

# STAYING ON TRACK ISN'T ALWAYS EASY

## BUT EVERY DOSE MATTERS

**Let's face it: life gets busy.** You have to balance your social life, work, school, and more. But the fact is, sticking to your TRIKAFTA® treatment routine is an important way to take care of yourself.



### A CLOSER LOOK AT MISSED DOSES

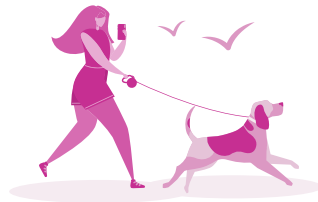
We looked into the most common reasons why doses are missed. Below is what we found, plus a few tips inspired by the community to help you avoid the same problems.<sup>1</sup>



**42%**

said their routine was interrupted by their social lives or work.

**Tip:** Try to build in some flexibility to your plans so there's time for your treatment routine.



**35%**

weren't home and didn't have their medicine with them.

**Tip:** Place a reminder note to take TRIKAFTA where you'll be sure to see it, like on your dresser or the fridge.



**28%**

slept through the time they were meant to take it.

**Tip:** Try setting a separate alarm with a different sound so you know when it's time to take your medicine.

### WHY TIMING IS A HUGE FACTOR

You're most likely to miss doses during life transitions like:



leaving home



going to college



transitioning to an adult care team



starting your career

I'd say seeing my medication definitely helps keep me on track, because sometimes I have this mindset of, if I can't see it, it doesn't exist. I have a big box and a drawer full of medication I need to take.

—Brenna,  
recent college grad  
F508del/F508del



**Reference:**

1. TRIKAFTA Market Research. January 2021.

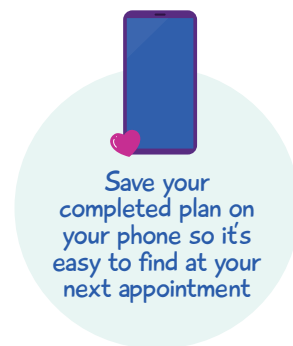
Brenna was taking TRIKAFTA as of 6/15/2022. She may or may not be taking TRIKAFTA today.

**Knowing all this, what can you do to prepare?  
Start by going to the next page and working through the questions with your care team.**

# CREATE A PLAN—AND A PARTNERSHIP— TO STAY ON TRACK

When it comes to managing your treatment routine, you don't have to do it alone. You have a whole care team behind you to help. Work with them to complete this worksheet during your appointment. Once it's done, read through it and start to put your plan into action.

Because every dose matters, it's important that you feel confident and prepared to do all you can to stay on track.



## STEP 1:

Let's start by thinking about how easy it is for you to remember to take TRIKAFTA® (elexacaftor/tezacaftor/ivacaftor and ivacaftor). Be honest with yourself and check the box below that feels right to you.



Super easy



Fairly easy



Mostly isn't a problem



I sometimes have a hard time



I find it really difficult

## STEP 2:

Next, using the spaces below, enter 3 times or situations when you missed—or nearly missed—taking TRIKAFTA.

### I have a hard time staying on track when:

(Examples: "I have a lot of appointments in a day" or "My schedule changes.")

- 1.
- 2.
- 3.

## STEP 3:

Now it's time to put your plan into action! Come up with 3 ways you can prepare for the challenges you thought of in Step 2. Then enter them in the spaces below and talk to your care team about them.

### Making a plan:

(Examples: "Reach out as soon as I need help" or "Order refills ahead of time.")

- 1.
- 2.
- 3.

### Goal for next appointment:

## What if I miss a dose?

It can happen—nobody's perfect. But every dose counts, so it's important to know what to do if you forget to take TRIKAFTA. Go to our website to [get all the details](#).



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