

TRANSITION OF CARE: TIPS FOR CAREGIVERS OF TEENS

Helping you prepare your teen to take ownership of their moderate-to-severe asthma care

Starting early and doing a little at a time can help your teen feel less overwhelmed. Use the tips and resources below to encourage them as they become more involved in their own care.

And remember, *DUPIXENT MyWay*[®] is here to support you throughout the journey!

If your healthcare provider decides that you or your loved one can give the injections of DUPIXENT, you or your loved one should receive training on the right way to prepare and inject DUPIXENT. Do not try to inject DUPIXENT until you have been shown the right way by your healthcare provider.

GUIDE YOUR TEEN IN ASTHMA MANAGEMENT

TALK with them regularly.

Frequent check-ins with your teen can help you understand their readiness to take on more responsibility for their asthma care. **Here are some topics you can discuss:**



Managing DUPIXENT Shipments



Scheduling and attending appointments



Tracking symptoms and treatment progress



Finding DUPIXENT resources and support



Learning how to do self-injections with supervision



Communicating with healthcare providers



Share the *Managing Your Asthma Treatment* tip sheet with your teen. It explains what their asthma is and the importance of taking an active role in their treatment.



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](#).

ENCOURAGE YOUR TEEN TO PLAY AN ACTIVE ROLE

PREPARE together for doctor appointments.

Here are a few things to suggest that can help your teen feel ready:



Starting a list of questions to ask



Practicing (with you) how to speak directly with their healthcare provider



Keeping a symptom tracking journal

Fill out the DUPIXENT doctor discussion guide together, too!



SCAN ME

To get your teen more involved in the injection process, try asking them to:



Run through the process of preparing and administering their injection with you



Choose the time and place for their injection, including the injection site on their body



Help you prepare their injection to become familiar with the process



Set a calendar reminder for their next injection time

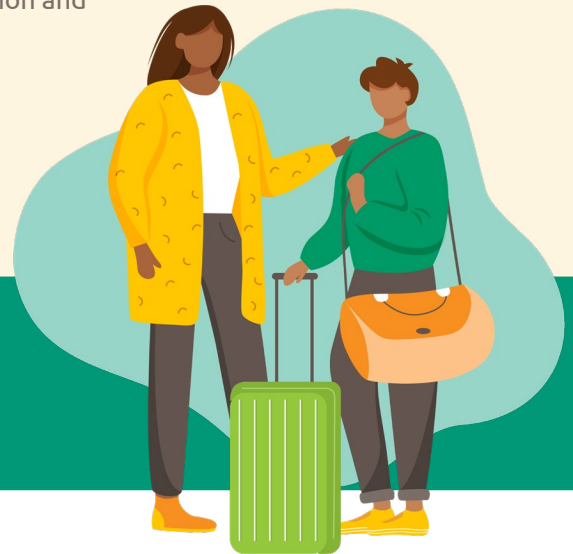
WILL YOUR TEEN BE AWAY FROM HOME?

Your best bet is preparation. Here are a few things you can do to keep them on track:

1. Talk in advance about your teen's medications, storing and dosing schedules, and provide any specific written permissions needed for supervision and administration of injections
2. Mention any known triggers or activities your teen should avoid
3. Discuss what to do if your teen has an asthma attack and how to contact you in an emergency

If your teen isn't quite ready for more responsibility, that's OK!

Provide support, foster confidence through involvement, and keep the lines of communication open.



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.

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IMPORTANT SAFETY INFORMATION (cont'd)

Before using DUXIPENT, tell your healthcare provider about all your medical conditions, including if you (cont'd):

- are pregnant or plan to become pregnant. It is not known whether DUXIPENT will harm your unborn baby.
 - A pregnancy registry for women who take DUXIPENT 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-dupilumab>.
- are breastfeeding or plan to breastfeed. It is not known whether DUXIPENT 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.

DUXIPENT can cause serious side effects, including:

- **Allergic reactions. DUXIPENT can cause allergic reactions that can sometimes be severe.** Stop using DUXIPENT 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 DUXIPENT. 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 DUXIPENT. 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 DUXIPENT 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 DUXIPENT 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 DUXIPENT. 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 DUXIPENT 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 DUXIPENT. **Do not** try to prepare and inject DUXIPENT until you or your caregiver have been trained by your healthcare provider. In children 12 years of age and older, it's recommended DUXIPENT be administered by or under supervision of an adult. In children 6 to less than 12 years of age, DUXIPENT should be given by a caregiver.

Please see accompanying full [Prescribing Information](#) including [Patient Information](#).

PREPARING YOUR TEEN TO MANAGE THEIR ASTHMA CARE

Helping your teen take a bigger role in their moderate-to-severe asthma care is important! This guide is designed to ease this transition, along with support from *DUPIXENT MyWay*[®], our patient support program, their doctor, and you.

Read through the guide yourself first, then discuss the tips and resources with your teen.



UNDERSTANDING YOUR CONDITION



When your asthma isn't managed well, you may not feel good. Your asthma symptoms like shortness of breath, can pop up more often, and get in the way of your favorite activities.

Your doctor prescribed DUPIXENT—to help you get your asthma back under control!



INFLAMMATION AND ASTHMA

Did you know, underlying inflammation may be ongoing even when asthma symptoms are not present? This underlying inflammation may cause airways to become constricted and narrow making it harder to breathe properly. With treatment, airway inflammation in the lungs may improve allowing you to breathe better.



WHY AM I RECEIVING INJECTIONS?

DUPIXENT is an injectable biologic medication—with just one or two doses a month*—that targets two of the underlying causes of asthma in the lungs.

*Based on age and weight



Remember, following your doctor's treatment plan gives you the best chance of seeing your symptoms improve.

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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

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



SCAN ME

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



Stay on track with our Patient App.

You or your caregiver can contact **DUPIXENT MyWay** for an invitation to get started.

OWNING YOUR TREATMENT JOURNEY

Chatting with your caregiver can be super helpful in figuring out if you're ready to take charge of your moderate-to-severe asthma care. **So, get ready to dive into some topics together!**



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



Ask your caregiver to show you how they work with your specialty pharmacy to get prescription refills



Create an injection routine using our Patient App and share it with your caregiver. Sign up for the app through **DUPIXENT MyWay** (see above for how to enroll)



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



Check out the [injection support center](#) and watch the injection support videos with your caregiver



Prepare a list of questions to ask your doctor with your caregiver



Learn about storage requirements for when you're away from home, like at camp or on vacation

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