

Long-Form Toujeo Patient Video

OPENING SCROLL:

What is Toujeo® (insulin glargine injection) 300 Units/mL?

Prescription Toujeo is a long-acting man-made insulin used to control high blood sugar in adults and children who are 6 years of age and older with diabetes mellitus.

- Toujeo is not for use to treat diabetic ketoacidosis
- It is not known if Toujeo is safe and effective in children under 6 years of age

[Toujeo logo]

NEXT SCREEN:

Important Safety Information

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

Please see additional Important Safety Information throughout this video.

Please see (location of link) for full Prescribing Information.

CUT TO LISA ON-CAMERA:

Lisa, Toujeo Patient

I live in Salem, Oregon—I've lived other places, but this is where my heart is. The weather's good, we have the four seasons - it's just a beautiful place to live.

I work at a law firm, but I also make plenty of time for my grandsons. I like to sew, I garden ... and... I live with type 2 diabetes.

I was diagnosed in September of 2007 when I was 47 years old. **(DISCLAIMER on SCREEN: Lisa is being compensated by Sanofi, the sponsor of this video.)** No one else in the family has diabetes, so it was

quite a shock. I'd been a single mom for many years, and then overnight, in addition to juggling a busy family life and working two or three jobs, I had to learn to manage a disease.

The diagnosis left me so scared. I felt like I was losing control of my life. I wanted desperately to get it back, so I did *everything* that might help control diabetes! I took the oral medication my doctor prescribed, I joined an exercise class, I walked, I swam, I cut out carbs, lost weight. And you know what else I did? I burned myself out! The strict regimen I set was too much for me.

My doctor noticed that I had taken a step back and understood my struggle. She suggested an injectable. The thought made me just as scared as when I was diagnosed! In a panic, I went out and got two rescue cats and some chickens – if I didn't have control over taking care of myself, at least I could take care of others.

Turns out I probably didn't need to start my own zoo because shots were not as bad as I thought. But just about the time I became known as the neighborhood egg supplier, I got another round of bad news. Because of some insurance challenges, I was going to need to switch treatments.

My doctor suggested Toujeo (**DISCLAIMER on SCREEN: Toujeo (insulin glargine injection) 300 Units/mL**), and this time I didn't panic. (**DISCLAIMER on SCREEN: Before starting Toujeo, tell your doctor about all your medical conditions and all the medications you take, including OTC medicines, vitamins and supplements, and herbal supplements.**)

I had learned to trust my doctor and I had learned the value of research. I read all about it and then brought any questions to my doctor I was really glad to hear about the proven A1C reduction – that was so important to me. We also discussed that the most common side effect of any insulin, including Toujeo, is low blood sugar, so I made sure to tell my family about the signs and symptoms of low blood sugar so they could help me recognize it. (**DISCLAIMER on SCREEN: The most common side effect of any insulin, including Toujeo, is low blood sugar (hypoglycemia), which may be serious and life-threatening. Ask your doctor about the signs and symptoms of hypoglycemia, how to monitor your blood sugar, and what to do if you have a hypoglycemic event. Please also listen to the Important Safety Information at the end of this video for more about Toujeo.**)

I'm now three years into my Toujeo journey and I can say that it is working really well for me. My A1Cs are at a level that makes me and my doctor happy. (**DISCLAIMER on SCREEN: Patient story reflects the real-life experiences of a patient who has been prescribed TOUJEO. However, individual experiences may vary. Patient stories are not necessarily representative of what another patient using TOUJEO may experience**). And I really like that with Toujeo, I use fewer pens... so I even have a little more room in the fridge for all those eggs. Toujeo has just been a good choice for me.

It took me a while to get to this point, but I want other people to learn from my story: you don't have to do everything at once, like I tried to do. It's easier to have an occasional treat than to say, "I'm never going to eat carbs again." It's easier to say "I'm going to walk around the block" than it is to set an immediate goal of two miles. Baby steps are better than no steps. Find a doctor you can trust, advocate

for yourself, do your research and find a therapy that works for you. I'm so grateful to have found Toujeo, even if I did have to rescue a couple of cats and adopt some chickens along the way.

CLOSING SCROLL WITH VO:

Important Safety Information

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.

Change (rotate) your injection sites within the area you chose with each dose to reduce your risk of getting lipodystrophy (pitted or thickened skin) and localized cutaneous amyloidosis (skin with lumps) at the injection sites. **Do not** use the same spot for each injection or inject where the skin is pitted, thickened, lumpy, tender, bruised, scaly, hard, scarred or damaged.

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, and 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 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 other 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 single-patient-use 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.

- **Please see Full Prescribing Information on this website.**

CLOSING SLATE:

[SANOFI logo]

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