

For people 12+ years with moderate to severe eczema (atopic dermatitis) that did not respond to previous treatment and their eczema is not well controlled using other pills or injections, including biologics, or the use of other pills or injections is not recommended.



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Moderate to severe eczema (atopic dermatitis) has disrupted your skin long enough. Now, it's time to disrupt it back. Discover RINVOQ, a once-daily pill that helps relieve the itch and rash of eczema.

# GET STARTED

**with the Ultimate Doctor Visit Kit  
and go into your next visit with confidence.**

**Keep reading to learn more about Important Safety Information.**

## **SELECT IMPORTANT SAFETY INFORMATION**

RINVOQ may cause serious side effects, including:

- **Serious Infections, Cancer and Immune System Problems, and Blood Clots.**
- **Increased risk of death in people age 50+ with at least 1 heart disease risk factor.**
- **Increased risk of major cardiovascular events, such as heart attack, stroke, or death in people 50+ with at least 1 heart disease risk factor, especially in current or past smokers.**
- **Serious allergic reactions. Do not take if allergic to RINVOQ or its ingredients.**

To learn more about these and other serious side effects, see full [Important Safety Information](#) on pages 14–15.

Please see the [Full Prescribing Information](#), including Boxed Warnings and the [Medication Guide](#), or visit [https://www.rxabbvie.com/pdf/rinvoq\\_pi.pdf](https://www.rxabbvie.com/pdf/rinvoq_pi.pdf).



# GET READY

## Prepare for your next doctor's appointment

Interact with this guide so you're ready to explain how eczema (atopic dermatitis) is affecting you. The pages ahead cover the details that specialists want to know so you can keep up the fight. Remember to click Save when you're done, and feel free to print it and take it to your next appointment.

## We can help make it easier to talk to your care team with:

- Conversation starters about your eczema experience
- A scale to better communicate your itch experience
- Daily Disrupt Grids—a new way to track your symptom story over time
- RINVOQ facts to help inform your treatment discussion



To fill out this interactive guide, please download a PDF editor such as Adobe Acrobat or Acrobat Reader and view it on a laptop or desktop. Printing it works too.

## WHAT IS RINVOQ?

RINVOQ is a prescription medicine used to treat adults and children 12 years of age and older with moderate to severe eczema (atopic dermatitis) that did not respond to previous treatment and their eczema is not well controlled with other pills or injections, including biologic medicines, or the use of other pills or injections is not recommended. RINVOQ is safe and effective in children 12 years of age and older weighing at least 88 pounds (40 kg) with atopic dermatitis. It is not known if RINVOQ is safe and effective in children under 12 years of age with atopic dermatitis.

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# TAKE CHARGE

## of the conversation

Try kicking off the dialogue with these fill-in-the-blank statements. They can provide your specialist insight into your eczema experience and treatment goals. Be open. Be honest.

### Speak up about your symptoms

Before your doctor can personalize a treatment plan, they need to understand your eczema's severity. The frequency, intensity, surface area, and location of your symptoms are key factors.

✦ Click below to type your answer.\*

*Since my last appointment, my eczema symptoms have*

*Over the past few days, my symptoms have*

*My eczema appears on body parts like*

\*To fill out this interactive guide, please download a PDF editor such as Adobe Acrobat or Acrobat Reader.

[Continue on next page →](#)

## Don't forget to talk life impact

Eczema affects everyone differently. And it doesn't always stop at itch and rash. Don't overlook how the disease could affect you. Talk to your doctor.

 Click below to type your answer.\*

*When I experience itch from eczema, I feel*

*In my day-to-day life, my eczema symptoms impact*

## Voice your treatment goals

What you say matters. Clear communication of your wants and needs is an important part of finding the right treatment plan for you.

 Click below to type your answer.\*

*I'm currently treating my eczema with*

*This treatment makes me feel*

*I want a treatment that will*

\*To fill out this interactive guide, please download a PDF editor such as Adobe Acrobat or Acrobat Reader.

## Talking itch: a burdensome symptom of eczema

For people with moderate to severe eczema like Maddy, itch can prove unbearable, and it can be tough to describe. We may be able to help.

Use the itch scale below to help better describe your itch experience to your healthcare provider.

**“The itch definitely impacted my life. It was something that I could feel layers deep.”**  
– Maddy, eczema patient

-  I **do not** have symptoms of itch
-  My itch is **easily ignored**
-  My itch can be **ignored with effort**
-  My itch **does not limit** daily activities
-  My itch **occasionally limits** daily activities
-  My itch **often limits** daily activities
-  My itch **significantly limits** daily activities

# Square away your **ITCH** story

Easily visualize your eczema experience with Daily Disrupt Grids. They will help give your eczema specialist a more vivid view of key symptoms over time. The better they understand the specifics, the better they can help you manage your condition.

## Your Daily Disrupt Grid

Below is the itch grid. At the end of each day, reflect on your itch. Determine which of the icons from the key below best describes your experience, then fill in the square that aligns with today's day of the week with that icon.

**Tips:** Start filling out your grid at least one month before your next appointment. This will ensure your specialist has a sufficient view of your symptoms. Pay attention to any trends and how they might relate to triggers. Then at your next appointment, show your doctor the grids along with photos of your symptoms and discuss.

### Key

- \* Unnoticeable/Little to no itch
- \*\* Uncomfortable/Some itch
- \*\*\* Unbearable/Extreme itch

👉 Click the appropriate box and select your answer from the dropdown menu: \*, \*\*, or \*\*\*. †

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							

If you're ready to team up with a dermatologist, use our Doctor Locator Tool by visiting [abbv.ie/DoctorFinder](http://abbv.ie/DoctorFinder)

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# Square away your **RASH** story

Easily visualize your eczema experience with Daily Disrupt Grids. They will help give your eczema specialist a more vivid view of key symptoms over time. The better they understand the specifics, the better they can help you manage your condition.

## Your Daily Disrupt Grid

Below is the rash grid. At the end of each day, reflect on your rash. Determine which of the icons from the key below best describes your experience, then fill in the square that aligns with today's day of the week with that icon.

**Tips:** Start filling out your grid at least one month before your next appointment. This will ensure your specialist has a sufficient view of your symptoms. Pay attention to any trends and how they might relate to triggers. Then at your next appointment, show your doctor the grids along with photos of your symptoms and discuss.

### Key

- \* Unnoticeable/Little to no rash
- \*\* Uncomfortable/Some rash
- \*\*\* Unbearable/Extreme rash

👉 Click the appropriate box and select your answer from the dropdown menu: \*, \*\*, or \*\*\*. †

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							

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# DISRUPT

the itch & rash of

# ECZEMA

with RINVOQ, a once-daily pill

## WHAT IS RINVOQ?

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## Dramatic results are possible

RINVOQ helps heal your painful skin in two ways — by significantly reducing the itch and clearing the rash of eczema.

### In clinical studies, RINVOQ helped provide:

#### **FAST** Itch Relief

- Some felt **significantly less itch** as early as 2 days after first dose
- Many felt **significantly less itch** at 16 weeks

#### **RAPID & SIGNIFICANT** Skin Clearance

- Some saw **75% skin clearance** as early as 2 weeks — many at 16 weeks
- Some even saw **100% skin clearance** at 16 weeks
- Many saw **clear or almost-clear skin** at 16 weeks

#### **LONG-TERM** Results

- In another study of RINVOQ, many patients had clearer skin and less itch, even at 3 years\*

*\*In a less rigorous study, after 16 weeks, physicians and patients knew that RINVOQ was being used, which may have influenced these results.*

See the data behind the **RELIEF** at [abbv.ie/SeeResults](http://abbv.ie/SeeResults)

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## RINVOQ relief you can feel & see

### Real results for teens (ages 12–17)



The majority of adolescents saw **75% clearer skin at 16 weeks** in RINVOQ clinical trials.  
Individual results may vary.

### Real results for adults



Many patients saw **90% skin clearance at 16 weeks** in RINVOQ clinical trials.  
Individual results may vary.

See more before and after pictures at [abbvie.com/EczemaPhotos](https://abbvie.com/EczemaPhotos)

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## RINVOQ helps deliver results—just ask a doctor

RINVOQ disrupts the unrelenting itch and rash of moderate to severe eczema (atopic dermatitis). Ask your healthcare provider these questions to find out if RINVOQ could work for you, too. Make an informed treatment choice as a team.

1. “How would you describe the severity of my eczema?”
2. “Do you think RINVOQ could help me achieve my treatment goals?”
3. “How does RINVOQ work to treat moderate to severe eczema?”
4. “What are the benefits and risks of taking RINVOQ?”
5. “Has RINVOQ helped any of your patients achieve symptom relief like less itch or clearer skin?”



**“Because of the RELIEF I got through RINVOQ, I’m no longer constantly thinking about my itch and rash.”**

– Michael, RINVOQ patient

Watch real RINVOQ stories by visiting [abbv.ie/EczemaStories](https://abbv.ie/EczemaStories)

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## How RINVOQ works

Eczema is more than a skin condition—it's a systemic disease linked to an overactive immune system and persistent inflammation.

JAK proteins are thought to play a key role in the inflammation that contributes to symptoms like itch and rash.

Enter RINVOQ—a JAK inhibitor that works with your immune system to help block the activity of some JAK proteins.

Take a deeper look at how RINVOQ works. Visit [abbv.ie/WhatsRINVOQ](https://abbv.ie/WhatsRINVOQ)



**“RINVOQ is a JAK inhibitor, meaning it works within your immune system to help block certain signals that are thought to contribute to excess inflammation.”**

– Dr. Diego Ruiz Dasilva  
Board-certified dermatologist

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# RINVOQ<sup>®</sup> COMPLETE

## Resources designed around you

RINVOQ Complete provides 1-to-1, personalized support when you're ready to start treatment. From helping you understand your insurance to finding ways to help you save, RINVOQ Complete has you covered.



### Dedicated Nurse Ambassador\*

Your Nurse Ambassador is there every step of the way, providing resources to help you better understand your condition and your treatment.



### You may pay as little as \$5/month,<sup>†</sup> if eligible, with commercial insurance

Your Nurse Ambassador can connect you with an insurance specialist to determine if this option is right for you.



### RINVOQ Complete app

Use the app to help stay on track with a daily routine, plus access additional resources.

## Ready to get started?

You may pay as little as \$5/month<sup>†</sup> with the RINVOQ Complete Savings Card.

**Just call or text<sup>†</sup> "ENROLL" to 1-800-2RINVOQ (1-800-274-6867)**

**Or visit us online at [RINVOQComplete.com](https://www.rinvoqcomplete.com)**

\*Nurse Ambassadors are provided by AbbVie and do not work under the direction of your health care professional (HCP) or give medical advice. They are trained to direct patients to their HCP for treatment-related advice, including further referrals.

#### **†RINVOQ Complete Savings Card Terms and Conditions**

Eligibility: Available to patients with commercial insurance coverage for RINVOQ<sup>®</sup> (upadacitinib) who meet eligibility criteria. This co-pay assistance program is not available to patients receiving prescription reimbursement under any federal, state, or government-funded insurance programs (for example, Medicare [including Part D], Medicare Advantage, Medigap, Medicaid, TRICARE, Department of Defense, or Veterans Affairs programs) or where prohibited by law. Offer subject to change or termination without notice. Restrictions, including monthly maximums, may apply. This is not health insurance. **For full Terms and Conditions, visit [RINVOQSavingsCard.com](https://www.rinvoqsavingscard.com) or call 1.800.2RINVOQ for additional information.** To learn about AbbVie's privacy practices and your privacy choices, visit <https://privacy.abbvie>

<sup>†</sup>1 msg/request. Msg & Data Rates May Apply. Visit [www.abbvie.com/privacy.html](https://www.abbvie.com/privacy.html) for info on AbbVie's privacy practices, and SeeRTerms.com for terms and conditions.

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## USE AND IMPORTANT SAFETY INFORMATION

### What is RINVOQ?

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### What is the most important information I should know about RINVOQ?

RINVOQ may cause serious side effects, including:

- **Serious infections.** RINVOQ can lower your ability to fight infections. Serious infections have happened while taking RINVOQ, including tuberculosis (TB) and infections caused by bacteria, fungi, or viruses that can spread throughout the body. Some people have died from these infections. Your healthcare provider (HCP) should test you for TB before starting RINVOQ and check you closely for signs and symptoms of TB during treatment with RINVOQ. You should not start taking RINVOQ if you have any kind of infection unless your HCP tells you it is okay. If you get a serious infection, your HCP may stop your treatment until your infection is controlled. You may be at higher risk of developing shingles (herpes zoster).
- **Increased risk of death in people 50 years and older who have at least 1 heart disease (cardiovascular) risk factor.**
- **Cancer and immune system problems.** RINVOQ may increase your risk of certain cancers. Lymphoma and other cancers, including skin cancers, can happen. Current or past smokers are at higher risk of certain cancers, including lymphoma and lung cancer. Follow your HCP's advice about having your skin checked for skin cancer during treatment with RINVOQ. Limit the amount of time you spend in sunlight. Wear protective clothing when you are in the sun and use sunscreen.
- **Increased risk of major cardiovascular (CV) events, such as heart attack, stroke, or death, in people 50 years and older who have at least 1 heart disease (CV) risk factor, especially if you are a current or past smoker.**
- **Blood clots.** Blood clots in the veins of the legs or lungs and arteries can happen with RINVOQ. This may be life-threatening and cause death. Blood clots in the veins of the legs and lungs have happened more often in people who are 50 years and older and with at least 1 heart disease (CV) risk factor.
- **Allergic reactions.** Symptoms such as rash (hives), trouble breathing, feeling faint or dizzy, or swelling of your lips, tongue, or throat, that may mean you are having an allergic reaction have been seen in people taking RINVOQ. Some of these reactions were serious. If any of these symptoms occur during treatment with RINVOQ, stop taking RINVOQ

and get emergency medical help right away.

- **Tears in the stomach or intestines.** This happens most often in people who take nonsteroidal anti-inflammatory drugs (NSAIDs) or corticosteroids. Get medical help right away if you get stomach-area pain, fever, chills, nausea, or vomiting.
- **Changes in certain laboratory tests.** Your HCP should do blood tests before you start taking RINVOQ and while you take it. Your HCP may stop your RINVOQ treatment for a period of time if needed because of changes in these blood test results.

**Do not take RINVOQ if you are allergic to upadacitinib or any of the ingredients in RINVOQ.** See the Medication Guide or Consumer Brief Summary for a complete list of ingredients.

### What should I tell my HCP BEFORE starting RINVOQ?

Tell your HCP if you:

- Are being treated for an infection, have an infection that won't go away or keeps coming back, or have symptoms of an infection, such as:
  - Fever, sweating, or chills
  - Shortness of breath
  - Warm, red, or painful skin or sores on your body
  - Muscle aches
  - Feeling tired
  - Blood in phlegm
  - Diarrhea or stomach pain
  - Cough
  - Weight loss
  - Burning when urinating or urinating more often than normal
- Have TB or have been in close contact with someone with TB.
- Are a current or past smoker.
- Have had a heart attack, other heart problems, or stroke.
- Have or have had any type of cancer, hepatitis B or C, shingles (herpes zoster), blood clots in the veins of your legs or lungs, diverticulitis (inflammation in parts of the large intestine), or ulcers in your stomach or intestines.
- Have other medical conditions, including liver problems, low blood cell counts, diabetes, chronic lung disease, HIV, or a weak immune system.
- Live, have lived, or have traveled to parts of the country, such as the Ohio and Mississippi River valleys and the Southwest, that increase your risk of getting certain kinds of fungal infections. If you are unsure if you've been to these types of areas, ask your HCP.
- Have recently received or are scheduled to receive a vaccine. People who take RINVOQ should not receive live vaccines.
- Are pregnant or plan to become pregnant. Based on animal

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▲ CLICK THE TABS ABOVE TO LEARN MORE ▲

studies, RINVOQ may harm your unborn baby. Your HCP will check whether or not you are pregnant before you start RINVOQ. You should use effective birth control (contraception) to avoid becoming pregnant during treatment with RINVOQ and for 4 weeks after your last dose.

- There is a pregnancy surveillance program for RINVOQ. The purpose of the program is to collect information about the health of you and your baby. If you become pregnant while taking RINVOQ, you are encouraged to report the pregnancy by calling 1-800-633-9110.
- Are breastfeeding or plan to breastfeed. RINVOQ may pass into your breast milk. Do not breastfeed during treatment with RINVOQ and for 6 days after your last dose.

**Tell your HCP about all the medicines you take**, including prescription and over-the-counter medicines, vitamins, and herbal supplements. RINVOQ and other medicines may affect each other, causing side effects.

#### **Especially tell your HCP if you take:**

- Medicines for fungal or bacterial infections
- Rifampicin or phenytoin
- Medicines that affect your immune system

If you are not sure if you are taking any of these medicines, ask your HCP or pharmacist.

#### **What should I avoid while taking RINVOQ?**

Avoid food or drink containing grapefruit during treatment with RINVOQ as it may increase the risk of side effects.

#### **What should I do or tell my HCP AFTER starting RINVOQ?**

- Tell your HCP right away if you have any symptoms of an infection. RINVOQ can make you more likely to get infections or make any infections you have worse.
- Get emergency help right away if you have any symptoms of a heart attack or stroke while taking RINVOQ, including:
  - Discomfort in the center of your chest that lasts for more than a few minutes or that goes away and comes back
  - Severe tightness, pain, pressure, or heaviness in your chest, throat, neck, or jaw
  - Pain or discomfort in your arms, back, neck, jaw, or stomach
  - Shortness of breath with or without chest discomfort
  - Breaking out in a cold sweat
  - Nausea or vomiting
  - Feeling lightheaded
  - Weakness in one part or on one side of your body
  - Slurred speech
- Tell your HCP right away if you have any signs or symptoms of blood clots during treatment with RINVOQ, including:
  - Swelling or both legs
  - Pain or tenderness in one

- Sudden unexplained chest or upper back pain
- Shortness of breath or difficulty breathing
- Tell your HCP right away if you have a fever or stomach-area pain that does not go away, and a change in your bowel habits.

#### **What are other possible side effects of RINVOQ?**

Common side effects include upper respiratory tract infections (common cold, sinus infections), shingles (herpes zoster), herpes simplex virus infections (including cold sores), bronchitis, nausea, cough, fever, acne, headache, increased blood levels of creatine phosphokinase, allergic reactions, inflammation of hair follicles, stomach-area (abdominal) pain, increased weight, flu, tiredness, lower number of certain types of white blood cells (neutropenia, lymphopenia, leukopenia), muscle pain, flu-like illness, rash, increased blood cholesterol levels, increased liver enzyme levels, pneumonia, low number of red blood cells (anemia), and infection of the stomach and intestine (gastroenteritis).

A separation or tear to the lining of the back part of the eye (retinal detachment) has happened in people with atopic dermatitis treated with RINVOQ. Call your HCP right away if you have any sudden changes in your vision during treatment with RINVOQ.

Some people taking RINVOQ may see medicine residue (a whole tablet or tablet pieces) in their stool. If this happens, call your healthcare provider.

These are not all the possible side effects of RINVOQ.

#### **How should I take RINVOQ?**

RINVOQ is taken once a day with or without food. Do not split, crush, or chew the tablet. Take RINVOQ exactly as your HCP tells you to use it. RINVOQ is available in 15 mg, 30 mg, and 45 mg extended-release tablets.

**This is the most important information to know about RINVOQ. For more information, talk to your HCP.**

**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.**

**If you are having difficulty paying for your medicine, AbbVie may be able to help. Visit [AbbVie.com/myAbbVieAssist](http://AbbVie.com/myAbbVieAssist) to learn more.**

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