

Bill: You know I find that humor makes people feel better. As someone who's had type 2 diabetes for almost 20 years, I find it helps me get through some pretty rough spots.

Bill: I guess you could say humor comes naturally to me. I remember as a kid I thought I could be pretty funny.

Bill: I even did a stand-up act years ago in the late '80s, played comedy clubs all around the country. I couldn't help it—I was always writing jokes, or finding the humor in things.

Bill: Comedy was fun, but then I thought it was time to settle down.

Bill: I work as a project manager now, but I still love to see people smiling and laughing.

Bill: I dress up like Santa at Christmastime for the kids at the local hospitals. With this beard, I'm pretty convincing. (chuckle) It's fun for the kids, and it's good for me to see them happy.

Bill: When I was first diagnosed with diabetes, it definitely changed how I went about my life.

Bill: For a while, I managed diabetes with medications. My family is very supportive. My wife, Tish, gives me endless encouragement and support. She has a good sense of humor, too, and she lightens up my day.

Bill: Then I went through a period where, I admit, I wasn't doing that whole due diligence thing, wasn't on top of it.

Bill: I didn't eat right,

Bill: I didn't exercise much.

Bill: After a long day at my office and commuting, I didn't have the energy to work out. Plus, I wasn't testing my blood sugar levels every day.

Bill: But I've never been one to quit. I'm just not that guy. It's like someone flipped a switch. I said to myself...

Bill: “Bill, you gotta stop ignoring the obvious. This diabetes thing isn’t going to go away. Get with the program, do whatever you got to do to keep it in check.”

Bill: So I talked about it with my doctor, and told her about how my diabetes management was going. She explained that diabetes can change over time, and that the ways you manage it may have to as well. That’s when we decided that Toujeo® (insulin glargine injection) 300 Units/mL was an option for me

Voiceover: From the makers of Lantus® (insulin glargine injection) 100 Units/mL comes Toujeo® (insulin glargine injection) 300 Units/mL. Toujeo® is a long-acting insulin used to control blood sugar in adults with diabetes mellitus. Toujeo® contains 3 times as much insulin in 1 mL as standard insulin (100 Units/mL). Toujeo® is not for use to treat diabetic ketoacidosis. Toujeo® should not be used in children.

Bill: Once-daily Toujeo® provides proven full 24-hour blood sugar control, and significant A1C reductions in adults with type 1 and type 2 diabetes.

Voiceover: Do not take Toujeo® if you have low blood sugar or if you are allergic to insulin or any of the ingredients in Toujeo®.

Bill: I take Toujeo® once a day at the same time every day.

Bill: Toujeo® works by slowly releasing small amounts of insulin to provide continuous glucose-lowering activity that lasts beyond 24 hours.

Voiceover: **The most common side effect of any insulin, including Toujeo®, is low blood sugar (hypoglycemia), which may be serious and life-threatening.**

Do NOT share your pen(s) with other people, even if the needle has been changed. You may give other people a serious infection, or get a serious infection from them.

Bill: Now I’ve been eating better. I limit certain foods like pasta, bread, white flour, sugars.

Bill: I do a lot of salads, and sometimes fish, grilled chicken, that sort of thing. I’m also definitely more mindful when I eat out.

Bill: It was kind of like a breakup in a relationship---even though I still love them, we just aren’t good together anymore. (laughs) Cooking took on a new light with diabetes.

Bill: Also, my little dog Bella helps me exercise. My wife and I like to take her to the dog park. When Bella is worn out, I know my walk’s done for the day!

Bill: You just kind of have to look at it as, oh well, life is always full of things you have to do. So you might as well deal with them in a positive way.

Bill: And if you can find some humor in it, and laugh at yourself, that's the way to do it. Now I look at food as part of my treatment, a smart way I can help control my blood sugar.

Bill: The SoloStar[®] pen has become part of my daily life now.

Bill: It uses a small, thin needle, and I don't have to press hard to get my dose. I also like that I only need to hold the button down for 5 seconds.

Bill: Now my numbers are where my doctor and I wanted them. My blood sugar levels are in a range we set. My last A1C test was in my target range.

Bill: Changing up your lifestyle can be stressful, but I've found change doesn't have to be a bad thing.

Bill: Diabetes doesn't have to be a struggle. If you work at it, you may end up a stronger person for it.

Bill: I guess I've learned that even though I love to make people laugh and help people, well...I needed to help myself, too.

Bill: My name is Bill, and I manage my type 2 diabetes with Toujeo[®].

Bill: Now it's your turn. Talk to your doctor to see if it's time to work toward your diabetes management goals with Toujeo[®].

Voiceover:

What is Toujeo[®]?

Prescription Toujeo[®] is a long-acting insulin used to control blood sugar in adults with diabetes mellitus.

- Toujeo[®] contains 3 times as much insulin in 1 mL as standard insulin (100 Units/mL)
- Toujeo[®] is not for use to treat diabetic ketoacidosis
- Toujeo[®] should not be used in children

Important Safety Information for Toujeo® (insulin glargine injection) 300 Units/mL

Do not take Toujeo® if you have low blood sugar or if you are allergic to insulin or any of the ingredients in Toujeo®.

Do NOT share your pen(s) with other people, even if the needle has been changed.

You may give other people a serious infection, or get a serious infection from them.

Before starting Toujeo®, tell your doctor about all your medical conditions, including if you have liver or kidney problems, if you are pregnant or planning to become pregnant, or if you are breastfeeding or planning to breastfeed.

Heart failure can occur if you are taking insulin together with pills called TZDs (thiazolidinediones), even if you have never had heart failure or other heart problems. If you have heart failure, it may get worse while you take TZDs with Toujeo®. Your treatment with TZDs and Toujeo® may need to be changed or stopped by your doctor if you have new or worsening heart failure. Tell your doctor if you have any new or worsening symptoms, including:

- Shortness of breath
- Sudden weight gain
- Swelling of your ankles or feet

Tell your doctor about all the medications you take, including OTC medicines, vitamins, supplements, and herbal supplements.

Toujeo® should be taken at the same time once a day. Test your blood sugar levels daily while using any insulin. Do not change your dose or type of insulin without talking to your doctor. Verify that you have the correct insulin before each injection. **Do NOT use a syringe to remove Toujeo® from your pen.** Your dose for Toujeo® may be different from other insulins you have taken. Any change of insulin should be made cautiously and only under medical supervision.

Do NOT dilute or mix Toujeo® with any other insulin or solution. It will not work as intended and you may lose blood sugar control, which could be serious. Use Toujeo® only if the solution is clear and colorless with no particles visible.

While using Toujeo®, do not drive or operate heavy machinery until you know how Toujeo® affects you. Don't drink alcohol or use medicines that contain alcohol.

The most common side effect of any insulin, including Toujeo®, is low blood sugar (hypoglycemia), which may be serious and life-threatening. Severe hypoglycemia may cause harm to your heart or brain. Symptoms of serious low blood sugar may include shaking, sweating, fast heartbeat, and blurred vision.

Toujeo® may cause severe allergic reactions that can lead to death. Get medical help right away if you have:

- A rash over your whole body
- Shortness of breath
- Swelling of your face, tongue, or throat
- Extreme drowsiness, dizziness, or confusion
- Trouble breathing
- Fast heartbeat
- Sweating

Toujeo® may have additional side effects including swelling, weight gain, low potassium, and injection site reactions, which may include change in fat tissue, skin thickening, redness, swelling, and itching.

Toujeo® SoloStar® and Toujeo® Max SoloStar® are disposable prefilled insulin pens. It is important to perform a safety test when using a new pen for the first time. Talk to your doctor about proper injection technique and follow instructions in the *Instruction Leaflet* that comes with the pen.

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