

SpringWorks 
CareConnections[®]
Newsletter

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

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



SpringWorks CareConnections® *Featured Resource*

This month's featured resource is the **Getting Started with GOMEKLI** guide, a supportive overview for individuals beginning their treatment journey with GOMEKLI® (mirdametinib). Learn more about your GOMEKLI treatment, and the support available from SpringWorks CareConnections.

Inside the resource you will find information on:



What to Know When Getting Started



Dosing and Treatment Information



Support From SpringWorks CareConnections



[CLICK HERE](#) to access the **Getting Started with GOMEKLI** guide

Reach out to your Nurse Advocate to learn more about the **GOMEKLI Starter Kit**



Your Dedicated *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



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



Help you **understand treatment** with GOMEKLI® (mirdametinib)



Help plan conversations with your care team



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



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

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 “small” 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

Even small 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
- Share lifestyle information, like exercise habits or travel
- Bring a full list of all medications, vitamins, and supplements



Remember: You know your body and your healthcare provider is there to help and support you.

Tech to the Rescue:

Digital Tools to Support Your Health



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.

- **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 doctor visits more meaningful
- **Take your meds on time:** Pill reminder apps give you a nudge when it's time for your GOMEKLI dose
- **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
- **Eat well, feel good:** Nutrition apps can help you stay hydrated, plan balanced meals, and find recipes that support your well-being

Managing your health takes energy, focus, and consistency. **Thankfully, a few digital tools may make a real difference.** SpringWorks has partnered with Medisafe, the #1 medication management app, to give people taking GOMEKLI a free resource in the GOMEKLI Digital Companion.

With the GOMEKLI digital companion, you can get customized reminders for GOMEKLI and other medications you take so you won't forget a dose, access to GOMEKLI educational content, and more!

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



You don't have to do it alone.
With the right tools, tracking your health is at your fingertips.

Why Digital Tools Work: *Real Benefits*

Not sure if a health app, tracker, or journal is right for you? Review these simple tools to see if they can become powerful allies in your care journey.



Actor portrayal

You don't need to be tech-savvy to take control. A few taps in a digital journal or app may lead to better conversations, smarter care, and more peace of mind. And that's a win!



Stay in Tune With Your Body

When you track your sleep, symptoms, or energy levels, you may spot patterns, and that may build confidence. Suddenly, you're not just managing your condition, you're understanding it and taking 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 side effects or wins. No more scrambling before 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 next-level self-advocacy! It could help your care team connect the dots faster and tailor your plan to your needs.

Healthy Fall *Activities*

The leaves are changing—and it's the perfect time to reset after a busy summer. Whether you're starting treatment with GOMEKLI® (mirdametinib) or continuing your journey, a few simple steps can help you feel more organized, energized, and ready for the season ahead.

Swap Out the Summer Stuff



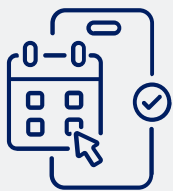
Pack away shorts and swimsuits and bring out your comfy sweaters. While you're at it, clear out closets and donate anything you no longer need.

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.

Even one appointment, one task completed, or one step taken matters. You're not just managing your condition—you're showing up for your whole self. And that's something worth celebrating.

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, clementine wedges, or apple slices



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



Always be sure to choose foods best suited to you and your loved one's health and preferences

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

