



My Journey

Use this guide to support you
along your treatment journey.

MY MM JOURNEY

Learn About Relapsed/Refractory MM →

After a multiple myeloma (MM) relapse, you may feel overwhelmed. However, learning about this disease can help prepare you for your journey.

Start Treatment →

Your Starter Kit will help you learn about receiving and beginning a different treatment. It will also help you understand the role treatment plays in fighting your MM.

Stay on Treatment →

Once you've started treatment, it's important to stay organized with your dosing schedule and talk with your doctor about any side effects.

Next Steps

Along your journey, you may go through periods of response to treatment and periods of relapse. When MM relapse happens, your doctor will discuss your next steps with you.

Useful information available to you:



MY DISEASE & TREATMENT



GETTING MY MEDICATION



PLANNING MY ROUTINE



UNDERSTANDING SIDE EFFECTS



If you experience side effects, report them to your doctor.



Can relapsed/refractory MM treatments be used in combination?

Treatments for relapsed/refractory MM are often used in combination with other relapsed/refractory MM treatments. Talk to your doctor to learn more.



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HELPFUL RESOURCES:

- Find information to help you along your multiple myeloma (MM) journey at [**MyJourneyWithMM.com**](https://www.myjourneywithmm.com)
- Learn more about MM at [**MyelomaCentral.com**](https://www.myelomacentral.com)
- Get help understanding your insurance plan and how to receive your medication at [**BMSAccessSupport.com**](https://www.bmsaccesssupport.com)
- Sign up to receive ongoing MM information at [**MyMomentumProgram.com**](https://www.mymomentumprogram.com)



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