



## NAVIGATING VIRTUAL APPOINTMENTS:

### DISCUSSING DUPIXENT WITH A DOCTOR BY PHONE OR VIDEO CHAT

If you have uncontrolled moderate-to-severe eczema (atopic dermatitis) or are the caregiver of a child (aged 6 months-11 years) or teen (aged 12–17 years) with this condition, you have options when it comes to your means of communicating with a healthcare provider. It is important that any decisions regarding your health be made in consultation with your healthcare provider, whether you're seeing your healthcare provider over the phone, by video chat, or in person.

For adults and children 6 months of age and older whose eczema is not well controlled with topical prescription therapies, DUPIXENT may be an option. This interactive digital guide provides tips to help you have a discussion about DUPIXENT with a healthcare provider, over the phone or via video chat.

#### INDICATION

DUPIXENT is a prescription medicine used to treat adults and children 6 months of age and older with moderate-to-severe eczema (atopic dermatitis or AD) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 months 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 for DUPIXENT throughout.**

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

Use this bar to jump to sections.

TALKING TO  
THE DOCTOR

KNOW YOUR  
NEXT STEPS

## SET THE STAGE

It is important that any decisions regarding your health be made in consultation with your healthcare provider, whether you're seeing your healthcare provider over the phone, by video chat, or in person. Your doctor may still ask you to come into the office but make the most of an over-the-phone or video-chat appointment when you take a few extra steps to prepare.



Find a private, well-lit place where you won't be disturbed.



Charge or plug in your phone or computer.



Test your audio, video, and internet connections before your call or video chat.



Be ready with your or your child's information, as requested by your doctor's office.



Have payment information (if necessary) and contact information for your preferred pharmacy on hand.

- ▶ Not familiar with the telemedicine system you'll be using or have questions about about how to log in? Contact your healthcare provider's office beforehand for help. If you don't feel confident setting up your call or video chat, consider asking for help from a friend or family member who is tech savvy.

### IMPORTANT SAFETY INFORMATION (cont'd)

**Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:**

- have eye problems.
- 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.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
  - A pregnancy registry for women who take DUPIXENT 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 DUPIXENT passes into your breast milk.

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

**DUPIXENT<sup>®</sup>**  
(dupilumab) Injection  
200mg · 300mg

Use this bar to jump to sections.

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## TALKING TO THE DOCTOR

Living with uncontrolled moderate-to-severe eczema (atopic dermatitis) can be difficult, so it's important to discuss the daily impact on you and your child/teen. Remember to speak clearly on the call so the healthcare provider can hear your concerns.

Making a short list of questions you have, such as these below, can be helpful in preparing for a virtual visit.

*Check the box next to each question that interests you as a reminder to ask the healthcare provider.*

How does DUPIXENT work (mechanism of action)?

What results have been seen with DUPIXENT?

How is DUPIXENT taken?

Can you tell me more about the specialty pharmacy process?

Can you tell me more about programs that might help cover the cost of DUPIXENT?

What are the potential side effects of DUPIXENT?

What safety concerns should I be aware of?

*Use the space below to type in additional thoughts or comments. Or, print out this guide and fill in by hand.*

### IMPORTANT SAFETY INFORMATION (cont'd)

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 if you have atopic dermatitis and asthma and 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.

#### **DUPIXENT can cause serious side effects, including:**

- **Allergic reactions. DUPIXENT can cause allergic reactions that can sometimes be severe.** Stop using DUPIXENT 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.

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## KNOW YOUR NEXT STEPS

1

**Review the notes you've taken and confirm that you understand any next steps** before ending your phone call or disconnecting your video chat. Remember to ask for any informational resources the healthcare provider can send to help you learn more about managing eczema.

2

**Know what you should be looking out for after your visit**—a prescription, patient assessment, details about the specialty pharmacy process, or recommendations—and ensure your contact information is up to date with the office.

3

**The healthcare provider may still want to schedule an in-person visit.** If so, be sure to check with the provider's office ahead of time for any special requirements. And, keep this guide handy.

### IMPORTANT SAFETY INFORMATION (cont'd)

#### DUPIXENT can cause serious side effects, including (cont'd):

- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision, such as blurred vision. Your healthcare provider may send you to an ophthalmologist for an eye exam if needed.
- **Joint aches and pain.** Some people who use DUPIXENT 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 DUPIXENT if you develop joint symptoms.

**The most common side effects in patients with eczema include** injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, sometimes with blurred vision, cold sores in your mouth or on your lips, and high count of a certain white blood cell (eosinophilia).

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 DUPIXENT. 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](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

Use DUPIXENT 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 DUPIXENT. **Do not** try to prepare and inject DUPIXENT until you or your caregiver have been trained by your healthcare provider. In children 12 years of age and older, it's recommended DUPIXENT be administered by or under supervision of an adult. In children 6 months to less than 12 years of age, DUPIXENT should be given by a caregiver.

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