

Talking to your healthcare provider about moderately to severely active **CROHN'S DISEASE**

Your healthcare provider discussion guide

Review the below questions, and think about the symptoms you have been experiencing and what you want out of treatment. By having a better understanding of your experience with Crohn's disease, you can communicate with your healthcare provider more clearly and work together on a treatment plan that's right for you.

This guide is not a diagnostic tool. It is meant to help you have thorough and productive conversations with your healthcare team. Always consult your healthcare team before making any treatment decisions.

Print or download this guide, and fill out your answers. You can take it with you to your next appointment.

Understanding your Crohn's symptoms

1. How often do you experience uncontrolled symptoms?

- Daily Weekly Monthly
 Every few months A few times a year

2. What uncontrolled symptoms do you typically experience? How often or severe are they?

- Frequent bowel movements (stool frequency) Suddenly needing the bathroom (bowel urgency)
- Times per day: 1 2 3 4 5 6 7 8 9 10+
Times per day: 1 2 3 4 5 6 7 8 9 10+

(Continued on next page)

INDICATION

WHAT IS TREMFYA® (guselkumab)?

TREMFYA® (guselkumab) is a prescription medicine used to treat adults with moderately to severely active Crohn's disease.

SELECTED IMPORTANT SAFETY INFORMATION

TREMFYA® is not for everyone; only your healthcare provider can decide if it's right for you. Do not use if you are allergic to TREMFYA®. TREMFYA® is a prescription medicine that may cause serious side effects, including serious allergic reactions, infections, and liver problems. TREMFYA® affects your immune system. It may increase your risk of infections and lower your ability to fight them.

Please read the [Important Safety Information](#) on page 4 and the [Medication Guide](#) for TREMFYA® to learn more about these and other risks for TREMFYA®. Discuss any questions you have with your healthcare provider.

2. What uncontrolled symptoms do you typically experience? How often or severe are they? (continued)

Blood in your stool

Times per day

1 2 3 4 5 6 7 8 9 10+

Constipation (stools that are difficult to pass)

Times per day

1 2 3 4 5 6 7 8 9 10+

Fatigue or low energy

Times per day

1 2 3 4 5 6 7 8 9 10+

Diarrhea

Times per day

1 2 3 4 5 6 7 8 9 10+

Abdominal pain or cramping

Mild

Severe

1 2 3 4 5 6 7 8 9 10

Changes in body weight within the last month

Gained weight: ____ lbs

Lost weight: ____ lbs

3. Have your symptoms become more frequent or more severe since your last healthcare provider's visit?

Yes [Please explain]

No changes to my symptoms since my last visit

4. How are you currently managing your symptoms?

5. What treatments have you tried?

6a. How satisfied are you with your current treatment plan?

- Very satisfied
- Satisfied
- Neutral
- Unsatisfied
- Very unsatisfied

6b. Please explain your answer for question 6a.

7. How has Crohn's affected your daily life? Do you...? (Select all that apply)

- Avoid certain foods/change your diet
- Avoid social events
- Avoid activities you used to do
- Avoid physical intimacy
- Always need to know where the nearest bathroom is
- Miss work/school
- Feel anxious, embarrassed, or frustrated
- Other: _____
- No change to my lifestyle since my last healthcare provider's visit

INDICATION

WHAT IS TREMFYA® (guselkumab)?

TREMFYA® (guselkumab) is a prescription medicine used to treat adults with moderately to severely active Crohn's disease.

SELECTED IMPORTANT SAFETY INFORMATION

TREMFYA® is not for everyone; only your healthcare provider can decide if it's right for you. Do not use if you are allergic to TREMFYA®. TREMFYA® is a prescription medicine that may cause serious side effects, including serious allergic reactions, infections, and liver problems. TREMFYA® affects your immune system. It may increase your risk of infections and lower your ability to fight them.

Please read the **Important Safety Information** on page 4 and the **Medication Guide for TREMFYA®** to learn more about these and other risks for TREMFYA®. Discuss any questions you have with your healthcare provider.

8. How often do you hide your symptoms from other people?

- Often
 Sometimes
 Not at all

9. Is there someone in your life you can talk to openly about your Crohn's and your symptoms?

- Yes
 No

Understanding your Crohn's treatment goals

1. What are your treatment goals? (Select all that apply)

- Reduce my Crohn's symptoms
- Maintain long-term symptom control
- Get symptom relief quickly
- Help reduce inflammation in the intestinal lining
- Have my symptoms under control to get back to doing what I used to do
- Other: _____

2. When deciding on a treatment, what is important to you? (Select all that apply)

- How the treatment works
- How I receive the treatment (pill, injection, or infusion)
- How often I take the treatment
- How I can work with my healthcare provider to determine if treatment is right for me
- The safety profile of the treatment
- How fast the treatment starts to work
- How long the effects of treatment last
- Other: _____

3. How would you like to receive your medication?

- Intravenous infusion (through a vein in the arm) by a healthcare professional
 Subcutaneous injection (under the skin) at my healthcare provider's office
 Subcutaneous injection (under the skin) at home (after proper training and physician approval)

Questions for your healthcare provider about TREMFYA®

Take these questions to your next appointment, and discuss with your healthcare provider if TREMFYA® is right for you.

1. How does TREMFYA® work?
2. Could TREMFYA® help with my symptoms?
3. What are the possible side effects of TREMFYA®?
4. How would I take TREMFYA®? And how often?

Notes

Finding the right solution for your moderately to severely active Crohn's disease takes courage and conversation. By having honest discussions about your Crohn's symptoms and how your life has changed because of Crohn's, your healthcare team can have a better chance to address your unique needs. Your voice matters, so don't hesitate to ask any questions or share concerns.

Talk to your healthcare provider to see if TREMFYA® is right for you.

INDICATION

WHAT IS TREMFYA® (guselkumab)?

TREMFYA® (guselkumab) is a prescription medicine used to treat adults with moderately to severely active Crohn's disease.

SELECTED IMPORTANT SAFETY INFORMATION

TREMFYA® is not for everyone; only your healthcare provider can decide if it's right for you. Do not use if you are allergic to TREMFYA®. TREMFYA® is a prescription medicine that may cause serious side effects, including serious allergic reactions, infections, and liver problems. TREMFYA® affects your immune system. It may increase your risk of infections and lower your ability to fight them.

Please read the **Important Safety Information** on page 4 and the **Medication Guide for TREMFYA®** to learn more about these and other risks for TREMFYA®. Discuss any questions you have with your healthcare provider.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about TREMFYA®?

TREMFYA® is a prescription medicine that may cause serious side effects, including:

- **Serious Allergic Reactions.** Stop using TREMFYA® and get emergency medical help right away if you develop any of the following symptoms of a serious allergic reaction:
 - fainting, dizziness, feeling lightheaded (low blood pressure)
 - swelling of your face, eyelids, lips, mouth, tongue or throat
 - trouble breathing or throat tightness
 - chest tightness
 - skin rash, hives
 - itching
- **Infections.** TREMFYA® may lower the ability of your immune system to fight infections and may increase your risk of infections. Your healthcare provider should check you for infections and tuberculosis (TB) before starting treatment with TREMFYA® and may treat you for TB before you begin treatment with TREMFYA® if you have a history of TB or have active TB. Your healthcare provider should watch you closely for signs and symptoms of TB during and after treatment with TREMFYA®.

Tell your healthcare provider right away if you have an infection or have symptoms of an infection, including:

- fever, sweats, or chills
- muscle aches
- weight loss
- cough
- warm, red, or painful skin or sores on your body different from your psoriasis
- diarrhea or stomach pain
- shortness of breath
- blood in your phlegm (mucus)
- burning when you urinate or urinating more often than normal
- **Liver Problems.** With the treatment of Crohn's disease or ulcerative colitis, your healthcare provider will do blood tests to check your liver before and during treatment with TREMFYA®. Your healthcare provider may stop treatment with TREMFYA® if you develop liver problems. Tell your healthcare provider right away if you notice any of the following symptoms:
 - unexplained rash
 - vomiting
 - tiredness (fatigue)
 - yellowing of the skin or the whites of your eyes
 - nausea
 - stomach pain (abdominal)
 - loss of appetite
 - dark urine

Do not use TREMFYA® if you have had a serious allergic reaction to guselkumab or any of the ingredients in TREMFYA®.

Before using TREMFYA®, tell your healthcare provider about all of your medical conditions, including if you:

- have any of the conditions or symptoms listed in the section **"What is the most important information I should know about TREMFYA®?"**

- have an infection that does not go away or that keeps coming back.
- have TB or have been in close contact with someone with TB.
- have recently received or are scheduled to receive an immunization (vaccine). You should avoid receiving live vaccines during treatment with TREMFYA®.
- are pregnant or plan to become pregnant. It is not known if TREMFYA® can harm your unborn baby. **Pregnancy Registry:** If you become pregnant during treatment with TREMFYA®, talk to your healthcare provider about registering in the pregnancy exposure registry for TREMFYA®. You can enroll by visiting www.mothersandbabies.org/ongoing-study/tremfya-guselkumab, by calling 1-877-311-8972, or emailing MotherToBaby@health.ucsd.edu. The purpose of this registry is to collect information about the safety of TREMFYA® during pregnancy.
- are breastfeeding or plan to breastfeed. It is not known if TREMFYA® 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.

What are the possible side effects of TREMFYA®?

TREMFYA® may cause serious side effects. See **"What is the most important information I should know about TREMFYA®?"**

The most common side effects of TREMFYA® include:

respiratory tract infections, headache, injection site reactions, joint pain (arthralgia), diarrhea, stomach flu (gastroenteritis), fungal skin infections, herpes simplex infections, stomach pain, and bronchitis.

These are not all the possible side effects of TREMFYA®. Call your doctor for medical advice about side effects.

Use TREMFYA® exactly as your healthcare provider tells you to use it.

Please read the full Prescribing Information, including Medication Guide, for TREMFYA® and discuss any questions that you have with your doctor.

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.

Dosage Forms and Strengths: TREMFYA® is available as 100 mg/mL and 200 mg/2 mL for subcutaneous injection and as a 200 mg/20 mL (10 mg/mL) single dose vial for intravenous infusion.

cp-510994v1