



Let's talk OJJAARA

A helpful guide to prepare you for your next healthcare visit

Thank you for your interest in OJJAARA. OJJAARA is the first and only FDA-approved treatment specifically for adults with certain types of MF who have anemia. It is not known if OJJAARA is safe and effective in children.

We understand that living with MF can be challenging. This guide can help you better understand your MF with anemia and provides a helpful list of questions and topics to discuss with your doctor. For additional support, **consider printing this guide and taking it with you to your appointments.**

OJJAARA “Aha!” MOMENT

MF can cause a low red blood cell count



Having a low red blood cell count is called anemia, and it is common in MF. In a study that reviewed clinical research results, researchers found that about **60% of people are anemic within 1 year of their MF diagnosis** (Hb <10 g/dL), and **46% of people need blood transfusions**. Be sure to track any symptoms that could be caused by anemia, like tiredness, weakness, and/or shortness of breath.

Hb=hemoglobin.

APPROVED USE

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IMPORTANT SAFETY INFORMATION

OJJAARA may cause serious side effects, including:

- **Risk of Infections.** People who take OJJAARA may develop serious infections that can lead to death, such as bacterial and viral infections, including COVID-19. If you have an active infection, your healthcare provider should not start treatment with OJJAARA until your infection is gone. If you have had hepatitis B for a long time (chronic), OJJAARA may cause your hepatitis B to become active again, and your healthcare provider will check your blood for active hepatitis B before starting treatment. Your healthcare provider will monitor you and treat you for any infections that you get during treatment with OJJAARA. **Tell your healthcare provider right away if you develop any of the following symptoms of infection:**

- fever
- chills
- cough
- breathing problems
- diarrhea
- vomiting
- pain or burning feeling when passing urine

Please see additional [Important Safety Information](#) throughout and on page 5.

Please see full [Prescribing Information](#), including [Patient Information](#).

MF care: Keep an eye on your symptoms

MF can affect people differently, and your symptoms can change over time. It's important for your healthcare team to know about any changes in your MF symptoms. The chart below can help you keep track of which symptoms you are having and how often they occur. **Check the circle next to each symptom that applies to you.**

This is not a complete list of all possible MF symptoms, and OJJAARA may not help with all of these symptoms. If you're experiencing severe symptoms that require medical attention, please contact your physician immediately.

Symptoms	Often	Sometimes	Never	Details/Notes
Fatigue	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Tiredness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Weakness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Feeling full too quickly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Pain under ribs on left side	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Abdominal discomfort	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Night sweats	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Itching	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Bone pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Other symptoms				
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

Bring this list to your next doctor visit and discuss your symptoms and OJJAARA with your healthcare team. Use the notes section of the charts above to write down any other symptoms you may be feeling that are different from those already listed.

IMPORTANT SAFETY INFORMATION (cont'd)

- **Low platelet and white blood cell counts.** OJJAARA may cause new or worsening low platelet and white blood cell counts. Low platelet counts may increase your risk for bleeding and low white blood cell counts may increase your risk for infection. Your healthcare provider will do blood tests to check your blood counts before you start taking OJJAARA and during treatment. Tell your healthcare provider right away if you have any signs of bleeding during treatment with OJJAARA, including:
 - unusual bleeding
 - bruising
 - black or tarry stools

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Your MF treatment plan and goals

The MF you have today may look different than the MF you had when you were diagnosed. That's why it's important to have ongoing conversations with your doctor about your MF treatment plan and goals. You can use the statements below as a starting point at your next healthcare visit.

Your past or current treatment plan

How would you describe your past or current MF treatment plan?

- I am not taking any medicines for my MF
- I've noticed progress with past or current treatment plans, and I am or have been satisfied
- I've noticed progress with past or current treatment plans but want to be aware of all available treatment options
- I don't know if my past or current treatment plans have worked or are working
- I am or have been dissatisfied with my past or current treatment plans and want to be aware of all available treatment options

Your treatment goals

Things you can say to your doctor when talking about your treatment goals are:

- I want to know more about the treatment options for MF
- I want to learn how my MF symptoms may be managed
- I want to know how I could possibly reduce (or avoid) blood transfusions
- I want to know how often I should come in for my checkups/appointments
- I want to know about any healthy lifestyle changes I can make
- I want to know how you'll track my progress toward my treatment goals

NOTES



OJJAARA "Aha!" MOMENT

Your voice matters

Research from an online survey shows that having open conversations with your doctor may be linked to better care.

IMPORTANT SAFETY INFORMATION (cont'd)

- **Liver problems.** OJJAARA may cause new or worsening increased liver enzymes and bilirubin in your blood. Your healthcare provider will check your liver enzymes before starting treatment, every month for the first 6 months of treatment, and then as needed during treatment with OJJAARA. Your healthcare provider may stop treatment with OJJAARA if your liver enzymes increase. Tell your healthcare provider if you develop any of the following signs or 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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Ojjaara
(momelotinib)

Questions to ask your healthcare team about OJJAARA

Even if you have talked to your healthcare team about OJJAARA before, you may still have questions. Use the conversation starters below to talk to your doctor about if OJJAARA may be right for you. You can use the notes section below to write down any additional questions or thoughts you may have.

Do you think **OJJAARA** may be right for me? Why or why not?

Could OJJAARA help **lower my need for, or number of, blood transfusions?**

What type of **medicine is OJJAARA, and how does it work?**

What kind of **results can I expect with OJJAARA?**

How will OJJAARA **interact with any of my other medicines?**

What are the possible **side effects of OJJAARA?**

NOTES

IMPORTANT SAFETY INFORMATION (cont'd)

- **Major cardiovascular events such as heart attack, stroke, and death.** Major cardiac events have happened, especially in people with cardiac risk factors and who are current or past smokers, taking another Janus kinase (JAK) inhibitor to treat rheumatoid arthritis. OJJAARA is in the JAK family of medicines. **Get emergency help right away if you have any symptoms of a heart attack or stroke while taking OJJAARA, including:**
 - discomfort in your chest that lasts for more than a few minutes, or that goes away and comes back
 - severe tightness, pain, pressure, or heaviness in your chest, throat, neck, or jaw
 - pain or discomfort in your arms, back, neck, jaw, or stomach
 - shortness of breath with or without chest discomfort
 - breaking out in a cold sweat
 - nausea or vomiting
 - feeling lightheaded
 - weakness in one part or on one side of your body
 - slurred speech

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- breaking out in a cold sweat
- nausea or vomiting
- feeling lightheaded
- weakness in one part or on one side of your body
- slurred speech

• **Blood clots.** Blood clots in the veins of the legs (deep vein thrombosis, DVT) or lungs (pulmonary embolism, PE) have happened in some people taking another JAK inhibitor to treat rheumatoid arthritis, and may be life-threatening. Tell your healthcare provider if you have had blood clots in the veins of your legs or lungs in the past.

Tell your healthcare provider right away if you have any signs and symptoms of blood clots during treatment with OJJAARA, including:

- swelling, pain, or tenderness in one or both legs
- sudden, unexplained chest pain
- shortness of breath or difficulty breathing

• **New cancers.** New cancers, including lymphoma and other cancers, except non-melanoma skin cancer, have happened in some people taking another JAK inhibitor to treat rheumatoid arthritis. The risk of new cancers is further increased in people who smoke or who smoked in the past.

The most common side effects of OJJAARA include:

- low platelet count
- bleeding
- bacterial infection
- tiredness
- dizziness
- diarrhea
- nausea

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

Before taking OJJAARA, tell your healthcare provider about all your medical conditions, including if you:

- have an infection
- have or have had hepatitis B
- have or have had liver problems
- have had a heart attack, or have or have had other heart problems, or stroke
- have or have had a blood clot
- smoke or were a smoker in the past
- have or have had any other cancers
- are pregnant or plan to become pregnant. OJJAARA may harm your unborn baby.

Females who are able to become pregnant:

- You should use effective birth control (contraception) during treatment and for 1 week after the last dose of OJJAARA.
- Tell your healthcare provider right away if you think you are pregnant or become pregnant during treatment with OJJAARA.
- are breastfeeding or plan to breastfeed. It is not known if OJJAARA passes into your breast milk. You should not breastfeed during treatment and for 1 week after the last dose of OJJAARA. Talk to your healthcare provider about the best way to feed your baby during this time.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Taking OJJAARA with certain other medicines may affect the amount of OJJAARA or the other medicines in your blood and may increase your risk of side effects.

You are encouraged to report negative report side effects to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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Ojjaara
(momelotinib)

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