

Doctor Discussion Guide

Print and fill this out to help guide the discussion at your next appointment.

1. In the past 3 months, which eczema symptoms did you experience? (Select all that apply.)

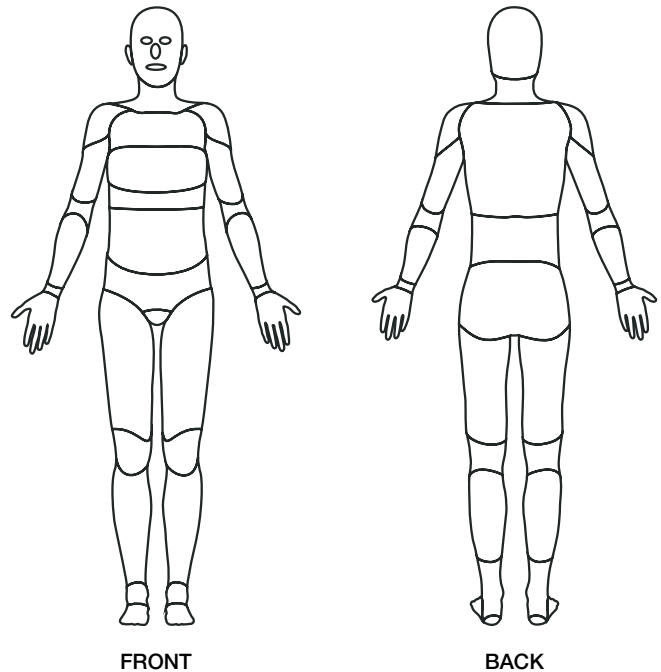
- | | | |
|--|--|--------------------------------|
| <input type="checkbox"/> Itch | <input type="checkbox"/> Thickened skin | <input type="checkbox"/> Other |
| <input type="checkbox"/> Dry skin | <input type="checkbox"/> Cracked, oozing, or bleeding skin | _____ |
| <input type="checkbox"/> Rash (redness, discolored skin, blisters, bumpy skin) | <input type="checkbox"/> Skin pain caused by cracking skin | _____ |
| | | _____ |
| | | _____ |

2. In the past 3 months, how many flare-ups did you experience?

- 1 to 4
 5 to 7
 8 to 10
 More than 10

3. Where you experience eczema is important to your doctor. Shade in the areas where you experience eczema rash. Use a darker shade for your most troublesome spots, and a lighter shade for areas with less intensity.

Notes:



4. Select the statement below that best describes your itch and rash symptoms during an average flare-up.



5. Fill in the blank to complete the statement:

I notice or think about my eczema symptoms when

6. What treatments have you used to manage your eczema (atopic dermatitis) symptoms? (Select all that apply.)

- | | |
|---|--|
| <input type="checkbox"/> Prescription topicals
Including topical corticosteroids such as triamcinolone, fluocinolone, hydrocortisone, betamethasone, dexamethasone, Protopic® (tacrolimus), Elidel® (pimecrolimus), Eucrisa® (crisaborole), Opzelura™ (ruxolitinib) | <input type="checkbox"/> Biologics
Including Dupixent® (dupilumab), Adbry™ (tralokinumab-ldrm) |
| <input type="checkbox"/> Phototherapy
The use of ultraviolet light to treat symptoms | <input type="checkbox"/> Oral small molecules
Including Cibinqo™ (abrocitinib) |
| <input type="checkbox"/> Traditional systemics
Including cyclosporin, methotrexate, azathioprine, mycophenolate mofetil | <input type="checkbox"/> I rely on over-the-counter products |
| | <input type="checkbox"/> None |

7. Are your eczema symptoms controlled with your current treatment plan?

- Yes, my symptoms are well-controlled My symptoms are somewhat controlled No, I'm not well controlled. I need more from my treatment plan.

Fill in the blanks to create your treatment goal:

I've been on my current treatment for _____ year(s) and _____ month(s), but I'm still

Symptom details (be as specific as possible)

I'm looking for a treatment that delivers results like

Example: reduced itch and rash...

Take on uncontrolled itch & rash.

RINVOQ is one pill, once a day, proven effective without topical steroids. It fights moderate to severe eczema (atopic dermatitis) from inside the body. Because eczema is more than a skin condition—it's systemic.

Disrupt eczema—bring on RINVOQ relief.

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

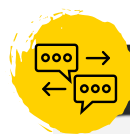
- ✓ Some saw 75% skin clearance as early as 2 weeks—many at 16 weeks
- ✓ Some even saw 100% skin clearance at 16 weeks
- ✓ Many saw clear or almost-clear skin at 16 weeks

“I hardly ever have the urge to scratch anymore.”

—Cortney, real RINVOQ patient



Scan the QR code to watch Cortney's eczema story with RINVOQ, or visit [RINVOQ.com/stories](https://www.rinvoq.com/stories)



Conversation starters

A specialist like a dermatologist may have seen RINVOQ in action. Try asking: *Has RINVOQ helped any of your patients achieve symptom relief like less itch or clearer skin? What are the benefits and risks of taking RINVOQ? Am I a candidate for RINVOQ?*

If your healthcare provider is not a specialist, ask: *Based on the severity of my eczema, do you recommend I see a dermatologist to talk about RINVOQ?*

See the results for yourself.



75% skin clearance at 16 weeks in adult RINVOQ clinical trial patients. Individual results may vary.



Check out what else is possible

Scan the QR code for more before & after photos, or visit [RINVOQ.com/pictures](https://www.rinvoq.com/pictures)

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.

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.**

Learn more about these and other serious side effects inside. See full **Important Safety Information** on pages 4–6.

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



USE AND IMPORTANT SAFETY INFORMATION

WHAT IS RINVOQ (upadacitinib)?

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.

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

Please see additional Important Safety Information on next page.



USE AND IMPORTANT SAFETY INFORMATION (cont'd)

- 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 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

USE AND IMPORTANT SAFETY INFORMATION (cont'd)

- 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
 - Pain or tenderness in one or both legs
 - 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 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 to learn more.

Please see the [Full Prescribing Information](#), including the [Medication Guide](#), for RINVOQ.

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