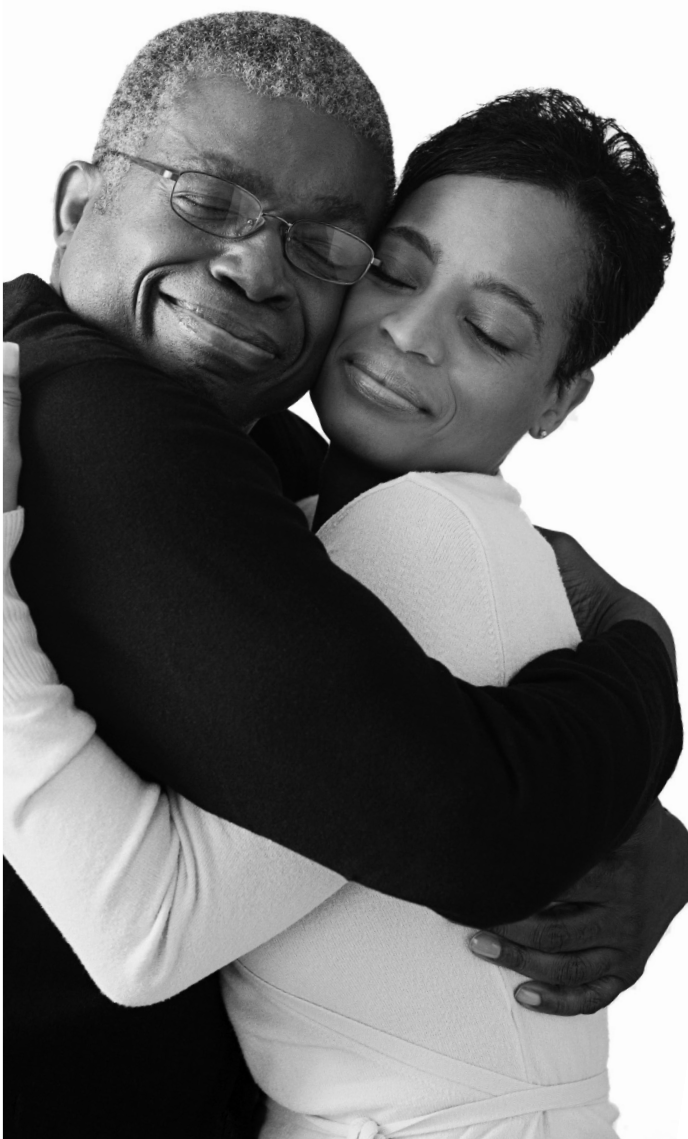


# KEY+YOU

THE PATIENT SUPPORT PROGRAM FOR KEYTRUDA

## SUPPORT THROUGHOUT YOUR TREATMENT

When and where you need it



Phone support

Access to  
online activities  
and videos

Referrals  
to helpful  
organizations

KEY+YOU is sponsored  
by Merck, the marketer  
of KEYTRUDA.

**KEYTRUDA®**  
(pembrolizumab) Injection 100 mg



## Connecting You to the Support You Need, When You Need It

KEY+YOU is available to patients who have been prescribed KEYTRUDA for an approved indication.

KEY+YOU offers educational resources that may help address your questions, connect you to helpful organizations, or provide help with the day-to-day challenges you may be facing. From preparing for treatment to dealing with emotions, these resources are available for you.

**Enroll today at [keyplusyou.com](https://keyplusyou.com)**

Eligibility restrictions apply.



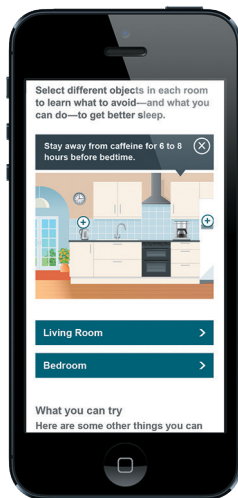
## Email and Online Resources at Your Pace

KEY+YOU provides access to ongoing email communications and online activities and videos. These resources can help you deal with the practical and emotional challenges you may be facing.

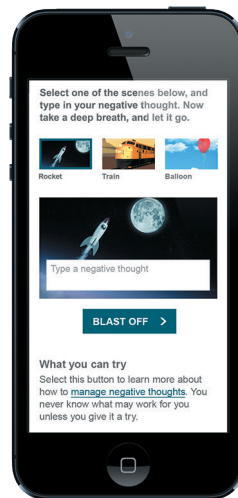
Emails and online resources focus on skills you can use every day. You'll find videos and activities that cover a range of topics. Some of these topics include

- Ways to help deal with stress
- Suggestions for how to have better conversations
- Ideas for how to build a support team

From improving communication with your support team to learning how to take care of yourself, these resources may be able to support you.



*Get a good  
night's sleep*



*Let go of  
negative thoughts*



## Support Delivered Directly to Your Mailbox

You can choose to get even more resources through the mail, including this guide to help you navigate day-to-day challenges.

### WHEN IT COMES TO YOUR BODY, SAY WHAT'S ON YOUR MIND

Talking openly with your health care team about how you feel may help you stay on track with treatment. If you don't know whether a concern you have is serious enough to mention, say it anyway. It's always better to let your team know about it. Honest and open communication can lead to informed decisions about your health.

### WHILE WE'RE ON THE TOPIC OF TALKING

Some things may be harder than others to bring up with your doctor, and that's OK. Look at the following examples for helpful ways to start talking about tough topics. Then, write down your own list of what you'd like to talk about, including emotional concerns.

Some days I have trouble staying motivated to stick with my treatments

I don't know how I'm going to make it to my appointments

I don't want to look or act sick

Having sex has been difficult for me lately

### FIND YOUR BALANCE

You may be thinking a lot about your physical health right now, but your emotional health is also important. The Balance Wheel on the next page can help you get a clear picture of your life as it is right now. Then, you'll have an idea about which parts of your life you may want to focus on.

#### How to Use Your Balance Wheel

Notice the 5 slices that make up the wheel. Each one represents a different part of your life. Now, look at the 10 sections found within each slice. With a coin, choose 1 slice and scratch off the sections within it, starting at the center of the wheel and moving outward. The more sections you scratch off within the slice, the more satisfied you are with that part of your life. Do this for each of the slices.

**PHYSICAL**  
Your satisfaction with your activity level and eating habits.

**SPIRITUAL**  
Your ability to find peace, harmony, and meaning in your life.

**PERSONAL**  
Your satisfaction with the time and energy you have to enjoy interests, hobbies, and anything else you're passionate about.

**SOCIAL**  
Your satisfaction with the relationships you have with family, friends, and other people you interact with.

**EMOTIONAL**  
Your satisfaction with how well you manage stress and your overall happiness.

Now that your wheel is finished, take a look. Is there a part of your life that's not where you'd like it to be? Set a goal—however big or small—to improve it. The more well-rounded your life is, the more complete the wheel becomes. Some resources in this guide may be able to help.

You should always look to your doctor as your main source of support. KEY+YOU does not take the place of talking to your doctor or health care team. You can also refer to this guide for help with issues like dealing with stress and eating well.



## Get 1-on-1 Phone Access to a KEY+YOU Representative

KEY+YOU representatives are here from 8 AM–8 PM EST, 7 days a week, to provide support by phone throughout your treatment. These representatives can discuss topics such as

- How to deal with stress and other worries
- How to talk to your friends and family about difficult topics
- When to ask for help from your support team

KEY+YOU representatives are here to offer support. KEY+YOU does not take the place of talking to your doctor or health care team. If you have any questions that are specific to your medical condition or treatment, or you're having side effects, please contact your doctor's office right away.



## Referrals to Organizations

KEY+YOU can connect you to organizations that may be able to provide helpful information. Some referrals include:



### **Practical**

*finding local  
transportation for  
treatment*



### **Emotional**

*connecting with  
a mentor or an  
online community*



### **Informational**

*helping with  
planning and  
useful tips*

To learn more about KEY+YOU, call

**85-KEYTRUDA**  
**(855-398-7832)**

## Example of a KEY+YOU Activity

Now that you know what type of support KEY+YOU offers, try it out by using the activity below to learn about how to build your personal support team. Your health care team is your main source of information for any treatment needs. Get started now.

### The Take-a-Break Buddy

This person is your getaway from all things treatment related. Whenever you're with him or her, the last thing you want to talk about is treatment.



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### A Caring Companion

This person tags along with you to your appointments and helps with some of your practical needs, like running simple errands.



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### The Knowledge Keeper

This person is someone like your doctor or nurse who can answer questions about your health or treatment.



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**MY SUPPORT  
NETWORK**

### A Sounding Board

Need to blow off steam? This person is all ears. Yell. Scream. Make any noise you want. They'll be right there to listen.



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### The Personal Cheerleader

A naturally positive thinker, this person props you up if you're ever feeling low.



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**Get more support. Learn more at [keyplusyou.com](https://keyplusyou.com)**

