

TELL IT LIKE IT IS: YOUR CONFIDENT CONVERSATION STARTS HERE

Take this with you to your next appointment so you can have a more empowered and more productive discussion with your dermatologist about your moderate to severe plaque psoriasis and how it's affecting you. It all starts with a confident conversation.

Hi, Doc—

Of all the symptoms of moderate to severe plaque psoriasis, **the burning, stinging, itching, pain, skin tightness** of the plaques irritate/s me the most. And I have completely new plaques on **my neck, my scalp, my face, my chest, my legs, my arms, so many places.**

The plaques have **gotten worse, gotten better, stayed the same, been unbearable** over time. But it's the plaques on **my neck, scalp, face, chest, legs, arms, buttocks** that cause me the most discomfort.

In my day-to-day life, my moderate to severe plaque psoriasis symptoms (itching, skin tightness, burning, stinging, and pain) make me feel **not at all bothered, slightly bothered, really bothered**. Sometimes my plaques irritate me when I am **going to the gym or exercise classes, traveling to different climates, wearing certain clothing, doing other things.**

I want to see if I can find a treatment option for my moderate to severe plaque psoriasis. I have a **wedding, graduation, vacation, special event** coming up, and would like clearer skin. Previously I've tried **lotions, pills, phototherapy, biologics, wishing real hard** for treatment of my moderate to severe plaque psoriasis. So I want to discuss my treatment goal(s) of **clearer skin, symptom control, dosing that fits my schedule** with you.

I'd like to talk to you about TREMFYA® to see if it's right for me.

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.

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 light or UV light).

TREMFYA® is a 100 mg injection given under the skin as directed by your doctor at weeks 0 and 4, and then every 8 weeks.

SELECTED IMPORTANT SAFETY INFORMATION

TREMFYA® is not for everyone; only your doctor 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 and infections. 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 the following page and the [Medication Guide](#) for TREMFYA® to learn more about these and other risks for TREMFYA®. Discuss any questions you have with your doctor.

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

Do not take 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.
- 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:

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

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Hi, Doc—

Tell it like it is: Start with a confident conversation

If you're living with moderate to severe plaque psoriasis, it's important to be upfront with your dermatologist about your experiences with the disease. Don't forget to show your doctor all your plaques, no matter where they are. And don't be afraid to ask as many questions as you need. Remember, both you and your dermatologist have the same goal: clearer skin for you.

At your next appointment, ask your dermatologist if TREMFYA® may be right for you.

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