Get to Know Tresiba®

Please see Important Safety Information throughout this booklet and the Prescribing Information enclosed in this kit.
MANAGING TYPE 1 DIABETES

Your health care provider just told you that you or your child has type 1 diabetes. So what happens now? The first thing you need to know is that managing type 1 diabetes involves taking insulin every day. When you have type 1 diabetes, the body makes little or no insulin. That’s why your health care provider prescribed Tresiba®, to replace the insulin the body can’t make on its own. In addition to taking Tresiba® and your other medications, healthy eating, physical activity, and tracking blood sugar are important parts of managing type 1 diabetes.

While it feels like a lot now, before you know it things like giving yourself multiple daily injections, making adjustments to your diet, and being more physically active will become part of your daily routine.

What is Tresiba®?

- Prescription Tresiba® is a long-acting insulin used to control high blood sugar in adults and children who are 1 year of age and older with diabetes
- Tresiba® is not for people with diabetic ketoacidosis
- Tresiba® is not for children who need less than 5 units of Tresiba® each day
- It is not known if Tresiba® is safe and effective in children under 1 year of age
- Tresiba® is available in 2 concentrations: 200 units/mL and 100 units/mL

Important Safety Information

Do not share your Tresiba® FlexTouch® with other people, even if the needle has been changed. You may give other people a serious infection, or get a serious infection from them.

Please see additional Important Safety Information throughout this booklet and the Prescribing Information enclosed in this kit.
LETS GET STARTED

This brochure has some helpful information to get you off to the right start with Tresiba®. If you have any questions about Tresiba® or managing type 1 diabetes, be sure to discuss them with your health care provider, and always follow his or her instructions.

Inside this kit, you will find tools that can help you:

- Understand the role Tresiba® plays in managing type 1 diabetes
- Use your Tresiba® U-100 FlexTouch®
- Track your blood sugar
- Save on Tresiba®

You will also find information about Cornerstones4Care®, designed specifically for people with type 1 diabetes and those who care for them. Cornerstones4Care® gives you 24/7 access to information, resources, and ongoing communications that provide tips and tools when you need them most.

Hearing that you or a loved one has type 1 diabetes may come as a bit of a shock. But it’s important to remember that type 1 diabetes doesn’t have to keep you or your loved one from doing and accomplishing the things in life that you want to!

INSULIN AND TYPE 1 DIABETES

Insulin is a hormone produced by the pancreas that helps move sugar out of the blood and into the body’s cells, where this sugar is then used for energy. To do this, the pancreas normally releases insulin in 2 ways:

1. A small, steady flow of insulin released continuously that helps keep blood sugar controlled overnight and between meals (called basal insulin)

2. Short bursts of insulin released when you eat that prevent rises in blood sugar (“spikes”) that occur with meals (called bolus insulin)

To closely mimic the body’s natural basal-bolus insulin patterns, many people with type 1 diabetes take 2 types of insulin—a basal and a bolus.

- Tresiba® is a “basal” insulin taken once-daily that provides blood sugar control for a full 24 hours
- A mealtime, or “bolus,” insulin is taken when you eat to help prevent the rapid rise (or spike) in blood sugar that happens at mealtime

By combining the two, a “basal-bolus” treatment can provide a full day of insulin coverage.

Understandably, taking 2 insulins can seem like a lot, especially if you’re taking many injections a day. But remember, “basal-bolus” treatment can be an important part of your type 1 diabetes care plan and keeping your blood sugar under control.

Please see additional Important Safety Information throughout this booklet and the Prescribing Information enclosed in this kit.
WHAT IS TRESIBA®?
- Tresiba® is a long-acting insulin proven to control high blood sugar in children as young as 1 year old with type 1 diabetes
- Tresiba® provides blood sugar control for a full 24 hours, with proven A1C reduction
- Tresiba® releases slow and steady, to closely mimic the body's long-acting (basal) rate of insulin release

TRESIBA®—THE LONG-ACTING (BASAL) PART OF YOUR INSULIN TREATMENT
Tresiba® is one part of the basal-bolus combination treatment that your health care provider prescribed. (Bolus, or mealtime insulin, is the other part.)
Tresiba® is designed to replace the long-acting (basal) insulin your body can't make on its own. Tresiba® releases slowly and consistently. The science behind Tresiba® allows it to connect like a string of pearls. Then Tresiba® releases from the ends of the chain. Tresiba® helps sugar in your blood get into your body's cells, where it can be converted into the energy your body needs.

How do I take Tresiba®?
Use Tresiba® exactly as your health care provider tells you to. Tresiba® may be taken with or without food. You should take Tresiba® at the same time each day.
To help you remember to take Tresiba®, try linking it to another daily activity. For instance, you could take your dose after brushing your teeth in the morning. Or when you get home from school. You could also set a daily reminder on your computer, phone, tablet, or watch.

Important Safety Information (cont’d)
Before taking Tresiba®, tell your health care provider about all your medical conditions, including if you are:
- pregnant, planning to become pregnant, or are breastfeeding
- taking new prescription or over-the-counter medicines, vitamins, or herbal supplements
Talk to your health care provider about low blood sugar and how to manage it.
Please see additional Important Safety Information throughout this booklet and the Prescribing Information enclosed in this kit.
TRESIBA® FLEXTOUCH®

Tresiba® U-100 FlexTouch® comes prefilled with Tresiba®. And it’s ready to use in just a few easy steps. Simply dial the exact amount of insulin your health care provider prescribed, and inject into your skin by pushing a button. For complete instructions on how to use Tresiba® U-100 FlexTouch®, see the full Instructions For Use starting on page 12 or you can view a demonstration video at tresiba.com.

We understand that for some people, the thought of injecting can be scary. That’s why Tresiba® U-100 FlexTouch® is recommended for use with NovoFine® Plus 32G Tip, one of the shortest and thinnest needles available. NovoFine® is designed for less pain. In a study, a majority of people using NovoFine® 32G Tip needles experienced little or no pain. Tresiba® FlexTouch® can also be used with NovoTwist® needles. Once in use, Tresiba® lasts 56 days (8 weeks) with or without refrigeration or until no insulin is left—whichever comes first. After first use, you can take it almost anywhere without having to carry a cooler. Before use (unopened), Tresiba® can be kept until the expiration date printed on the label if it is stored in a refrigerator (36°F to 46°F). Always check the expiration date when you get your prescription. After that date, Tresiba® FlexTouch® should be discarded.

*In-use Tresiba® can be kept at room temperature (below 86°F), away from direct heat and light, or refrigerated (36°F to 46°F). Important Safety Information (cont’d)

How should I take Tresiba®? (cont’d)

- Adults: If you miss or are delayed in taking your dose of Tresiba®
  - Take your dose as soon as you remember, then continue with your regular dosing schedule
  - Make sure there are at least 8 hours between doses

Important Safety Information (cont’d)

How should I take Tresiba®? (cont’d)

- If children miss a dose of Tresiba®
  - Call the health care provider for information and instructions about checking blood sugar levels more often until the next scheduled dose of Tresiba®

Please see additional Important Safety Information throughout this booklet and the Prescribing Information enclosed in this kit.
HOW DO I USE MY TRESIBA® FLEXTOUCH®?

Over the next few pages, you’ll find detailed instructions for using your Tresiba® U-100 FlexTouch® (insulin degludec injection). Refer back to this section as often as you need, until you are familiar with all the steps.

To watch a video of these instructions and learn how to use your Tresiba® FlexTouch®, go to StartingTresiba.com.

For a free Tresiba® FlexTouch® training session, please call 1-877-246-8910 to speak with a FlexTouch® Specialist from 9 AM to 6 PM (ET) Monday - Friday.

• If you have any questions about taking Tresiba®, be sure to discuss them with your health care provider, and always follow your health care provider’s directions.

Important Safety Information (cont’d)

How should I take Tresiba®? (cont’d)
• Check your blood sugar levels. Ask your health care provider what your blood sugar levels should be and when you should check them.
• Do not reuse or share your needles with other people. You may give them a serious infection, or get a serious infection from them.
• Never inject Tresiba® into a vein or muscle.
• Never use a syringe to remove Tresiba® from the FlexTouch® pen.

Please see additional Important Safety Information throughout this booklet and the Prescribing Information enclosed in this kit.
1. Preparing your Tresiba® FlexTouch®
Before you start to prepare your injection, check the Tresiba® FlexTouch® Pen label to make sure you are taking the right type of insulin. This is especially important if you take more than 1 type of insulin.

A Pull Pen cap straight off.
B Check the liquid in the Pen. Tresiba® should look clear and colorless. Do not use if it looks cloudy or colored.
C Select a new needle, and pull off the paper tab from the outer needle cap.
D Push the capped needle straight onto the Pen and twist the needle on until it is tight.
E Pull off the outer needle cap. Do not throw it away. Then, pull off the inner needle cap and throw it away.

Do not use Tresiba® past the expiration date printed on the label or 56 days after you start using the Pen.
Always use a new needle for each injection to help ensure sterility and prevent blocked needles.

Please read the Instructions For Use that came with your Tresiba® FlexTouch® for complete instructions.

This Pen is not recommended for use by the blind or visually impaired without the assistance of a person trained in the proper use of the product.

Please see Important Safety Information throughout this booklet and the Prescribing Information enclosed in this kit.
2. Priming your Tresiba® FlexTouch®

Always prime your Pen before you inject. If you do not check the flow, you may get too little insulin or no insulin at all. This may lead to high blood sugar.

A. **Turn the dose selector to select 2 units.**

B. Hold the Pen with the needle pointing up. Tap the top of the Pen gently a few times to let any air bubbles rise to the top.

C. **Always make sure that a drop of insulin appears at the needle tip before you inject.** This makes sure that the insulin flows. If no drop appears, you will not inject any insulin, even though the dose counter may move. This may indicate a blocked or damaged needle.

If you do not see a drop of insulin, repeat steps A through C, no more than 6 times. If you still do not see a drop of insulin, change the needle and repeat steps A through C. If a drop of insulin does not appear, use a new Pen. Always make sure that a drop of insulin appears at the needle tip before you inject. This makes sure that the insulin flows. If no drop appears, you will not inject any insulin, even though the dose counter may move. This may indicate a blocked or damaged needle.

3. Selecting your dose

You can inject from 1 to 80 units in a single injection. If you select the wrong dose, you can turn the dose selector forwards or backwards to the correct dose.

A. **Check to make sure the dose selector is set at “0.”**

B. **Turn the dose selector to select the number of units you need to inject.** The dose pointer should line up with your dose.

C. **Hold the Pen with the needle pointing up.** Press and hold in the dose button until the dose counter shows “0.” The “0” must line up with the dose pointer. A drop of insulin should be seen at the needle tip.

Examples

- 1 unit selected
- 2 units selected
- 3 units selected
- 4 units selected
- 5 units selected

Please see Important Safety Information throughout this booklet and the Prescribing Information enclosed in this kit.
Choose your injection site and wipe the skin with an alcohol swab. Let the injection site dry before you inject your dose.

Insert the needle into your skin.

When the dose counter returns to “0”, you will not get your full dose until 6 seconds later.

If the needle is removed before you count to 6, you may see a stream of insulin coming from the needle tip.

If you see a stream of insulin coming from the needle tip, you will not get your full dose. If this happens, you should check your blood sugar levels more often because you may need more insulin.

Refer to page 19 of this booklet for a diagram of injection sites.

Count slowly: 1-2-3-4-5-6

Pull the needle out of your skin. If you see blood after you take the needle out of your skin, press the injection site lightly with a piece of gauze or an alcohol swab. Do not rub the area.

Carefully remove the needle from the Pen and throw it away. Do not recap the needle. Recapping the needle can lead to needle stick injury.

Do not recap the needle. Recapping the needle can lead to needle stick injury.

Do not store the Pen with the needle attached. Storing without the needle attached helps prevent leaking, blocking of the needle, and air from entering the Pen.

Please see Important Safety Information throughout this booklet and the Prescribing Information enclosed in this kit.

Put your used Tresiba® FlexTouch® Pen and needles in an FDA-cleared sharps disposable container right away after use. If you do not have a sharps container, carefully slip the needle into the outer needle cap. Safely remove the needle and throw it away as soon as you can. Do not throw away (dispose of) loose needles and Pens in your household trash.

If you do not have an FDA-cleared sharps disposable container, you may use a household container that is: 1) heavy-duty plastic, 2) can be closed with a tight-fitting, puncture-resistant lid, without sharps being able to come out, 3) upright and stable during use, 4) leak-resistant, 5) properly labeled to warn of hazardous waste inside the container.

When your sharps disposable container is almost full, you will need to follow your community guidelines for the right way to dispose of your sharps disposable container. There may be state or local laws about how you should throw away used needles and syringes.
WHERE TO INJECT

Inject your Tresiba® exactly as your health care provider has shown you. Your health care provider should tell you if you need to pinch the skin before injecting.

Change (rotate) your injection sites within the area you choose for each dose. Do not use the same injection site for each injection.

- Stomach area (abdomen)
- Upper arms
- Upper legs (thighs)

Tresiba® can be injected under the skin (subcutaneously) of your:
- Stomach area (abdomen)
- Upper arms
- Upper legs (thighs)
HOW TO STORE TRESIBA® FLEXTOUCH®

Before use:
- Store unused Tresiba® FlexTouch® Pens in the refrigerator at 36°F to 46°F (2°C to 8°C)
- Do not freeze Tresiba®. Do not use Tresiba® if it has been frozen
- Unused Pens may be used until the expiration date printed on the label, if kept in the refrigerator

Pen in use:
- In-use Tresiba® can be kept at room temperature (below 86°F), away from direct heat and light, or refrigerated (36°F to 46°F)
- The Tresiba® FlexTouch® Pen you are using should be thrown away in an approved sharps container after 56 days, even if it still has insulin left in it
- Keep Tresiba® away from heat or light

Important Safety Information (cont’d)

What should I avoid while taking Tresiba®?
- Do not drive or operate heavy machinery, until you know how Tresiba® affects you
- Do not drink alcohol or use prescription or over-the-counter medicines that contain alcohol

SAVE ON TRESIBA®

The Tresiba® Instant Savings Card

Pay no more than $15 per prescription, if eligible.∗

With the Tresiba® Instant Savings Card, you pay no more than $15 per prescription for up to 24 months and receive a FREE box of Novo Nordisk needles.46 You will also be automatically enrolled in the complimentary Cornerstones4Care® support program. Go to tresiba.com for full program details and eligibility requirements.

Important Safety Information (cont’d)

• Low blood sugar (hypoglycemia). Signs and symptoms that may indicate low blood sugar include anxiety, irritability, mood changes, dizziness, sweating, confusion, and headache
• Low potassium in your blood (hypokalemia)
• Heart failure in some people if taken with thiazolidinediones (TZDs). This can happen even if you have never had heart failure or heart problems. If you already have heart failure, it may get worse while you take TZDs with Tresiba®. Tell your health care provider if you have any new or worse symptoms of heart failure including shortness of breath, tiredness, swelling of your ankles or feet, and sudden weight gain
The type 1 diabetes booklet series: My Life, My Diabetes, My Way

Novo Nordisk has partnered with JDRF, a global leader in type 1 diabetes research, to create the “My Life, My Diabetes, My Way” booklet series that gives patients information on topics of interest based on their age, diabetes experience, and challenges they may be facing at different points in their life. This series offers a booklet for everyone, from parents of toddlers to young adults!

Important Safety Information (cont’d)

What are the possible side effects of Tresiba®? (cont’d)

Your insulin dose may need to change because of change in level of physical activity or exercise, increased stress, change in diet, weight gain or loss, or illness.

Common side effects may include reactions at the injection site, itching, rash, serious allergic reactions (whole body reactions), skin thickening or pits at the injection site (lipodystrophy), weight gain, and swelling of your hands and feet.

Get emergency medical help if you have trouble breathing, shortness of breath, fast heartbeat, swelling of your face, tongue, or throat, sweating, extreme drowsiness, dizziness, or confusion.

Please see additional Important Safety Information throughout this booklet and the Prescribing Information enclosed in this kit.
What is Tresiba®?

• Prescription Tresiba® is a long-acting insulin used to control high blood sugar in adults and children who are 1 year of age and older with diabetes
• Tresiba® is not for people with diabetic ketoacidosis
• Tresiba® is not for children who need less than 5 units of Tresiba® each day
• It is not known if Tresiba® is safe and effective in children under 1 year of age
• Tresiba® is available in 2 concentrations: 200 units/mL and 100 units/mL

Important Safety Information

Do not share your Tresiba® FlexTouch® with other people, even if the needle has been changed. You may give other people a serious infection, or get a serious infection from them.

Who should not take Tresiba®?

Do not take Tresiba® if you:
• are having an episode of low blood sugar
• are allergic to Tresiba® or any of the ingredients in Tresiba®

Before taking Tresiba®, tell your health care provider about all your medical conditions, including if you are:
• pregnant, planning to become pregnant, or are breastfeeding
• taking new prescription or over-the-counter medicines, vitamins, or herbal supplements
• Talk to your health care provider about low blood sugar and how to manage it.
• Do not reuse or share your needles with other people. You may give them a serious infection, or get a serious infection from them.
• Never inject Tresiba® into a vein or muscle
• Never use a syringe to remove Tresiba® from the FlexTouch® pen

What should I avoid while taking Tresiba®?

• Do not drive or operate heavy machinery, until you know how Tresiba® affects you
• Do not drink alcohol or use prescription or over-the-counter medicines that contain alcohol

What are the possible side effects of Tresiba®?

Tresiba® may cause serious side effects that can be life-threatening, including:
• Low blood sugar (hypoglycemia). Signs and symptoms that may indicate low blood sugar include anxiety, irritability, mood changes, dizziness, sweating, confusion, and headache
• Low potassium in your blood (hypokalemia)
• Heart failure in some people if taken with thiazolidinediones (TZDs). This can happen even if you have never had heart failure or heart problems. If you already have heart failure, it may get worse while you take TZDs with Tresiba®. Tell your health care provider if you have any new or worse symptoms of heart failure including shortness of breath, tiredness, swelling of your ankles or feet, and sudden weight gain

Your insulin dose may need to change because of change in level of physical activity or exercise, increased stress, change in diet, weight gain or loss, or illness.

Common side effects may include reactions at the injection site, itching, rash, serious allergic reactions (whole body reactions), skin thickening or pits at the injection site (lipodystrophy), weight gain, and swelling of your hands and feet.

Get emergency medical help if you have trouble breathing, shortness of breath, fast heartbeat, swelling of your face, tongue, or throat, swelling, extreme dizziness, dizziness, or confusion.

Please see Prescribing Information enclosed in this kit.
Please see Important Safety Information throughout this booklet and the Prescribing Information enclosed in this kit.