



Actor portrayals

SpringWorks 
CareConnections[®]
Newsletter

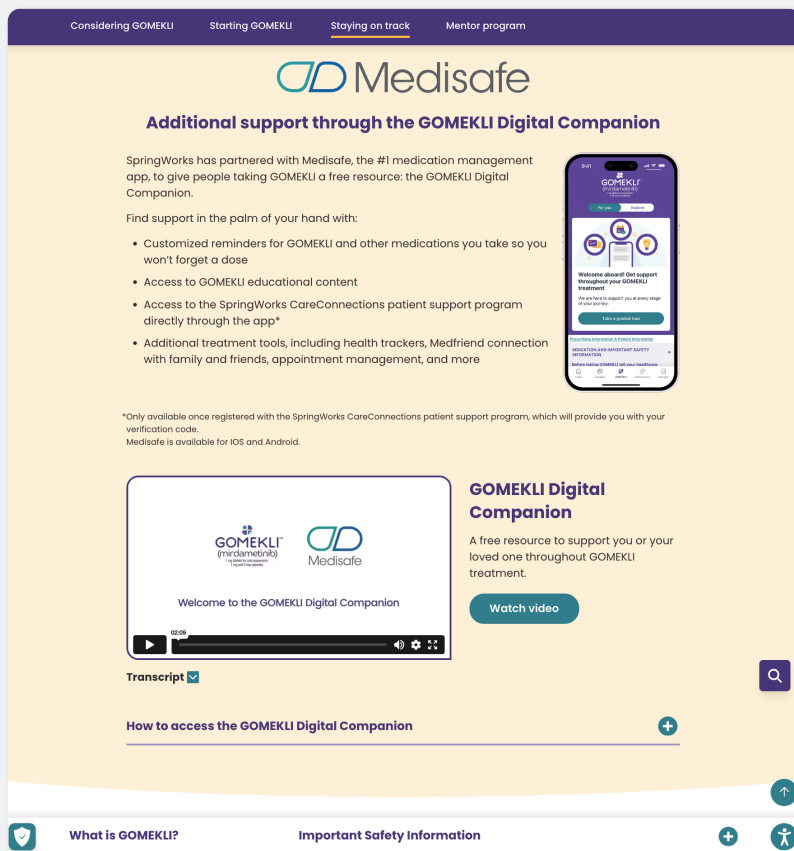
Welcome to the newest edition of the
GOMEKLI[®] (mirdametinib) Newsletter!

We hope you will enjoy the spring theme and find the resources helpful.

SpringWorks CareConnections® Featured Resource

This edition's featured resource is the **GOMEKLI® (mirdametinib) Digital Companion**, designed to help make everyday treatment routines feel more manageable.

SpringWorks has partnered with Medisafe, a free medication management app, to offer patients taking GOMEKLI another resource to support them throughout their journey.



The GOMEKLI Digital Companion offers:



Customized medication reminders for GOMEKLI and other medications you take so you won't forget a dose



Educational content about GOMEKLI, to allow you to learn more at your own pace



Access to the SpringWorks CareConnections patient support program, directly through the app*



Additional treatment tools, such as health trackers, appointment management, and more



For more information please [click here](#).

*Only available once registered with the SpringWorks CareConnections Patient Support Program, which will provide you with your verification code. Medisafe is available for iOS and Android.

A Space That's *Just For You*

Checking In With Yourself

Your journal does not need rules. You can:



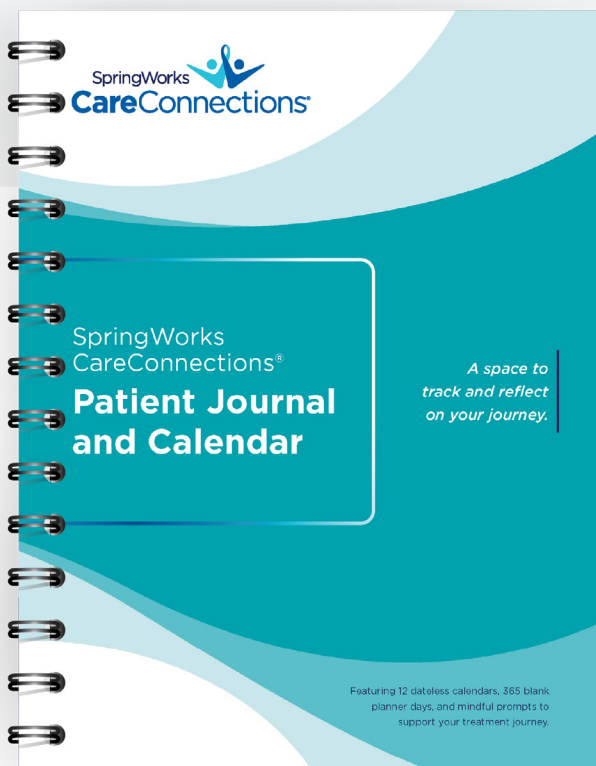
Write a few words or a full page



Create checklists, drawings, or notes



Focus on sections that feel most useful to you



Journaling can be a great way to check-in with yourself throughout your treatment journey. It's not about writing perfectly or keeping up with daily entries. It's about having a space where your thoughts, feelings, and experiences are welcome.

Some days, journaling may help you stay organized by tracking appointments, symptoms, or questions you may want to ask your care team. Other days, it might simply be a place to release emotions or acknowledge moments of strength.



Have you talked to your Nurse Advocate about the SpringWorks CareConnections® Patient Journal?

Journaling may help with:

- ✓ Staying organized
- ✓ Processing emotions
- ✓ Remembering details
- ✓ Setting goals
- ✓ Simply having a place that is yours

There is no right or wrong way to journal. Use it in the way that feels most helpful to you.



Planting Small *Moments of Joy*

Spring has a way of reminding us that growth can happen quietly, in small steady ways. Gardening, whether indoors or outdoors, offers a chance to enjoy that sense of renewal, no matter your space, schedule, or energy level.

You don't need a large garden or a long to-do list to take part. Even one plant may bring color, life, and a sense of accomplishment to your day.



INDOORS

- Succulents or snake plants thrive with minimal attention
- Small pots on windowsills or tables can brighten your space
- Herb plants add both greenery and enjoyment



OUTDOORS

- Raised planters or containers make gardening more accessible
- Consider using lightweight pots that are easier to move and adjust
- Spring and summer flowers like petunias, marigolds, or pansies add quick pops of color



Actor portrayals



Gardening is not about perfection. Some plants flourish quickly, others take their time, and that's all part of their unique journey.



Even the smallest bit of growth is something to celebrate.

A Fresh Start, Your Way

Spring cleaning is often talked about as a big project, but it does not have to be. Using the checklist below, create small moments of order and calm, one step at a time, at a pace that works for you.

Spring Cleaning Checklist

Check off what feels right for you!



Gather helpful supplies

- Trash bags
- Donation box or bag
- Cleaning wipes or spray
- Storage bins or baskets
- Labels or sticky notes



Declutter one small space

- Choose one drawer, shelf, or bag
- Set a short time limit (10-15 minutes)
- Stop when your energy runs out



Decide what to donate or toss

- Items in good condition >> donate
- Broken or expired items >> toss
- Unsure items >> set aside and revisit later



Organize your medicine cabinet:

- Check expiration dates
- Safely dispose of expired medications
- Keep current medication easy to see and reach
- Write or update a medication list and keep nearby



When you are done (even if it's just one box):

- Take a moment to notice what you completed
- Give yourself credit, because every small step counts



Rest Is Productive and Important, Too

Giving Yourself Permission to Pause

In a season often associated with fresh starts and full calendars, it can be easy to feel pressure to “do more.” This is your reminder that rest is not a setback, it is a meaningful part of caring for yourself.

Rest does not always look like sleep; it can also be:



Sitting quietly with no expectations



Enjoying a favorite show or listening to music



Spending time outside without an agenda



Letting go of a task that can wait

You do not have to earn rest or justify it. Listening to your body and honoring what it needs in the moment is an act of strength.

Reflection

Right now, rest might look like:

One thing I can give myself permission to pause or let go of today:



Resting does not mean falling behind, it's part of moving forward.



Let's Get *Cooking*

CHICKEN COBB SALAD WITH GREEK YOGURT GREEN GODDESS DRESSING

With springtime now here and winter in our rearview mirrors, it's time for brighter, fresher flavors! This dish celebrates the season's crisp greens, tender and flavorful lean protein, and a creamy Greek yogurt-based dressing that feels indulgent but is actually light. This wholesome, seasonal take on the classic Cobb salad is perfect for picnics or a windows-open weekend lunch!

DIRECTIONS

- 1 Preparing your vegetables first can help save time! First, shred the lettuce, halve the cherry tomatoes, slice the basil, and chop the cilantro. The basil, cilantro, and lettuce will all be combined so those can be set aside in the same bowl. Set the tomatoes aside separately
- 2 In a bowl, toss the chicken tenders with 1 tablespoon of extra virgin olive oil and the lemon pepper seasoning. Make sure the chicken tenders are well coated with seasoning
- 3 Using a grill, grill pan, or skillet, cook the chicken on medium-high heat for 10-12 minutes until charred and cooked through. Be sure to turn the chicken halfway through cooking (5-6 minutes)
- 4 Place bacon into a cold, separate pan. Add just enough water to the bottom of the pan and turn the heat on medium-high until the water begins to boil. Once the water has evaporated, lower the heat and continue cooking the bacon, flipping occasionally until it is crispy
- 5 **Pro tip:** Adding water might seem weird, but it helps achieve the perfect level of crispiness without causing the bacon to burn!
- 6 Once cooked, either chop the bacon into small squares or crumble it by hand
- 7 To make the dressing, add all of the ingredients for the dressing into a food processor and pulse until well combined. Season to taste with salt and pepper
- 8 Once cooked, slice the chicken thinly or in cubes, depending upon your preference
- 9 Cube the cheddar cheese and slice the avocado right before serving
- 10 In a large serving bowl, add the shredded romaine lettuce, basil, and cilantro, along with about 1/2 of the dressing. Toss thoroughly
- 11 Arrange the chicken, tomatoes, cheese, bacon, avocado, and eggs on top for a perfectly photogenic and nutritious meal!
- 12 *Enjoy!*

Customize it!

- Cajun seasoning for some extra kick
- Italian seasoning for a Mediterranean escape

If you aren't in the mood for lemon pepper chicken, switch it up! Other options include:



Salad Ingredients

Makes 4 servings

- 1 pound of boneless skinless chicken tenders
- 2 tablespoons of lemon pepper seasoning
- 1 tablespoon of extra virgin olive oil
- 2 heads of romaine lettuce, shredded
- 1 ½ cups of cherry tomatoes, halved
- ½ cup fresh basil leaves, sliced
- ⅓ cup fresh cilantro, chopped
- 6 strips of cooked bacon, crumbled
- 1 cup cheddar cheese, cubed
- 4 hard-boiled eggs, halved
- 1 avocado, sliced

Dressing Ingredients

- ½ cup Greek yogurt – nonfat or whole milk, your choice!
- ½ cup fresh parsley
- ¼ cup dill
- ¼ cup cilantro
- 1 tablespoon of scallions, chopped
- 1 tablespoon of fresh lemon juice (about 1/2 lemon)
- ½ tablespoon of extra-virgin olive oil
- 1 teaspoon capers
- 1 garlic clove
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper

Give Your Brain a Little *Spring Stretch*

Spring Word Scramble

Just like our bodies, our minds can benefit from a gentle stretch. Below is a word scramble inspired by spring and caring for yourself. You can work through all of them, do just one or two, or come back later when the mood strikes.

HOW TO PLAY: Unscramble the letters to reveal words connected to the season and the idea of moving forward.

- 1 **RWOGHT** _____
- 2 **WEREN** _____
- 3 **MSLOOB** _____
- 4 **ERHSF** _____
- 5 **NUSHNEIS** _____
- 6 **MALC** _____
- 7 **ERSET** _____
- 8 **PHEO** _____
- 9 **LAREX** _____
- 10 **TROSPUP** _____



ANSWER KEY
1) GROWTH; 2) RENEW; 3) BLOOMS; 4) FRESH; 5) SUNSHINE; 6) CALM; 7) RESET; 8) HOPE; 9) RELAX; 10) SUPPORT

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