

TRANSITION OF CARE: TIPS FOR YOUNG ADULTS

Helping you take ownership of your asthma care

Congratulations for taking this step toward caring for your moderate-to-severe asthma. Preparing now can help you feel ready to manage your care and form a good partnership with your doctor. DUPIXENT's patient support program, **DUPIXENT MyWay**® is here to support you. Keep these tips and helpful resources nearby as you go through this process.

WHY IS IT IMPORTANT TO STAY ON TRACK?



If you've been on DUPIXENT, you might be enjoying life with less asthma symptoms right now. Your best shot at staying in control is staying on track with your treatment plan.

MOVING AWAY FROM HOME?

Wherever your next chapter takes you, these tips can help make the path forward a little easier.

Request your medical records from your current doctor

Having your records handy to send to your new doctor can help ensure a smooth transition.

Find a new doctor near you

Use this [online tool](#) to read patient reviews and find experienced specialists who treat asthma.

Sanofi US and Regeneron do not endorse or recommend any particular physician, and search results do not include a comprehensive list of doctors in your area.

INDICATION

DUPIXENT is a prescription medicine used with other asthma medicines for the maintenance treatment of moderate-to-severe eosinophilic or oral steroid dependent asthma in adults and children 6 years of age and older whose asthma is not controlled with their current asthma medicines. DUPIXENT helps prevent severe asthma attacks (exacerbations) and can improve your breathing. DUPIXENT may also help reduce the amount of oral corticosteroids you need while preventing severe asthma attacks and improving your breathing. DUPIXENT is not used to treat sudden breathing problems. It is not known if DUPIXENT is safe and effective in children with asthma under 6 years of age.

IMPORTANT SAFETY INFORMATION

Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENT.

Please see additional Important Safety Information throughout and accompanying full [Prescribing Information](#) including [Patient Information](#).

"I want others to know that I was once there, and I wish I had someone to talk to."



Rachel.
DUPIXENT Patient Mentor

TALK TO A MENTOR

Rachel learned to manage her asthma care with less reliance on her caregiver, while still working closely with her doctor.

[Scan to request a Mentor.](#)

GET ADDITIONAL SUPPORT



The **DUPIXENT MyWay**® Program can help.

- Case Managers answer questions about insurance and more
- Nurse Educators offer supplemental injection training and support

You or your doctor can download the **DUPIXENT MyWay** enrollment form, fill it out, and fax it back to **DUPIXENT MyWay** at 1-844-387-9370.

Add **DUPIXENT MyWay** as a contact on your mobile phone.



Stay on track with our Patient App.

Contact **DUPIXENT MyWay** for an invitation to get started.

TIPS FOR MANAGING YOUR CARE INDEPENDENTLY

The **DUPIXENT MyWay** Program can help you get started:



Sign up for supplemental injection training with a **DUPIXENT MyWay** Nurse Educator



Learn how to manage prescription refills with your specialty pharmacy



Create an injection routine that fits your schedule using our Patient App



Learn how to set up medication and injection site reminders on your phone



Visit our Injection Support Center to get more familiar with self-injection



Track your symptoms over time and share your information with your doctor



Learn about storage requirements and traveling with **DUPIXENT**

IMPORTANT SAFETY INFORMATION (cont'd)

Before using **DUPIXENT**, tell your healthcare provider about all your medical conditions, including if you:

- have a parasitic (helminth) infection
- are scheduled to receive any vaccinations. You should not receive a “live vaccine” right before and during treatment with **DUPIXENT**.

Please see additional Important Safety Information throughout and accompanying full [Prescribing Information](#) including [Patient Information](#).

IMPORTANT SAFETY INFORMATION (cont'd)

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you: (cont't)

- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
 - A pregnancy registry for women who take DUPIXENT during pregnancy collects information about the health of you and your baby. To enroll or get more information call 1-877-311-8972 or go to <https://mothertobaby.org/ongoing-study-dupilixent>.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your healthcare provider if you are taking oral, topical, or inhaled corticosteroid medicines or use an asthma medicine. **Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

DUPIXENT can cause serious side effects, including:

- **Allergic reactions. DUPIXENT can cause allergic reactions that can sometimes be severe.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following signs or symptoms: breathing problems or wheezing, swelling of the face, lips, mouth, tongue, or throat, fainting, dizziness, feeling lightheaded, fast pulse, fever, hives, joint pain, general ill feeling, itching, skin rash, swollen lymph nodes, nausea or vomiting, or cramps in your stomach-area.
- **Inflammation of your blood vessels.** Rarely, this can happen in people with asthma who receive DUPIXENT. This may happen in people who also take a steroid medicine by mouth that is being stopped or the dose is being lowered. It is not known whether this is caused by DUPIXENT. Tell your healthcare provider right away if you have: rash, chest pain, worsening shortness of breath, a feeling of pins and needles or numbness of your arms or legs, or persistent fever.
- **Joint aches and pain.** Some people who use DUPIXENT have had trouble walking or moving due to their joint symptoms, and in some cases needed to be hospitalized. Tell your healthcare provider about any new or worsening joint symptoms. Your healthcare provider may stop DUPIXENT if you develop joint symptoms.

The most common side effects in patients with asthma include injection site reactions, high count of a certain white blood cell (eosinophilia), pain in the throat (oropharyngeal pain), and parasitic (helminth) infections.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed by your healthcare provider. It's an injection given under the skin (subcutaneous injection). Your healthcare provider will decide if you or your caregiver can inject DUPIXENT. **Do not** try to prepare and inject DUPIXENT until you or your caregiver have been trained by your healthcare provider. In children 12 years of age and older, it's recommended DUPIXENT be administered by or under supervision of an adult. In children 6 to less than 12 years of age, DUPIXENT should be given by a caregiver.

Please see accompanying full Prescribing Information including Patient Information.