

COBENFY 
(xanomeline and trospium chloride) capsules
50mg/20mg, 100mg/20mg, 125mg/30mg

Tracking the Next 30 Days

Helping Your Loved One On Their Journey

You and your loved one are in this together. Created with care partners in mind, this tool helps you and your loved one identify meaningful moments, set goals, and stay connected to each other throughout the journey.



*"I try to support my daughter every day
while giving her space to find her own way."
– Jia, a care partner*

Jia and Kelsey are paid by BMS
and Kelsey is not on COBENFY.

You and your loved one can use the space below to set and track their personal goals— together. As a care partner, you can help support your loved one by tracking their journey and support daily check-ins. Consider keeping this calendar somewhere easy to reach, like on the refrigerator or coffee table, to make it part of your loved one’s daily routine.

Let’s Track Meaningful Moments

Use this calendar to help set aside time to check-in with your loved one each day. Capture what you are hearing from your loved one—you don’t need to write a lot, just a word or a feeling.

Ask your loved one the following questions and capture their answers:

What’s one thing you’re looking forward to in 30 days—and why?

I look forward to _____

How can I support you along the way?

Examples: *Help pick up a prescription, be a listening ear, take notes at doctor visits, or track symptoms together*

Start date _____

Week 1: Understand what to expect on COBENFY <i>“What’s something new we learned about your treatment?”</i>	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 2: Work on building your loved one’s routine <i>“What’s one small thing that helped set a routine today?”</i>	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Week 3: Celebrate small moments <i>“What new methods (or plans) have you started to incorporate into your care that are working for you?”</i>	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Week 4: Build a support network <i>“Who made a difference this week? How can we stay connected?”</i>	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
	Day 29	Day 30	Overall how does your loved one feel about their 30 days?		What stood out? What support was most helpful? What should be focused on for the next 30 days?		

The Care Team:
Having a strong connection with your loved one's care team can help in the management of their condition and the treatment journey.

Pharmacy:
If your loved one is eligible and has commercial insurance, they could sign up to receive financial assistance for their COBENFY prescription†. Learn more at [COBENFY.com/sign-up](https://www.cobenfy.com/sign-up)

Peers:
Hear from real people and learn how they establish a daily routine, find support around them, and have honest conversations with both loved ones and healthcare providers. Learn more at [COBENFY.com/real-stories](https://www.cobenfy.com/real-stories)

Advocacy Groups:
We understand that you both may need a helping hand sometimes. There are advocacy organizations‡, that offer in-person and online support groups for care partners like you and your loved one. Learn more at [COBENFY.com/support-program/resources](https://www.cobenfy.com/support-program/resources)


COBENFY Cares™:
Enrolling provides your loved one with a dedicated COBENFY Cares Champion* that can support them with 1:1 check-ins, help preparing for appointments, and more. Learn more at [COBENFY.com/support-program](https://www.cobenfy.com/support-program)

It's important to remember that you and your loved one are not alone, and that resources and support are available



Scan here or call **1-877-COBENFY** (1-877-262-3639) to learn more and enroll for ongoing support

*COBENFY Cares Champions are available to provide support to patients who have been prescribed COBENFY. Champions do not provide medical advice or care. COBENFY Cares Champions are provided as a service by Bristol Myers Squibb. Patients should discuss any questions about their medical conditions and treatment options with their healthcare providers.

†Eligible participants may pay as little as \$0. If you have private or commercial health insurance, you may be eligible to pay as little as \$0 per month through a co-pay savings offer. Certain terms and conditions apply.

‡Bristol Myers Squibb does not endorse these organizations. The information/links provided by Bristol Myers Squibb are meant for informational purposes only and are not meant to replace a physician's medical advice.

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