



## Planning for your appointments

You might wonder how to remember your injection appointments. After all, it may be easy to forget doing something new like taking your medicine once every 4 weeks... but it's important to take NUCALA as prescribed by your doctor. Here are a few tips to help you remember planning for your NUCALA injections:

- Use your smartphone to set up automated reminders or write a reminder on your calendar
- Choose the same day of the week and work it into your existing routine
- Work with your VISTA Patient Support Program
   Nurse Case Manager to set up reminder calls
- Use your injection tracker at the back of this guide to help you stay on top of your appointments

Use your <u>NUCALA injection tracker</u> in this guide to help you stay on top of your appointments.

# Your NUCALA injection tracker

Your doctor's name:		Your doctor's contact information:				
Date	Time	Injection site:				
	□ AM □ PM	☐ Upper arm ☐ Abdomen ☐ Thighs				
	□ AM □ PM	□ Upper arm □ Abdomen □ Thighs				
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# Where can I find support during my treatment?

### The VISTA Patient Support Program

#### Supporting you with personalized services

By enrolling in the VISTA Patient Support Program, you get access to customized services designed to support you, including:

- Access to a toll-free helpline, available Monday to Friday, 8 am to 8 pm EST
- Nurses available to provide education

Be sure to let your VISTA Patient Support
Program Nurse Case Manager and healthcare
professional know how you are doing by using
your symptom tracker on the next page.

# Your symptom tracker

Date	How I'm feeling	Comments
	<u>•</u> • •	
	<u>•</u> • •	
	<u> </u>	
	<u>•</u> •	

### Share at every appointment

Your doctor (as well as the nurses and pharmacists who work alongside them) is your greatest source of support while taking NUCALA. The more you tell them, the more they are able to provide personalized help.

So every time you visit your healthcare team, treat it as an opportunity to ask questions and share your experience.

If you have questions about your condition or treatment, be sure to write them down and share them with your doctor.

Notes	•			

#### Looking for more support?



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Call GSK Pharmaceutical inquiries at **1-800-387-7374**. For more information about your condition and NUCALA, **visit www.nucala.ca** or scan the **QR** code with your smartphone to access the website.



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