

# SETTING GOALS FOR YOUR HEALTH— THE S.M.A.R.T. WAY

When you're trying to stay on track with your VELTASSA treatment, having goals can help. The **S.M.A.R.T.** acronym is a way to set clear, reachable goals that can help you maintain a healthy lifestyle—which is an important part of managing your potassium levels. Before you set goals that involve changes to your diet or activity level, be sure to check with your doctor. VELTASSA is a prescription medication used to treat high levels of potassium in your blood. It is not known if VELTASSA is safe and effective in children.

**S**  
SPECIFIC

**Be specific about your goals.** Make them clear and well-defined. If your goal is to eat more vegetables, make it specific by adding details about when and how you'll do it: *By next week, I'm going to eat three servings of low-potassium vegetables every day.*

**M**  
MEASURABLE

**Measurable goals help you keep tabs on your progress.** If your goal is to get more sleep, make it measurable by deciding how much: *I'll get one more hour of sleep each night.*

**A**  
ATTAINABLE

**Attainable goals are realistic, making it more likely you'll reach them.** If your goal is to be more active, start out with an easy first step: *I'm going to go for a walk today.*

**R**  
RELEVANT

**Relevant goals focus on what's important to you.** If your goal is to stay on top of your health, make it relevant by choosing events that interest you: *I'll attend a local health fair this month.*

**T**  
TIME-BOUND

**Time-bound goals have clear deadlines, which can help you stay focused on them.** If your goal is to remember to take VELTASSA daily, give yourself a time frame: *I'm going to take my VELTASSA by 11 AM every day.*

*"A goal properly set is halfway reached."*  
— Zig Ziglar, author

## INDICATION

VELTASSA is a prescription medication used to treat high levels of potassium in your blood (hyperkalemia). It is not known if VELTASSA is safe and effective in children.

## IMPORTANT SAFETY INFORMATION

### Who should not take VELTASSA?

**Do not take VELTASSA if you** are allergic to VELTASSA or any of its ingredients.

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## IMPORTANT SAFETY INFORMATION (continued)

### What should I tell my doctor before taking VELTASSA?

Before you take VELTASSA, tell your doctor about all of your medical conditions, including if you:

- have problems having a bowel movement, including if you have severe constipation, a blockage (obstruction) in your bowel, or dry hard stool that will not pass out of your rectum (impaction)
- have problems with your bowels after surgery.

Know the medicines you take. Keep a list of them to show your doctor and pharmacist when you get a new medicine. **Tell your doctor about all the medicines you take**, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

### What are the possible side effects of VELTASSA?

VELTASSA may cause serious side effects, including:

- **Worsening of bowel function**
- **Low levels of magnesium in your blood (hypomagnesemia).** Low levels of magnesium in the blood can happen when taking VELTASSA. Your doctor will check the magnesium levels in your blood during treatment with VELTASSA and may prescribe a magnesium supplement.

**The most common side effects of VELTASSA include:** constipation, low levels of magnesium, diarrhea, nausea, stomach-area (abdominal) discomfort, and gas.

Tell your doctor if you have any side effect that bothers you or does not go away. These are not all of the possible side effects of VELTASSA. You may report side effects to FDA at 1-800-FDA-1088 or [www.fda.gov/medwatch](http://www.fda.gov/medwatch).

**The risk information provided here is not comprehensive and does not take the place of talking with your doctor about your medical condition or treatment.** To learn more about VELTASSA, talk with your healthcare provider or pharmacist. **Please [click here to see full Prescribing Information](#) or visit [VELTASSA.com](http://VELTASSA.com).**