

Actor portrayals

SpringWorks
CareConnections[®]
Newsletter

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

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

SpringWorks CareConnections® Featured Resource: *Independent Financial Assistance*

This edition's featured resource is the **ReAssist tool**, which may help patients find financial support information provided by non-profit, charitable organizations and their patient assistance programs.



Actor portrayals



The **ReAssist tool** is created by Real Endpoints. Real Endpoints is independent of SpringWorks Therapeutics. SpringWorks Therapeutics is providing a link to these foundations to help patients find more information about potential assistance, but inclusion on this list does not represent an endorsement or a recommendation from SpringWorks for any group or organization. The organizations listed are independent of SpringWorks and SpringWorks does not influence or control the operations of independent patient assistance foundations. SpringWorks cannot guarantee assistance will be provided. Details and eligibility requirements can be found directly on the individual foundation websites.

[Click here](#) to explore independent foundations that may be available to help with financial assistance

Beat the *Heat*

Ways to Stay Active

Warmer days can bring a natural shift in routine, and they also open the door to new ways to care for yourself. Staying active and engaged doesn't have to be intense.

There are plenty of ways to stay active, refreshed, and energized at a pace that feels right for you. Here are some simple, comfortable ways to move throughout the day.

Low-impact indoor exercises



Chair yoga

Follow a short, guided video or try seated movements such as shoulder rolls, ankle circles, or gentle twists and stretches



Indoor walk

Walk during phone calls, set a 5-to-10-minute timer, or create a simple loop through your home



Tai chi or slow movement flows

Try a beginner routine that guides you through slow, steady movements that focus on balance and deep breathing



Light strength activities

Try arm lifts, leg extensions, or holding light weights or household items, such as water bottles, for resistance

Please speak with your healthcare provider prior to beginning any new exercise or activity.

Indoor hobbies to keep your mind active



Coloring or painting

Use patterns or doodle to relax and unwind



Crafting

Try small projects like knitting, scrapbooking, or decorating your space with DIY touches



Journaling

Write a few sentences about your day, track how you're feeling, or note one positive moment



Building or creating

Use kits or everyday items to make something new

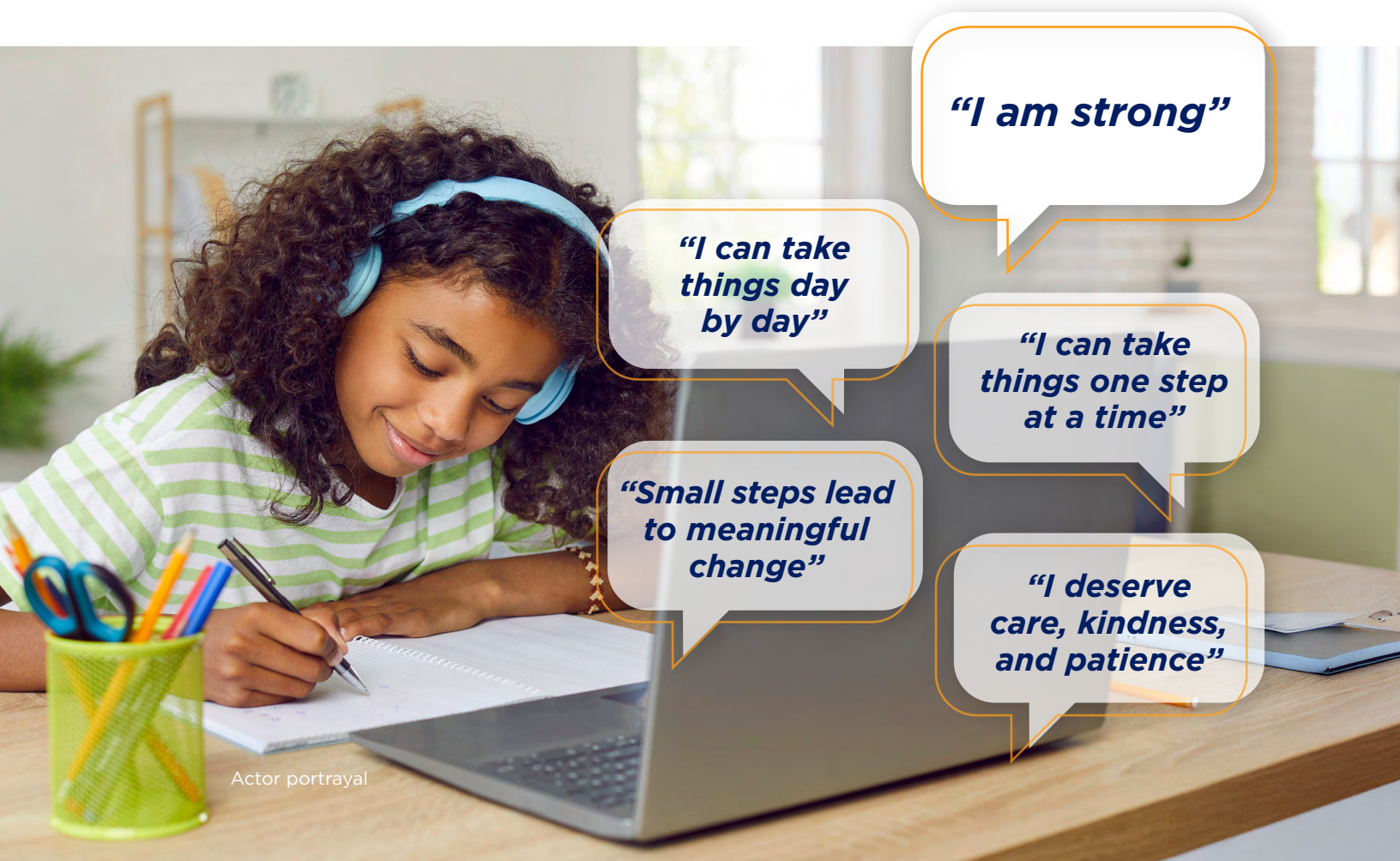
Try one of these activities today!

A Little *Positivity* Goes a Long Way

Taking a moment to pause and reflect may help you recognize the progress you are making each day. Even small reminders may help bring a sense of encouragement when you need it most.

These affirmations are here to support and encourage you whenever you need them.

Affirmations



Pick one affirmation, write it down, and keep it somewhere you will see it every day.

Stay on Track, Wherever You Go

Travel can be an exciting opportunity for new experiences, visiting friends or family, or enjoying a change of pace. With a little preparation, you can carry your routine with you in a way that feels manageable and supportive and allows you to focus on enjoying the journey.

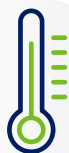
Keeping up with your health habits on the road



Keeping your medication in a **daily bag** so it is always in reach when you need it



Set reminders that match your dosing schedule by using alarms or apps timed to your day, especially if your routine changes while traveling



Check your medication's storage instructions

before you head out on your trip, which can be found in the package insert of product labeling

- For GOMEKLI® (mirdametinib), this means keeping it at room temperature (between 68°F [20°C] and 77°F [25°C]) and protecting from light



Pair your dosages to a routine or something familiar like meals or brushing your teeth



Pack with intention by **keeping your medication and supplies together in an easy-to-access place**

Getting back on track after travel

If you traveled to a different time zone:

Be sure to adjust your alarms or apps to stay aligned with your usual routine at home

Check your supply:

Take some time to ensure that you have enough medication on hand for the days ahead



Before your next trip, take a moment to set reminders and pack your medication.

Feel Ready, **Wherever You're Headed**

Taking a few moments to plan ahead may help make traveling feel smoother, more organized, and enjoyable. When everything you need is within reach, it allows you to focus on what matters most, enjoying your time and the experiences along the way. Below are a few steps that may help you feel prepared for your travels:



Refill in advance:

Ensure you have enough medication supply on hand during vacation or for you to pick up when you return home



Keep medication in original packaging:

To help avoid confusion and keep instructions handy



Bring a medication list:

Keep your medication in a safe place and use a travel pouch or cooler if needed



Plan for timing changes:

Adjust your schedule if traveling across time zones



Keep contacts nearby:

Have your care team's information accessible



Being prepared helps you travel with confidence and peace of mind.

Let's Get *Cooking*

Grazing on the go!

(RECIPE #1)

For those warmer months when you're headed to the beach or a weekend getaway, car snacks are a must. Set those packaged snacks and drive-thru detours aside, since your trip deserves better. Make room for car-cuterie, a fun way to add some flavor and variety to your travels, because great taste shouldn't take a backseat!

CAR-CUTERIE: Curated, perfectly portioned bites for your life on the go

DIRECTIONS

- 1 Slice, portion, and skewer your chosen foods
- 2 Place these foods into a bento box, cup, or container
- 3 Once hunger hits, pop open your snacks and enjoy!

Customize It!

Placing your chosen meats, cheeses, fruits, and vegetables on toothpicks can make your snacking experience easier and more balanced!

- Prosciutto, melon, and mozzarella pearls
- Pepperoni, cherry tomatoes, and provolone cheese
- Turkey, mini dill pickles, and cheddar cheese cubes
- Dried apricots and mini brie bites
- Raspberries, mint leaf, and white cheddar cubes
- Blackberries and gouda cheese cubes
- Cherry tomatoes, basil leaf, and mozzarella pearls



Ingredients



Savory specialties like meats and cheeses



Fresh fruits and vegetables such as grapes, cherry tomatoes, and cucumber slices



Crunchy snacks like crackers, pretzels, or almonds



Sweet treats including marshmallows or chocolate candies



Always be sure to choose foods that work well for your trip. Bring an ice pack to keep your snacks cool if you have a longer drive!

Let's Get *Cooking*

Crawling With Flavor!

(RECIPE #2)

“Bugs” never tasted as good as they do in this nostalgic snack! The nature-inspired crunch and fun presentation of these bites will be sure to have the kids asking for more. And trust us, these are the only ants you’ll ever want in your car!

ANTS ON A LOG:

A tasty infestation so good it makes celery disappear!

DIRECTIONS

- 1 Slice the celery stalks to the desired length
- 2 Spread your chosen filling ingredient in the middle of the celery stalks
- 3 Place the “ants” on top of the spread and enjoy!

Customize It!

Reinvent this childhood favorite with new variations!

- **The original:** Celery, peanut butter, and raisins
- Celery, peanut butter, and mini marshmallows
- Celery, cream cheese, and cranberries
- Celery, cream cheese, and blueberries
- Celery, hazelnut spread, and chocolate chips
- Celery, hummus, and cubed cucumbers
- Celery, hummus, and cubed bell peppers



Ingredients



Celery stalks



Filling for the celery like peanut butter, cream cheese, or hummus



“Ants” such as raisins, cranberries, or cubed vegetables



Nut allergy? No worries!
Cream cheese is a perfect substitute

Scavenger Hunt

A Little Adventure, Wherever You Are

Get ready to spot, find, and explore! This scavenger hunt invites you to explore your surroundings. Enjoy this activity at your own pace, whether you're at home, outside, or on the go.

HOW TO PLAY

- Look for each item throughout your day
- Check them off as you find them
- Go at your own pace, there is no time limit
- Play solo or search with family and friends

CAN YOU FIND:

- ☐ **Something bright and colorful**
- ☐ **A plant, flower, or leaf**
- ☐ **A cool or shaded spot**
- ☐ **Something that starts with "S"**
- ☐ **A favorite snack or treat**
- ☐ **Something soft or comforting**
- ☐ **A fun pattern** (stripes, dots, or shapes)

Make it your own

- Take a photo of each item you find
- Turn it into a timed challenge
- Invite someone to join and compare lists
- Write down where you found each item



Actor portrayals



© 2026 SpringWorks Therapeutics, Inc. All rights reserved.
GOMEKLI and SpringWorks CareConnections are registered trademarks of SpringWorks Therapeutics, Inc.
US-GOM-00004 05/26
SpringWorks Therapeutics, Inc. is a healthcare company of Merck KGaA, Darmstadt, Germany.

