



For adults with moderate to severe plaque psoriasis.

## YOUR DOCTOR DISCUSSION GUIDE

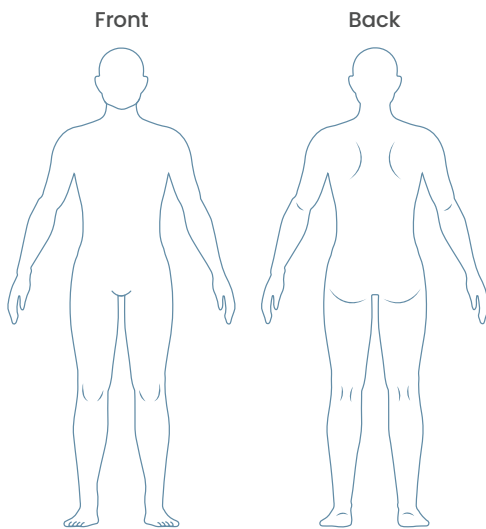
The first question most doctors may ask when you see them is “How are you?” and speaking up for yourself can be hard. That’s why we want to help you **feel empowered to have a clearer conversation** at your next dermatologist appointment. Be ready to share the following to help increase your chances of achieving your treatment goals:

### TO GET THE CONVERSATION STARTED SELECT YOUR GOAL:

- ☐ Start treatment for the first time    ☐ Find a different kind of treatment    ☐ Know what to expect with my treatment

### LET’S CONTINUE THE CONVERSATION:

Currently this is where I’m experiencing plaques.  
Indicate by marking the areas on the diagram below:



### Body Surface Area (BSA)

Determining the percentage of your body affected by psoriasis can assist your doctor in understanding the severity of your condition. You can use your hand to help. One hand represents approximately 1% of your body surface area and can help determine how much of your body is covered by plaques.

Using your hand, how many hands did you use to determine your body surface area (BSA)?



1 hand = 1% of your body surface area (BSA)



Less than 3



3 to 10



More than 10

### DO YOU HAVE PLAQUE PSORIASIS IN AREAS OF SKIN THAT ARE MORE SENSITIVE OR HIGHLY VISIBLE?

Select all that apply.

- ☐ Scalp    ☐ Face    ☐ Skin fold or crease area  
☐ Genital    ☐ N/A    ☐ Other \_\_\_\_\_

### DESCRIBE YOUR CURRENT TREATMENT:

I would rate my current treatment as:

- ☐ I’m satisfied    ☐ I see some progress but not what I expected  
☐ I haven’t seen any progress    ☐ I haven’t started a treatment option  
(mark the option that applies with a ✓)

In the past, I’ve stopped treatment because:

- ☐ I haven’t achieved my goal    ☐ It worked for a while, then stopped  
☐ I experienced side effects  
☐ I had difficulty using my medication    ☐ It was very time consuming  
☐ I had challenges with insurance coverage    ☐ Other: \_\_\_\_\_

(mark the options that apply with a ✓ or write another option)

### PREVIOUS TREATMENT OPTIONS:

Please put a check next to the categories of treatments you have previously tried. Specific medication names and doses, if you have them, would be helpful.

- ☐ Topicals (creams)

Names: \_\_\_\_\_

How long and how often used?: \_\_\_\_\_

What was your response from this treatment?: \_\_\_\_\_

- ☐ Phototherapy

Type: \_\_\_\_\_

How long and how often used?: \_\_\_\_\_

What was your response from this treatment?: \_\_\_\_\_

- ☐ Oral Therapies

Name(s): \_\_\_\_\_

How long and how often used?: \_\_\_\_\_

What was your response from this treatment?: \_\_\_\_\_

- ☐ Biologics (injectables)

Name(s): \_\_\_\_\_

How long and how often used?: \_\_\_\_\_

What was your response from this treatment?: \_\_\_\_\_



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### LET'S DISCUSS HOW PSORIASIS APPEARS ON YOUR SKIN

Did you know that sometimes skin patches or plaques and scales may differ in appearance depending on your skin tone?

#### My skin plaques/patches are:

- ☐ Red or pink    ☐ Purple or dark brown    ☐ Salmon colored  
☐ Other: \_\_\_\_\_

(mark the options that apply with a ✓ or write another option)

#### My scales are:

- ☐ Silvery white    ☐ Gray  
☐ Other: \_\_\_\_\_

(mark the options that apply with a ✓ or write another option)

### COULD TREMFYA® HELP MANAGE MY MODERATE TO SEVERE PLAQUE PSORIASIS?

#### Questions about treatment options:

- What are the treatment options for improving plaque psoriasis?
- Is there information on treatment options for plaque psoriasis in diverse skin tones?

### HOW BOTHERED ARE YOU BY THESE SYMPTOMS?

Use a scale from 1 (doesn't bother me at all) to 5 (really bothers me):

	1	2	3	4	5	N/A
Skin itchiness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Skin burning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Skin tightness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Skin flakiness or scaling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My skin is stinging	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My skin is painful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#### Questions about my symptoms:

- What if my symptoms aren't getting better? Should I consider a different treatment option?
- How can TREMFYA® help with my plaque psoriasis symptoms?

### MY SYMPTOMS HAVE MADE IT HARDER FOR ME TO:

- ☐ Exercise without skin irritation  
☐ Sleep  
☐ Work or participate in work activities  
☐ Wear the clothes I like  
☐ Engage in intimacy  
☐ Interact with friends or loved ones  
☐ Go about my day without feeling bothered  
☐ Other: \_\_\_\_\_

(mark the options that apply with a ✓ or write another option)

#### Additional questions to ask your doctor:

- Are there treatment options that I can use at home?
- Can you show me before and after images for patients with plaque psoriasis?
- Can you describe the 8-week dosing schedule (after 2 starter doses) for TREMFYA®?

Ask your doctor if TREMFYA® may be appropriate for you.

### \*RESULTS WITH TREMFYA®

In clinical studies at week 16, at least 7 out of 10 patients saw 90% clearer skin, and more than 8 out of 10 were rated clear or almost clear. More patients had improvement in symptoms such as pain, stinging, and skin tightness. Individual results may vary.

Once the decision has been made to prescribe TREMFYA®, TREMFYA withMe offers personalized support to help verify health insurance coverage, understand how to fill prescriptions, and find options that can make treatment more affordable. If you are a patient or a caregiver for someone interested in starting treatment with TREMFYA®, visit [www.tremfya.com](http://www.tremfya.com) or call 1-833-948-4631 to learn more.

The support and resources provided by TREMFYA withMe are not intended to give medical advice, replace a treatment plan you receive from your doctor or nurse, or serve as a reason for you to start or stay on treatment.

## INDICATION

### WHAT IS TREMFYA® (guselkumab)?

TREMFYA® is a prescription medicine used to treat adults with moderate to severe plaque psoriasis who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet or UV light).

## 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.** 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.mothersbaby.org/ongoing-study/tremfya-guselkumab](http://www.mothersbaby.org/ongoing-study/tremfya-guselkumab), by calling 1-877-311-8972, or emailing [MotherToBaby@health.ucsd.edu](mailto: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](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.**

TREMFYA® is available as a 100 mg/mL subcutaneous injection.

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