Your Doctor Discussion Guide

Make the most of your next nonsegmental vitiligo appointment

Maximize your time with your dermatologist—fill out and print this form, then go over your responses as a team.

DISCUSS your vitiligo

1. Have you ever been diagnosed with nonsegmental vitiligo? ☐ Yes If so, when? _____ ☐ No

2. Where do your patches appear? (Select all that apply.)

☐ Face ☐ Head and neck ☐ Arms ☐ Feet ☐ Sensitive areas, including the genitals
☐ Hands ☐ Legs ☐ Torso ☐ Other areas (please specify): _____

3. Have you noticed new or spreading patches within the past 6-12 months? ☐ Yes ☐ No

If you selected "yes" your vitiligo may be considered **active**. Be sure to tell your dermatologist how and where your patches are progressing.

OPEN UP about vitiligo's impact

4. On an average day, how does your vitiligo make you feel? _____

5. In a typical week, how often do you think about your vitiligo?

☐ Not at all ☐ Sometimes ☐ Often ☐ It's always on my mind

6. How does your vitiligo impact you? (Select all that apply.)

☐ It impacts my social life ☐ It impacts how I feel about my future ☐ It impacts what I wear
☐ It impacts my relationships ☐ Managing it takes time out of my day ☐ In other ways: _____

Don't face the uncertainty of vitiligo alone

If you have concerns, speak up. Your dermatologist is here to help you.

SHARE your treatment history and goals

7. What treatments have you tried for nonsegmental vitiligo, if any? _____

8. Which of the following are the most important aspects of treatment to you? (Select all that apply.)

☐ Repigmentation ☐ Maintaining repigmentation over time ☐ How treatment is taken
☐ Stabilization ☐ Number of treatments used at one time ☐ Frequency of treatment
☐ Other: _____

For adults and children 12+ years with nonsegmental vitiligo

RINVOQ: The 1st FDA-approved once-daily PILL for nonsegmental vitiligo

In clinical trials, this oral treatment helped deliver results:

With RINVOQ, some saw
75% facial repigmentation at 48 weeks
—some as early as 24 weeks

Some saw
50% total body repigmentation
at 48 weeks

RINVOQ can help stabilize actively progressing vitiligo
—some saw no visible increase in patches across the body at Weeks 8 and 12

SEE before & after photos



75% facial repigmentation at 48 weeks. Clinical trial patient. Individual results may vary.

To see more photos and detailed data, visit RINVOQ.com/VitiligoResults

RINVOQ was studied in a range of people with nonsegmental vitiligo, including:

→ Adults and children as young as 12 → People with actively progressing and stable vitiligo → People with varying extents of pigment loss

RINVOQ WORKS throughout the body

RINVOQ works with your immune system to target and inhibit Janus kinase (JAK) proteins, which are believed to play a key role in melanocyte destruction linked to pigment loss. **To learn how, visit RINVOQ.com/How**

USE

RINVOQ is a prescription medicine used to treat adults and children 12 years of age and older with a type of vitiligo called nonsegmental vitiligo (NSV). It is not known if RINVOQ is safe and effective in children under 12 years of age with nonsegmental vitiligo.

SAFETY CONSIDERATIONS

RINVOQ may cause serious side effects, including:

- **Serious infections.** RINVOQ can lower ability to fight infections. Serious infections, some fatal, occurred, including tuberculosis (TB) and infections caused by bacteria, fungi, or viruses.
- **Increased risk of death in people age 50+ with at least 1 heart disease risk factor.**
- **Cancer and immune system problems.** Increased risk of some cancers, including lymphoma and skin. Current or past smokers have higher risk for lymphoma and lung cancer.
- **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.**
- **Blood clots,** some fatal, in veins of the legs or lungs and arteries. This occurred more often in people 50+ with at least 1 heart disease risk factor. Blood clots can also form in the veins of the brain.
- **Serious allergic reactions. Do not take if allergic to RINVOQ or its ingredients.**
- **Tears in the stomach or intestines; low blood sugar in people with diabetes; and changes in certain laboratory test results.**

Please see additional Important Safety Information on the following pages.

For Full Prescribing Information, including the Medication Guide and Boxed Warnings, visit www.rxabbvie.com/pdf/rinvoq_pi.pdf and discuss with your doctor.

RINVOQ® upadacitinib

USE

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IMPORTANT SAFETY INFORMATION

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. Blood clots can also form in the veins of the brain.
- **Allergic reactions.** Symptoms such as rash (hives), trouble breathing, feeling faint or dizzy, or swelling of your lips, tongue, or throat, which 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.
- **Low blood sugar (hypoglycemia) in people with diabetes.** If you have diabetes, your HCP may tell you to check your blood sugar (glucose) more often during treatment with RINVOQ. Call your HCP if you have any problems with low blood sugar.
- **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, diabetes, low blood cell counts, 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.

Please see additional Important Safety Information on the next page. Please see the Full Prescribing Information, including the Medication Guide, for RINVOQ at rxabbvie.com/pdf/rinvoq_pi.pdf and discuss with your doctor.

RINVOQ® upadacitinib

IMPORTANT SAFETY INFORMATION (continued)

- Are pregnant or plan to become pregnant. Based on animal 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
- Stop taking RINVOQ and tell your HCP or get emergency help right away if you have any signs or symptoms of blood clots during treatment with RINVOQ, including:
  - Swelling, redness, weakness or numbness in your arm or leg
  - Pain or tenderness in one or both legs
  - New, unusual, or severe headache
  - Trouble speaking
  - Drowsiness or confusion
  - Sudden unexplained chest or upper back pain
  - Shortness of breath or difficulty breathing
  - Blurry vision, seeing double, or loss of vision
- 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, swelling of the feet and hands (peripheral edema), 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, increases in cholesterol and other blood fats, 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 or call 1-800-FDA-1088.

If you are having difficulty paying for your medicine, AbbVie may be able to help. Visit AbbVie.com/PatientAccessSupport to learn more.

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