY SEE RESULTS?**

A: \_\_\_\_\_  
\_\_\_\_\_

**Q: IS YESCARTA TREATMENT COVERED BY INSURANCE?**

A: \_\_\_\_\_  
\_\_\_\_\_

**Q: HOW CAN I FIND AN ONCOLOGIST WHO HAS EXPERIENCE TREATING WITH YESCARTA?**

A: \_\_\_\_\_  
\_\_\_\_\_

## SUGGESTIONS FOR SELF-CARE

- Eat a well-balanced diet that includes fruits and vegetables, proteins, whole grains, and healthy fats, and limits junk food.
- Drink at least eight 8-oz glasses of water each day.
- Get the recommended amount of sleep for your age group.
- Exercise for 30 minutes at least three times a week, or as directed by your doctor.
- Avoid smoking or using tobacco.
- Only drink alcohol in moderation.
- Keep up with your own healthcare appointments.
- Seek support from people who can help you and offer emotional support when needed.

Keep track of what helps you when you're feeling stressed or burnt out.

- Participate in hobbies or activities that provide an outlet.  
*List them below:*

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### HOBBIES AND ACTIVITIES MAY INCLUDE

- Exercising: going on walks, runs, or biking
- Painting, pottery, or another art form
- Reading, writing, or journaling
- Listening to music, audiobooks, or podcasts
- Playing games or sports
- Meditating or practicing yoga
- Praying or attending religious services
- Cooking or baking
- Hiking, fishing, or other outdoor sports
- Yard work or gardening
- Watching movies, TV shows, or playing video games

- Develop and strengthen ways of coping with new challenges.  
*List them below:*

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### COPING IN THE MOMENT

- Try deep breathing exercises: close your eyes and place your hands on your stomach. Take a big inhale, and exhale as slowly as possible. Counting your breaths helps you breathe with intention and slow down
- Stand up and stretch, or go for a quick walk or run outside
- Repeating a meaningful mantra or prayer
- Putting your cell phone away and simply being in the moment
- Talking to a trusted family member or friend









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## REMEMBER, YOU'RE NOT ALONE

Caregiving can be rewarding at times and challenging at others. There are resources to help as you care for your loved one receiving YESCARTA®.

Access caregiver support information  
and resources at [YESCARTA.com](https://www.yescarta.com)



Kite Konnect can help with finding an Authorized Treatment Center and provide information about the support resources that may be available to you.

**1-844-454-KITE** [5483], Monday–Friday, 5 AM–6 PM PT.

Please see the [Important Facts](#), including **IMPORTANT WARNINGS**.

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