

For people 1 year of age
or older with diabetes

MY

TRESIBA[®]

REASON



**I have a good *Reason* to do more
to lower my blood sugar.**

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 (increased ketones in the blood or urine)
- 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. Do not share needles or syringes with another person. You may give other people a serious infection, or get a serious infection from them.

Please see additional Important Safety Information throughout and [Prescribing Information](#).



TRESIBA[®]
insulin degludec injection 100 U/mL, 200 U/mL

MY TRESIBA[®] REASON



Find your *Reason*, and ask your health care provider about Tresiba[®].

Actor portrayal.

Important Safety Information (cont'd)

Who should not take Tresiba[®]?

Do not take Tresiba[®] if you:

- are having an episode of low blood sugar (hypoglycemia)
- have an allergy 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.

What's your *Reason* for taking control of your blood sugar?

Managing diabetes can be challenging. You feel like you're on top of it on some days. Other days, it can be a little tougher. With the ups and downs, it's easy to find yourself just going through the motions with your diabetes care.

But if you need a reason to do more to take better control of your blood sugar, all you have to do is look around you... to family and friends, and the special moments in your life.



Take control with Tresiba[®]

A long-acting insulin that controls blood sugar in adults and children over 1 year of age with diabetes

Talk to your health care provider about your diabetes management plan, including diet and exercise.

Important Safety Information (cont'd)

How should I take Tresiba[®]?

- **Read the Instructions for Use** and take Tresiba[®] exactly as your health care provider tells you to
- **Do not do any conversion of your dose. The dose counter always shows the selected dose in units**
- Know the type and strength of insulin you take. **Do not** change the type of insulin you take unless your health care provider tells you to
- 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
- 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 and [Prescribing Information](#).

TRESIBA[®]
insulin degludec injection 100 U/mL, 200 U/mL

When it was time for insulin,
I chose Tresiba®



Tresiba® works the way the body's insulin does to lower my blood sugar



Tresiba® is a long-acting insulin that I take once a day



Tresiba® gives me blood sugar control for 24 hours, for powerful A1C reduction

Important Safety Information (cont'd)

How should I take Tresiba®? (cont'd)

- For children who need less than 5 units of Tresiba® each day, use a Tresiba® U-100 vial
- **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 or syringes 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
- Tresiba® can be injected under the skin (subcutaneously) of your upper legs (thighs), upper arms, or stomach area (abdomen).
- **Change (rotate) your injection sites within the area you choose with each injection** to reduce your risk of getting lipodystrophy (pits in skin or thickened skin) and localized cutaneous amyloidosis (skin with lumps) at the injection sites.

Please see additional Important Safety Information throughout and [Prescribing Information](#).



The Tresiba® Savings Card



Visit TresibaSavings.com or text **SAVE** to **97430** to get your Tresiba® Savings Card.

Eligibility and other restrictions apply. Message and data rates may apply.

Tresiba® is covered by most major health plans, including Medicare and Medicaid*

*Formulary status subject to change. Formulary data are provided by Managed Markets Insight & Technology, LLC (MMIT) and are current as of September 2022.

Important Safety Information (cont'd)

How should I take Tresiba®? (cont'd)

- **Do not** use the exact same spot for each injection.
- **Do not** inject where the skin has pits, is thickened, or has lumps.
- **Do not** inject where the skin is tender, bruised, scaly or hard, or into scars or damaged skin.

TRESIBA®
insulin degludec injection 100 U/mL, 200 U/mL

How Tresiba® works to control blood sugar



Tresiba® mimics the body's natural insulin



Tresiba® helps the sugar in your blood get into your cells



Like the body's insulin, Tresiba® releases slow and steady and works all day and night

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

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 dizziness, light-headedness, sweating, confusion, headache, blurred vision, slurred speech, shakiness, fast heart beat, anxiety, irritability, mood changes, and hunger.



Adults can take Tresiba® at any time of the day

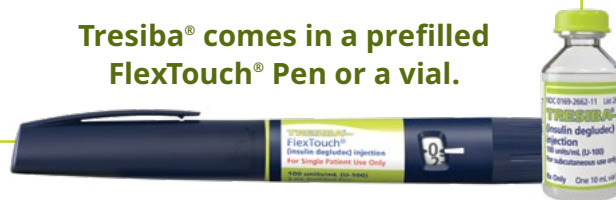
While we encourage you to take Tresiba® the same time every day, sometimes your schedule may change or you may forget to take your dose.

If you forget to take Tresiba®, take your dose as soon as you remember. Then, go back to your regular dosing time. Just make sure you leave at least 8 hours between doses.



Only Tresiba® lets adults change the time of their once-daily dose.

Tresiba® comes in a prefilled FlexTouch® Pen or a vial.



Please see additional Important Safety Information throughout and [Prescribing Information](#).

TRESIBA®
insulin degludec injection 100 U/mL, 200 U/mL

Type 1 and Tresiba®

If you have type 1 diabetes, your treatment plan will include basal-bolus insulin therapy (long-acting and mealtime insulin), which uses both types of insulin to **closely mimic the body's normal insulin release.**

Many type 1 diabetes patients use a continuous glucose monitor to closely keep track of their blood sugar and the amount of time that their numbers are in range. The ADA recommends that your blood sugar is in the range of 70 to 180 mg/dL.

Once-daily Tresiba® releases slow and steady throughout the day and night for a **full 24 hours of blood sugar control.**

?

Did you know that Tresiba® is the only long-acting insulin that can be taken by children as young as 1 year of age with type 1 diabetes?

Important Safety Information (cont'd)

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

- **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

Please see additional Important Safety Information throughout and [Prescribing Information.](#)



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

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.

TRESIBA®
insulin degludec injection 100 U/mL, 200 U/mL

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 (increased ketones in the blood or urine)
- 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. Do not share needles or syringes with another person. 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 (hypoglycemia)
- have an allergy 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.

How should I take Tresiba®?

- **Read the Instructions for Use** and take Tresiba® exactly as your health care provider tells you to
- **Do not do any conversion of your dose. The dose counter always shows the selected dose in units**
- Know the type and strength of insulin you take. **Do not** change the type of insulin you take unless your health care provider tells you to
- 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
- 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®
- For children who need less than 5 units of Tresiba® each day, use a Tresiba® U-100 vial
- **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 or syringes 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
- Tresiba® can be injected under the skin (subcutaneously) of your upper legs (thighs), upper arms, or stomach area (abdomen)
- **Change (rotate) your injection sites within the area you choose with each injection** to reduce your risk of getting lipodystrophy (pits in skin or thickened skin) and localized cutaneous amyloidosis (skin with lumps) at the injection sites
 - **Do not** use the exact same spot for each injection.
 - **Do not** inject where the skin has pits, is thickened, or has lumps.
 - **Do not** inject where the skin is tender, bruised, scaly or hard, or into scars or damaged skin.

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 dizziness, light-headedness, sweating, confusion, headache, blurred vision, slurred speech, shakiness, fast heart beat, anxiety, irritability, mood changes, and hunger.
- **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** serious allergic reactions (whole body reactions), reactions at the injection site, skin thickening or pits at the injection site (lipodystrophy), itching, rash, swelling of your hands and feet, and weight gain.

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.

Diabetes Discussion Guide

You can start a conversation with your health care provider using the questions below. There is also space to add your own questions or notes.

What is my current A1C?

What is my A1C goal?

Is Tresiba® right for me?

Notes: _____

Call **1-866-739-1875** or visit **Tresiba.com** for more information.

Tresiba® is available by prescription only.

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.



Partnership for
Prescription Assistance

If you need assistance with prescription costs, help may be available. Visit pparx.org or call 1-888-4PPA-NOW.

Please see Important Safety Information throughout and Prescribing Information.

FlexTouch® and Tresiba® are registered trademarks of Novo Nordisk A/S.

Novo Nordisk is a registered trademark of Novo Nordisk A/S.

© 2022 Novo Nordisk All rights reserved. US22TSM00242 November 2022



TRESIBA®
insulin degludec injection 100 U/mL, 200 U/mL