



**IMCIVREE**<sup>®</sup>  
(setmelanotide) injection

**YOUR TREATMENT JOURNAL**

Your tool to track your IMCIVREE treatment.

Please see full [Prescribing Information](#), including [Patient Information](#).



# Staying on track with your IMCIVREE treatment

You've made an important decision by starting treatment with IMCIVREE. Because we want to set you up for success, we created this journal to help you track your treatment.

Use this journal to record the details of each IMCIVREE injection:

- ◆ Date
- ◆ Time of injection
- ◆ Injection site used
- ◆ Any important notes or information about the injection, such as:
  - Changes to your dose made by your doctor
  - Anything you want to share with your doctor

It's a good routine to record your injection in this journal each day. This not only allows you to keep track of your treatment, but also easily share this information with your doctor at appointments.

In addition to the journal, we've included a Weight Tracker and a Hunger Tracker. These tools may help you monitor changes that occur on your treatment journey.



# Rhythm InTune is your source for personalized support

Rhythm InTune provides resources, education, and information tailored to fit the unique needs of people living with rare genetic diseases of obesity.

Rhythm InTune can help with:



Training on how to prepare and inject IMCIVREE will be provided by your doctor and/or by Rhythm InTune.



If you're low on injection supplies, Rhythm InTune can help you order more.

## Have questions?

Contact us with any questions you may have about injections or treatment with IMCIVREE.



[patientsupport@rhythmtx.com](mailto:patientsupport@rhythmtx.com)



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# Giving an IMCIVREE injection

There are 3 recommended areas in which to inject IMCIVREE:

- ◆ Back of upper arms
- ◆ Belly
- ◆ Front of the middle thighs

Be sure to rotate your injection site each day. You should always choose a site at least 1 inch away from the area you used for your previous injection. If you choose your belly (abdomen), make sure to choose an area at least 2 inches from the belly button.

IMCIVREE should be given once daily at the beginning of the day, with or without food.

To see illustrated, step-by-step instructions for giving an IMCIVREE injection, please refer to the **How to Give IMCIVREE Guide** in your **Getting Started Kit**.

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# Each vial contains multiple doses

The number of doses in each vial will depend on your individual dose. Please note the vial will not be filled to the top with medicine. Only fill the syringe with the amount of IMCIVREE needed for your prescribed dose. The table below shows the number of potential doses included in each vial based on different prescribed doses.

Prescribed dose	Number of doses per vial
1 mg (0.1 mL)	10
2 mg (0.2 mL)	5
3 mg (0.3 mL) Target dose	3



10-mg/1-mL  
multiple-dose vial

Only use the number of doses per vial as listed on this table. Dispose of any leftover medicine.



Do not combine vials of IMCIVREE for your injection. Use one vial that contains enough medicine for your prescribed dose.

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Example only. You do not need to follow the injection sites listed.

Date	Time	Injection Site	Notes (Ex: Dose, expiration date, notes for your doctor)
4/12/22	8:30 AM	Belly - Left of belly button	Opened new vial: Lot 12345
4/13/22	8:32 AM	Belly - Right of belly button	
4/14/22	8:31 AM	Left thigh	
4/15/22	9:36 AM	Back of right arm	Gave injection an hour later than usual. Is that ok?

**REMINDER:** IMCIVREE should be given once daily at the beginning of the day, with or without food, and the injection site should rotate each day.

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# Track your progress

Keeping a record of your progress while taking IMCIVREE will help you see your results over time. Remember, progress is unique to each individual. These tools are designed for you to track what is meaningful to you.

Bring this treatment journal to your next appointment to share your progress with your doctor.

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# Track your progress

## Highlights of your week

What has your experience been on IMCIVREE? To keep a record for you and your doctor, it may be helpful for you to keep track of your thoughts, feelings, or observations. This chart allows you to record any noticeable highlights from week to week.

Share these weekly highlights with your doctor.

Week	Date	Weekly Highlights
1	4/19	<i>This week I was excited to go to school/work!</i>

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# Track your progress

## Weight Tracker

Some people find it helpful to track their weight. If you want to track it, this tool may help. When tracking your weight, record it:

- ◆ On the same day each week
- ◆ First thing in the morning before you eat
- ◆ In the same way (eg, with or without clothes)

Note your weight before starting IMCIVREE, and then weekly while on treatment. It may be helpful to share your weight history with your doctor before starting IMCIVREE.

Show this weight tracker to your doctor at your next appointment.

Date	Time	Weight	Height
(Before starting IMCIVREE) 4/12	7:30 AM	260 lbs	5'5"
4/19	7:30 AM	258 lbs	5'5"



# Track your progress

## Hunger Tracker

Some people may find it helpful to track their hunger while on treatment. The table provided may help you track your feelings of hunger over time. Use the table below to record any notes you have related to your hunger and how it may impact your daily routine. Topics to consider may include concentration/stress/energy levels, food intake, time spent thinking about food, changes in social and/or school/work routines, etc.

Share these notes with your doctor to show how your hunger may have changed.


Assess your hunger once before starting IMCIVREE, and then every day while on treatment.

Date	Time	Notes
4/10 (Before starting IMCIVREE)	3:00 PM	Woke up very tired, was still hungry after breakfast, had trouble concentrating after lunch

Additional rows for tracking your hunger during treatment can be found on the following pages.







Date	Time	Notes





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Rhythm  
**InTune**

## Need another **IMCIVREE** Treatment Journal?

Contact Rhythm InTune and we'll send you another one



[patientsupport@rhythmtx.com](mailto:patientsupport@rhythmtx.com)



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PHARMACEUTICALS

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