

SpringWorks
CareConnections[®]
Newsletter

Welcome to the newest edition of the
OGSIVEO[®] (nirogacestat) Newsletter!

We're so glad you're here. We hope you will find these
fall-themed quick reads both helpful and enjoyable!



Your *Nurse Advocate* Is Here to Support You



Nurse Advocates are your single point of contact at **SpringWorks CareConnections®**.

Your Nurse Advocate is available to:



Provide you with **information** about your condition



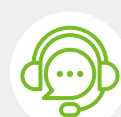
Help you **understand treatment** with **OGSIVEO® (nirogacestat)**



Help you or your loved one **stay on track** and take the medication as prescribed



Answer questions to help you manage your or your loved one's treatment throughout the treatment journey



Help plan conversations with your care team



Work with your **doctor's office and pharmacy** so that you receive OGSIVEO as prescribed, including prescription refill reminders



REMEMBER:

You know your body and your healthcare provider is there to help and support you. Let them know what you are experiencing.

This month we interviewed our SpringWorks CareConnections Nurse Advocate team.

We asked them what common themes they would encourage patients **to speak with their healthcare provider** about. Here are some tips they have shared:

“Don't Forget to Mention”

- Any new or changing symptoms or side effects, no matter how “minor” or if they seem unrelated
- Any medications, supplements, or herbal remedies you're taking, including over-the-counter items
- If you're planning to travel, especially international (overseas)
- If you're feeling down, anxious, or overwhelmed
- Changes to your daily routine or ability to do activities you enjoy
- Any financial, family, or work stressors

Many things can affect your treatment and well-being, so share openly!

Patient Preparation

When it comes to your health, **there's no such thing as a “bad question.”** Here are a few prep tips:

- Be open and honest as you prepare to have a discussion with your healthcare provider
- Write down questions before your appointment
- Don't hesitate to speak up. Your voice matters
- Make a list of anything that has changed in your life or health since your last visit
- Bring a full list of all medications, vitamins, and supplements

Click With Confidence:

Finding Reliable Resources Online

The internet can be helpful when researching information and resources during your treatment journey. We at SpringWorks CareConnections®, want you to feel confident when searching for reliable information.



Quick Tips to Spot Legitimate Websites

Check the URL

Sites ending in .org, .gov, or .edu are often more reliable. Company sites like springworkstxcares.com should be secure (look for “https”)

Look for reputable links

Trustworthy sites connect you to well-known organizations and resources

Search for updates

Good sites show when content was reviewed or updated

Remember contact info matters

Reliable sites clearly say who runs them and how to reach out

Where to Start

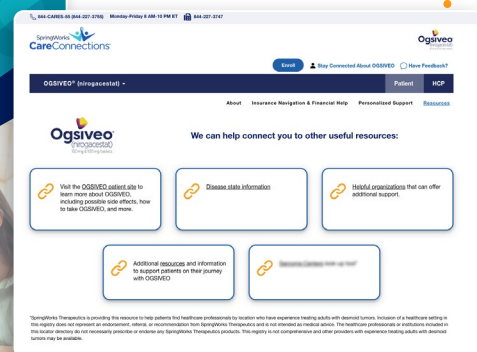
SpringWorks CareConnections is here to help you get started:

Navigating Health Insurance Brochure

- Helpful tips for understanding insurance coverage

Disease State Information and Helpful Organizations

- Direct links to useful resources

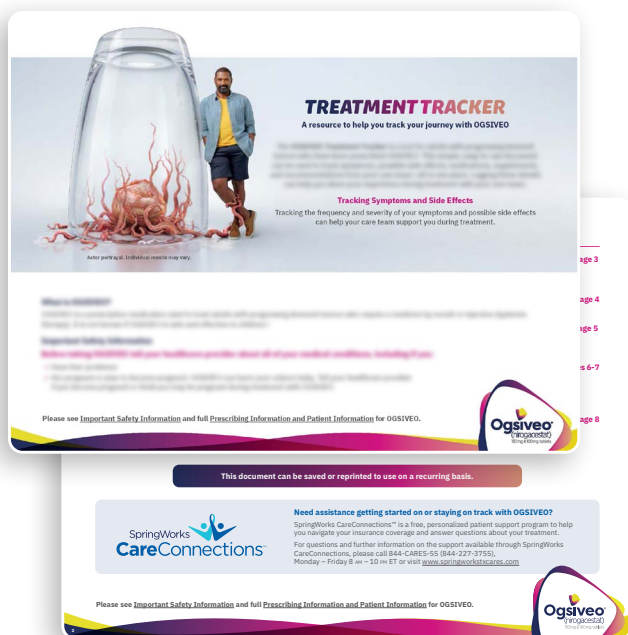


Tech to the Rescue:

Digital Tools to Support Your Health

Managing your health takes energy, focus, and consistency. **Thankfully, a few digital tools may help make it easier to track.** The **OGSIVEO Digital Resource Kit** provides tools and information that may be helpful during treatment. Click the link to download the kit and access detailed brochures about OGSIVEO and Savings & Support, as well as a Treatment Tracker that can help you track symptoms and possible side effects.

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



**With the right tools,
tracking your health is
at your fingertips.**



Wearable Devices

Fitness trackers, smartwatches, or heart rate monitors can help you better understand your daily rhythms, like how you're sleeping, how active you are, and when you might need more rest. Some even send gentle nudges to breathe, stretch, or take a moment of mindfulness.



Mobile Apps

Think of these as digital sidekicks—ready to help, whenever you need.

- 1. Track your symptoms:** It's easy to forget exactly when something started. With health trackers or digital journals, you can log how you're feeling in real time—making it easier to retrieve and share with your doctor at your next visit
- 2. Take your meds on time:** Pill reminder apps give you a nudge when it's time for your OGSIVEO dose
- 3. Feel your feelings:** Mood trackers, meditation apps, and even digital gratitude journals can help you manage stress, check in with yourself, and celebrate your wins—no matter how small
- 4. Eat well, feel good:** Nutrition apps can help you stay hydrated, plan balanced meals, and find recipes that support your well-being

How Digital Tools Help:

Insights Can Empower

Not sure if a health app, tracker, or journal is right for you? Review these simple tools to see if they can help support your healthcare journey.



Stay in Tune With Your Body

When you track your sleep, symptoms, or energy levels, you may spot patterns and that may help provide insight into your overall health and wellness. This can help you feel more empowered to play an active role in your treatment journey.



Keep Everything in One Spot

Digital journals and calendar apps may make it easy to log how you're feeling, jot down questions, and note any changes in symptoms or potential side effects from treatment you may be experiencing. This information can help you feel more prepared for appointments—your thoughts, experiences, and updates are already there, ready to share.



Make Appointments Count

Walking into your healthcare provider's office with a week of insights? That's self-advocacy! Tracking how you feel and sharing the insights with your doctor can help them better support you and determine if adjustments to your care plan are needed.



Actor portrayal

You don't need to be tech-savvy to feel empowered. A few taps in a digital journal or app may lead to more informed conversations, collaborative care, and feeling more involved in your journey. And that's a win!

Your Fall Health *Checklist*

The leaves are changing—and it's the perfect time to reset after a busy summer. Here are a few simple steps that can help you feel more organized, energized, and ready for the season ahead.

Swap Out the Summer Stuff



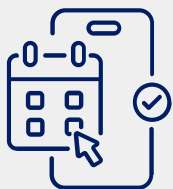
Pack away shorts and swimsuits and bring out your comfy sweaters. While you're at it, clear out closets and donate anything you no longer need.

Enjoy Fall Fun



Go apple picking, take a walk in the crisp air, or just sit outside with your favorite warm drink. Small moments of joy matter.

Catch Up on Appointments



Now is a great time to check in with your care team and schedule any appointments you may need before the end of the year.

Organize Your Space & Mind



Tidy up your home, refill prescriptions, and create a simple calendar to track meds and self-care. A little planning goes a long way.

This season, let these simple tasks help you feel energized.

Let's get *Cooking*

BETTER BENTOS

Bento boxes are pre-portioned containers, helping you customize a meal that include pops of flavor from any of your favorite foods. Whether you're packing a lunch for a loved one or preparing one for yourself, make use of the delicious items in your pantry and fridge and assemble a balanced, nutritious grazing experience. Consider the inspiration below when crafting your own beautiful bento boxes!



No-cook Bento Box

A fresh, fast, and flavorful meal with no stove required!

DIRECTIONS

- 1 Scoop, slice, portion, or dice your chosen foods
- 2 Place these foods into sections of your bento box
- 3 Enjoy immediately or close the bento box to seal in freshness and take it on the go!

Customize It!

- **ITALY:** Caprese skewers (mozzarella balls, cherry tomatoes, basil leaves drizzled with balsamic glaze), sliced salami or prosciutto, ciabatta bread, olives, biscotti (drizzled with hazelnut spread for a hint of sweetness!)
- **GREECE:** Lemon herb chicken, tzatziki or hummus, pita bread, tomato-cucumber-feta-red onion salad, yogurt with apricots (and crumbled pistachios for some crunch!)
- **MEXICO:** Shredded chicken taco, cilantro-lime rice, sliced avocado, street corn salad with light mayo, lime juice, and cotija cheese, mango slices (with chili-lime powder for extra kick!)

Ingredients



Main dish such as deli-style turkey roll-ups with cheese, chicken salad, or a peanut butter and jelly sandwich



Crunchy vegetables such as baby carrots, celery, cucumbers, sugar snap peas, or pickles



Fresh fruits, like mixed berries, mango, or apple slices



Your favorite salty and/or sweet snack, like pretzels or chocolate candies



Always be sure to look at the prescribing information for your medication and avoid any foods that may cause a drug interaction.

Fall Associations Puzzle

Can you group these 16 words into four Fall-themed categories?

WORDS:

- Pumpkin
- Flannel
- Bonfire
- Camping
- Hiking
- Apple
- Cider
- Crimson
- Maroon
- Hoodie
- Hayride
- Scarf
- S'more
- Amber
- Cardigan
- Gold

CATEGORIES:

Fall Fashion

Fall Activities

Fall Foods

Colors of Fall

ANSWERS

Fall Fashion: Hoodie, Flannel, Scarf, Cardigan
Fall Activities: Hayride, Hiking, Bonfire, Camping
Fall Foods: Pumpkin, Cider, Apple, S'more
Colors of Fall: Crimson, Amber, Gold, Maroon

