



A Heart-to-Heart for CAREGIVERS

Caring for your loved one after hospitalization with chronic heart failure

See Inside for Symptom Tracker.

Not an actual patient and caregiver.

What is VERQUVO?

VERQUVO is a prescription medicine used in adults who are having symptoms of their chronic (long-lasting) heart failure, who have had a recent hospitalization or the need to receive intravenous (IV) medicines and have an ejection fraction (amount of blood pumped with each heartbeat) of less than 45 percent to reduce the risk of dying and to reduce the need to be hospitalized.

IMPORTANT SAFETY INFORMATION

VERQUVO may cause birth defects if taken during pregnancy.

- **Females must not be pregnant when they start taking VERQUVO.**
- For females who are able to get pregnant
 - Your healthcare provider will do a pregnancy test to make sure that you are not pregnant before you start taking VERQUVO.

- You must use effective forms of birth control during treatment and for 1 month after you stop treatment with VERQUVO. Talk to your healthcare provider about forms of birth control that you may use to prevent pregnancy during treatment.
- Tell your healthcare provider right away if you become pregnant or think you are pregnant during treatment with VERQUVO.
- There is a Pregnancy Surveillance Program that monitors pregnancy outcomes in women exposed to VERQUVO during pregnancy. Patients should report any exposure to VERQUVO during pregnancy by calling **1-877-888-4231** or at <https://pregnancyreporting.verquvo-us.com>.

Important Safety Information continues on page 3 and throughout.

 **Verquvo**
(vericiguat) tablets
2.5 mg, 5 mg, 10 mg



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Please read the enclosed Medication Guide for VERQUVO in the back pocket, including the information about birth defects if taken during pregnancy, and discuss it with your doctor. The physician Prescribing Information also is available.

You are at the heart of support

Taking care of your loved one starts with taking care of yourself

If you're a caregiver for someone who's recently been hospitalized for heart failure, it may be challenging to balance your loved one's well-being with your own.

You're not alone

This guide may help you look after yourself while you're looking after your loved one.

And remember, there's a whole team to support you both: doctors, nurses, family, and friends. Lean on them—they're there for you.

IMPORTANT SAFETY INFORMATION *(continued)*

Do not take VERQUVO if you:

- are taking another medicine called a soluble guanylate cyclase stimulator (sGC). Ask your healthcare provider if you are not sure if you are taking an sGC medicine.
- are pregnant.

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Tips for taking care of yourself

Listen to your heart

First things first. What to do for you.

When you're a caregiver, your loved one's well-being may depend on yours. Use these tips to help support you, as you support them.

Eat a healthy diet

Healthy foods like fruits, vegetables, whole grains, and nuts can help keep you going.

Get regular physical activity

Regular, moderate-to-vigorous exercise can help elevate your energy level and lower stress.

Stay connected

Keep in touch with friends and family.
And reach out if you need help.

Make some “me” time

Do something every day that makes you happy. It will help refresh you and, in turn, benefit your loved one.

IMPORTANT SAFETY INFORMATION *(continued)*

Before taking VERQUVO, tell your healthcare provider about all your medical conditions, including if you:

- are breastfeeding or plan to breastfeed. It is not known if VERQUVO passes into your breast milk. **Do not** breastfeed if you take VERQUVO. Talk with your healthcare provider about the best way to feed your baby if you take VERQUVO.

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Tips for taking care of your loved one

Getting to the heart of care

Everyday ways to help manage heart failure

A loved one who has been in the hospital with chronic heart failure is at increased risk of going back to the hospital. Here are some things you can do together to help reduce their risk.

Encourage these lifestyle changes



Lower salt intake



Eat a heart-healthy diet



Take medication as directed by the doctor



Get regular activity*
*As directed by the doctor.

Act as a supportive partner at medical appointments

Be there for emotional strength, and to ask questions about the treatment plan—so you can help your loved one.

IMPORTANT SAFETY INFORMATION *(continued)*

Tell your healthcare provider about all the medicines you take.

Certain other medicines may affect how VERQUVO works.

The most common side effects of VERQUVO include:

- low blood pressure
- low red blood cells (anemia)

Please read the enclosed **Medication Guide** for VERQUVO in the back pocket, including the information about birth defects if taken during pregnancy, and discuss it with your doctor. The physician **Prescribing Information** also is available.


Be their emotional rock

Get your loved one to talk about how they're feeling, to help your loved one deal with their emotions. And tell them how proud you are of them. This can help motivate them to stay on course.



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Symptoms to keep an eye on

In heart failure, even subtle changes may signal the start of serious issues—such as fluid backup in the body or low oxygen.

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What to look out for, day to day

Alert your loved one's doctor to any sudden worsening of symptoms.

Fatigue

from a weakened heart that's pumping less blood and oxygen, leading to tiredness or exhaustion

Increased shortness of breath

with everyday activities—and especially at rest

Swelling

in the ankles, lower legs, or feet, caused by fluid retention

Weight gain

of 2 to 3 pounds in 1 day or 5 or more pounds in 1 week

Ask your loved one's doctor about these and other things you should track, such as blood pressure, heart rate, diuretic (“water pill”) use, and appetite—even quitting (or reducing) smoking or drinking.

Use the tracker on the next page to help monitor these symptoms day by day.

IMPORTANT SAFETY INFORMATION *(continued)*

How should I take VERQUVO?

- Take VERQUVO exactly as your healthcare provider tells you to.
- Take VERQUVO 1 time each day with food.

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Tracking your loved one’s symptoms together

Heart failure symptoms can change a little at a time—in ways so small your loved one may not even notice.

Daily tracking may reveal minor changes before they become major problems. (For example, weight checks help ensure your loved one is not retaining too much fluid.) That’s why it’s so important to monitor your loved one’s health day by day.

Start here

Use the tracker on the next page to record symptoms daily. Here’s an example of how to fill it out.

Week of 8 / 24 / 21								Add start date here
SYMPTOMS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	
Fatigue, energy level	S	S	W					
Shortness of breath	S	B	S					
Swelling (feet, legs, ankles)	S	S	S					
Weight (lb.)	167	167.5	167					Record weight here

IMPORTANT SAFETY INFORMATION (continued)

How should I take VERQUVO? (continued)

- Swallow VERQUVO tablets whole. If you are not able to swallow the tablet whole, you may crush VERQUVO tablets and mix with water right before taking your dose.

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Symptom Tracker

B=Better S=Same W=Worse

Week of ____ / ____ / ____							
SYMPTOMS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Fatigue, energy level							
Shortness of breath							
Swelling (feet, legs, ankles)							
Weight (lb.)							

Week of ____ / ____ / ____							
SYMPTOMS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Fatigue, energy level							
Shortness of breath							
Swelling (feet, legs, ankles)							
Weight (lb.)							

If you observe **sudden changes** in any of these symptoms—especially a sudden **weight gain** of 2 to 3 pounds in 24 hours and/or 5 pounds in 1 week—call the doctor right away.

IMPORTANT SAFETY INFORMATION (continued)

How should I take VERQUVO? (continued)

- Your healthcare provider may change your dose—when you first start taking VERQUVO to find the best dose for you and how well you tolerate VERQUVO.



VERQUVO may help your loved one live longer and stay out of the hospital

VERQUVO is the first and only FDA-approved medicine studied specifically in people who had a recent heart failure hospitalization or received IV medicine for their heart failure.*

- Over 5,000 heart failure patients participated

In a clinical trial, about 66% of patients per year taking VERQUVO did not die due to cardiovascular causes and had not been hospitalized for heart failure, compared to about 62% of those who did not take VERQUVO.

Well tolerated with side effects similar to placebo†

Most common side effects included low blood pressure (16% for VERQUVO vs 15% for placebo) and low red blood cell count (10% for VERQUVO vs 7% for placebo).

These are not all the side effects of VERQUVO. Call your loved one's doctor for medical advice about side effects.

*Patients had been hospitalized within the previous 6 months or had received IV medicine for heart failure within the previous 3 months.

†Placebo: A pill with inactive ingredients, sometimes referred to as a sugar pill.

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VERQUVO provides convenient dosing



One tablet*

*As directed by a doctor.



Once a day



With food

The doctor might need to change the dose when your loved one first starts taking VERQUVO to find the dose that's right for them. Be sure to tell the doctor about any medicines your loved one takes.

**Talk to your loved one's healthcare
provider to learn how VERQUVO may help.**

IMPORTANT SAFETY INFORMATION *(continued)*

How should I take VERQUVO? *(continued)*

- If you miss a dose, take the missed dose as soon as you remember on the same day of the missed dose. **Do not** take 2 doses of VERQUVO on the same day to make up for a missed dose.
- If you take too much VERQUVO, call your healthcare provider or go to the nearest hospital emergency room right away.

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CAREGIVING Is a Work of Heart

Caregiving means caring for your loved one, and caring for yourself, as you manage chronic heart failure together.

Learn more at verquvo-us.com

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| Talk to a healthcare provider for more information about VERQUVO

Having trouble paying for your Merck medicine?

Merck may be able to help. Visit Merckhelps.com.

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