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Taking  
RINVOQ

1-to-1  
Support

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Your

GUIDE

to RINVOQ for  
ulcerative colitis (UC)

A once-daily pill for  
moderate to severe UC

Sign up to get email updates about RINVOQ  
Visit [RINVOQ.com/UC-signup](https://www.rinvoq.com/UC-signup)

#### USE

RINVOQ is a prescription medicine used to treat adults with moderate to severe ulcerative colitis when 1 or more medicines called tumor necrosis factor (TNF) blockers have been used, and did not work well or could not be tolerated. It is not known if RINVOQ is safe and effective in children with ulcerative colitis.

#### 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.
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# AIM HIGH with your treatment goals

With moderate to severe UC, you shouldn't have to choose between relief that's fast and remission that lasts. Think beyond symptom control and aim high with lasting remission and the potential for colon lining repair.

## Reach for lasting relief and remission

Talk to your gastroenterologist about staying a step ahead of your UC with both short- and long-term goals:



**RAPID**  
symptom relief



**LASTING**  
remission without the use of steroids



Reduced inflammation, with  
**VISIBLE REPAIR**  
of the colon lining

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# AIM HIGH with your treatment goals

With moderate to severe UC, you shouldn't have to choose between relief that's fast and remission that lasts. Think beyond symptom control and aim high with lasting remission and the potential for colon lining repair.

## See the difference: Colon damage and visible repair of the colon lining

With UC, your overactive immune system causes inflammation that leads to more than just symptoms —it damages your colon lining. **That's why it's important to think beyond symptom relief and aim for visible colon lining repair.**

### Example colonoscopy results:



A colon lining visibly damaged by inflammation



A healthy colon lining undamaged by inflammation

### Keep in mind

UC can cause damage to the colon lining, even if your symptoms are not at their worst. **So, be sure to ask your doctor about a treatment option that can help the body visibly repair the colon lining.\***

\*Areas that were visually assessed may not represent repair of the entire colon lining.

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# RELIEF THAT'S FAST with RINVOQ

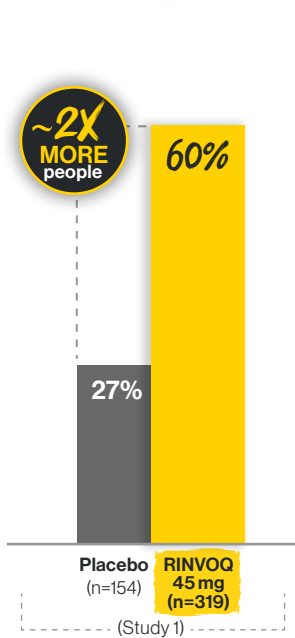
For adults with moderate to severe ulcerative colitis (UC) in whom TNF blockers did not work well

Only 8 weeks after starting RINVOQ, many people (~3 out of 10) achieved remission

## WEEK 2

### RAPID SYMPTOM RELIEF

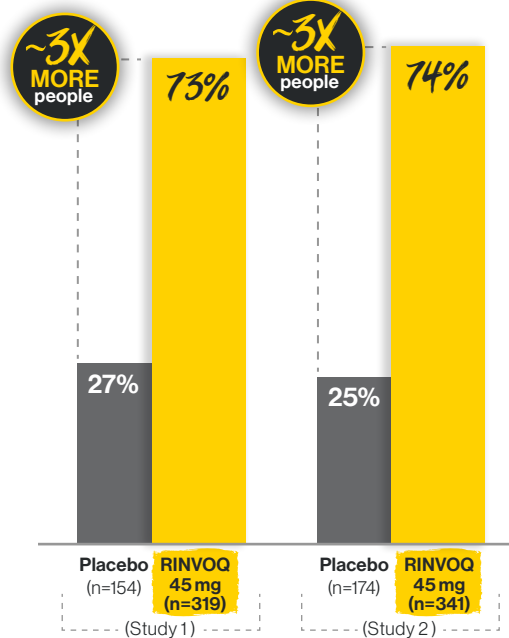
60% of people reported **less frequent bowel movements and bloody stools**



## WEEK 8

### SYMPTOM IMPROVEMENT

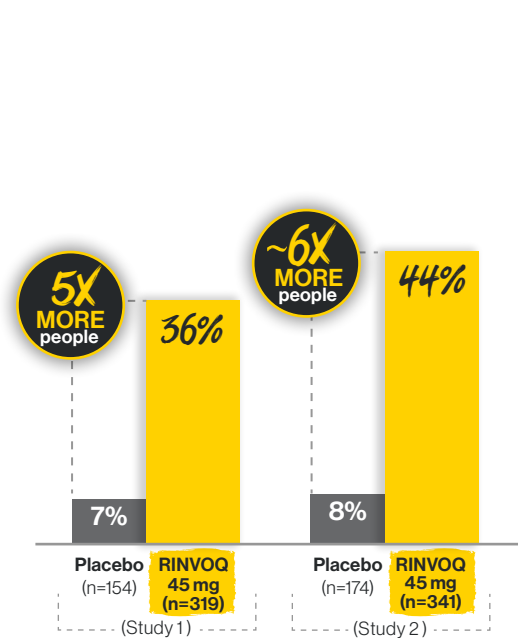
7 out of 10 people **experienced symptom relief\***



## WEEK 8

### VISIBLE COLON LINING REPAIR†

Many people achieved a **visible improvement of the colon lining**



\*Based on the frequency of bowel movements, the amount of bloody stools, and the visible appearance of the colon lining. †Areas that were visually assessed may not represent repair of the entire colon lining.

At 8 weeks, RINVOQ helps patients achieve no bowel urgency, no abdominal pain, and significantly reduced fatigue

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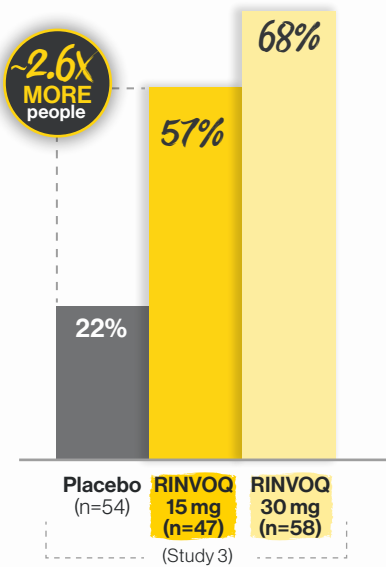
# RESULTS THAT LAST —that's RINVOQ

For adults with moderate to severe ulcerative colitis (UC) in whom TNF blockers did not work well

## 1 YEAR

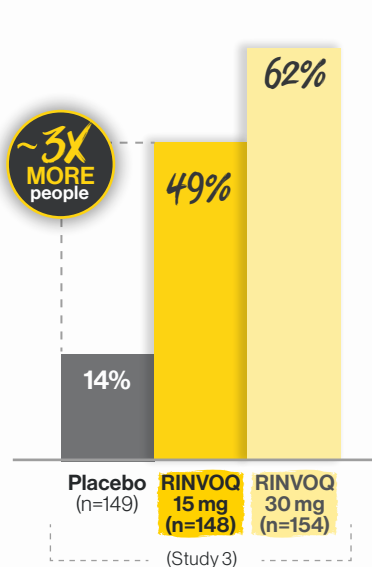
### LASTING STEROID-FREE REMISSION

% of people in remission at Week 8 who **achieved lasting, steroid-free remission at 1 year**



### VISIBLE COLON LINING REPAIR\*

% of people who experienced a **visible improvement of the colon lining**



\*Areas that were visually assessed may not represent repair of the entire colon lining.

### REMISSION AT 1 YEAR:

42% of people taking RINVOQ 15 mg and 52% of people taking RINVOQ 30 mg **achieved remission**, compared to 12% of people taking placebo

### The impact of visible colon lining repair

A visibly repaired colon lining is a key component in achieving remission. The appropriate treatment can reduce the inflammation affecting the lining of the colon, and start you on the path to colon lining repair.

See colon lining repair in action

Visit [RINVOQ.com/UC-repair](https://www.rinvoq.com/UC-repair)

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# Know the **SCIENCE**

## What is RINVOQ?

“RINVOQ is a once-daily pill for adults with moderate to severe UC in whom TNF blockers did not work well.”



## How RINVOQ works

**RINVOQ works with your body to fight the inflammation that can lead to UC symptoms**

Excess inflammation can be caused by different proteins, such as Janus kinase (JAK), that are found naturally within your body.

RINVOQ targets some JAK proteins to help reduce inflammation.

**Watch a video for a closer look**  
**Visit [RINVOQ.com/UC-science](https://www.rinvoq.com/UC-science)**

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# Meet real **RINVOQ** patients



Struggling with UC symptoms like bowel urgency and abdominal pain? **You're not alone.** Real RINVOQ patients are putting UC in check.

## Watch how Katie and others took charge with RINVOQ.

Visit [RINVOQ.com/UC-patients](https://www.rinvoq.com/UC-patients)

“ With my symptoms under control, I can plan the trips I want to. ”

– KATIE, moderate to severe UC patient

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# Is RINVOQ right **FOR YOU?**

This questionnaire is designed to assess the overall impact of moderate to severe UC on your life and whether it's time for RINVOQ.

Bring the answers to these questions to your next gastroenterologist appointment. They will help you start the conversation about making sure your treatment plan prioritizes long-term goals.

**1** About how many times a day do you go to the bathroom?

\_\_\_ times on a good day \_\_\_ times on a bad day

**4** What is the overall impact of your UC on your ability to work and/or make social plans?

1 — 2 — 3 — 4 — 5  
No impact Big impact

**2** Which symptoms bother you the most?

- Sudden accidents or bathroom urgency
- Abdominal pain
- Increased stool frequency
- Bloody stools
- Fatigue

**5** How often do you find yourself unable to leave your home due to your symptoms?

- Rarely
- At least once a week
- Occasionally
- Daily

**3** How would you describe your symptoms?

On a good day: 1 — 2 — 3 — 4 — 5  
No impact Big impact

On a bad day: 1 — 2 — 3 — 4 — 5  
No impact Big impact

**6** How often do you find yourself unable to complete daily activities due to your symptoms?

- Rarely
- At least once a week
- Occasionally
- Daily

Continue on next page

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# Is RINVOQ right **FOR YOU?**

7

Your gastroenterologist may talk about “repairing the colon lining.” Are you familiar with this concept?

Yes  No  Not completely

**Repairing the colon lining** means that your gastroenterologist does not see evidence of active UC during an endoscopy.

Take a look at your answers from the questionnaire. **If you experience any of these...**



**More than 6 trips** to the bathroom in a day



Describing your symptoms as a **3, 4, or 5** in impact



**Limiting or interrupting** daily activities, work, or social plans because of UC

...RINVOQ may be right for you.

**SPEAK UP** to your gastroenterologist and ask how RINVOQ can help achieve and maintain remission.

## Try these conversation starters at your next appointment

- > There are days my UC symptoms really get in the way, so I want to be more proactive with my treatment plan. How might RINVOQ help?
- > How has RINVOQ helped other people with UC achieve long-term goals, like lasting remission and colon lining repair?
- > What more can you tell me about the clinical study results for RINVOQ?
- > What safety considerations should I be aware of with RINVOQ?

**Making your long-term goals a reality—that’s where RINVOQ can help.**  
**Sign up to get email updates about RINVOQ. Visit [RINVOQ.com/UC-signup](https://www.rinvoq.com/UC-signup)**

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# Speak with **CONFIDENCE**

## UC terms to know for your appointments

Time with your gastroenterologist is valuable, and appointments can cover a variety of topics. This list of commonly used terms and definitions can help you refresh your knowledge—so you can use your appointments to have deeper conversations about assessing and treating moderate to severe UC.

### Colon

An organ in the digestive system that absorbs water and other elements from partially digested food to form stools that are passed out of the body. The colon is also known as the large intestine

### Colon Damage

The presence of blood, erosions, and/or ulcers in the colon, caused by excess inflammation

### Colonoscopy

An exam that uses a small camera entering through the anus to look at the colon and/or rectum and help diagnose and monitor the severity of UC

### Endoscopy

A procedure where a flexible tube-like instrument with a light and lens for viewing is used to look at the inside of the GI tract by entering through the mouth or anus to monitor your disease and potential complications

Continue on next page 

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# Speak with **CONFIDENCE**

## Flare-up

A period when someone with UC experiences attacks of inflammation and associated symptoms. The buildup of inflammation that damages the colon is one factor that can contribute to flare-ups

## Inflammation

Your immune system's natural defense to harm, such as redness or swelling. When you have UC, your immune system can cause chronic inflammation, contributing to colon damage and UC symptoms

## Remission

A period when someone experiences few or no UC symptoms and their colon lining has visibly improved. Your gastroenterologist can confirm if you're in remission based on the frequency of your bowel movements, a lack of bloody stools, and a visible improvement of the colon lining seen in endoscopy results. Consider treatment options that offer lasting remission, even at 1 year

## Severity

With UC, severity is determined by colon lining inflammation and damage, your UC disease history, and how greatly UC impacts you, including your measurable symptoms. This is in addition to your gastroenterologist confirming that you have "moderate to severe UC," which is based on your stool frequency and the presence of blood in your stools

## Ulcer

An open sore and a common characteristic of UC, in which ulcers happen in the lining of the colon

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# Make RINVOQ part of **YOUR ROUTINE**



Take one pill, once a day



RINVOQ can be taken with or without food. Avoid food or drink containing grapefruit.



Do not split, crush, or chew the pill

Call your healthcare provider if you see medication residue (a whole tablet or tablet pieces) in your stool.

- Available in 15 mg, 30 mg and 45 mg extended-release tablets
- Your doctor will prescribe the right dose for you
- Take RINVOQ exactly the way your doctor tells you to use it



**Potential for lasting remission at one year—without the need for steroids. That's RINVOQ relief.**

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# SUPPORT, completely on your terms

**RINVOQ<sup>®</sup> COMPLETE**

RINVOQ Complete provides 1-to-1 support based on the resources you need, when you need them.



### RINVOQ Complete Ambassador\*

**Live support** from your Ambassador means:

- Getting to know you to provide 1-to-1 guidance
- Answering insurance questions and finding ways to help you save on RINVOQ
- Helping you stick to your RINVOQ routine



### RINVOQ Complete app

**An App** designed to help you stay on track with your prescribed treatment plan. Set medication reminders and track your doses—all in the palm of your hand.



### Chat 24/7

**Chat live** whenever you'd like! Available around the clock for your RINVOQ support needs.

\$5

You could pay as little as \$5 a month† for RINVOQ

**Call 1-800-2RINVOQ to enroll in RINVOQ Complete**

For more information, including how to enroll, check out the RINVOQ Complete site.

Visit [RINVOQ.com/complete](https://www.rinvoq.com/complete)

\*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.

†For eligible, commercially insured patients. Please see Terms and Conditions below.

#### 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.rinvoq.com/savingscard) or call 1.800.2RINVOQ for additional information. To learn about AbbVie's privacy practices and your privacy choices, visit <https://abbvie.com/privacy>.**

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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.
- **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	- Muscle aches	- Cough
- Shortness of breath	- Feeling tired	- Weight loss
- Warm, red, or painful skin or sores on your body	- Blood in phlegm	- Burning when urinating or urinating more often than normal
	- Diarrhea or stomach pain	
- 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.

**Please see additional Important Safety Information about RINVOQ on the next page.**

**Please see the Full Prescribing Information, including the Medication Guide, for RINVOQ at [http://www.rxabbvie.com/pdf/rinvoq\\_pi.pdf](http://www.rxabbvie.com/pdf/rinvoq_pi.pdf) and discuss with your doctor.**



▲ CLICK THE TABS ABOVE TO LEARN MORE ▲

## IMPORTANT SAFETY INFORMATION (continued from previous page)

- 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
  - 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](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.**

**Please see the [Full Prescribing Information](http://www.rxabbvie.com/pdf/rinvoq_pi.pdf), including the Medication Guide, for RINVOQ at [http://www.rxabbvie.com/pdf/rinvoq\\_pi.pdf](http://www.rxabbvie.com/pdf/rinvoq_pi.pdf) and discuss with your doctor.**