

WHAT TO UNDERSTAND WHEN YOU START ON TOUJEO®

(insulin glargine) injection 300 Units/mL



Welcome to Toujeo! Whether you've just started treatment or just want to know what starting with Toujeo is like, you've come to the right place. This handy guide provides information about Toujeo, how it may help, and what to keep an eye on when you start.



HOW TAKING TOUJEO MAY HELP

Your doctor has prescribed Toujeo, a longer-acting insulin, to help control your blood sugar levels. Sugar is what provides your body with energy. However, sugar cannot enter most of the cells in your body directly. Insulin is the key that unlocks cells for sugar to enter and deliver the right amount of energy they need. Normally, the pancreas creates insulin to help the body use blood sugar as energy.

If you have type 2 diabetes, your pancreas does not produce enough insulin, or your body can't properly use the insulin it produces to keep your blood sugar under control.

If you have type 1 diabetes, your pancreas doesn't produce any insulin at all and requires insulin therapy.

Your doctor will work to find the right dose for you and your diabetes. Dose adjustments, or titration, are a normal part of the process.



What is Toujeo U-300 (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 the treatment of diabetic ketoacidosis
- It is not known if Toujeo is safe and effective in children under 6 years of age

Important Safety Information for Toujeo U-300 (insulin glargine) injection

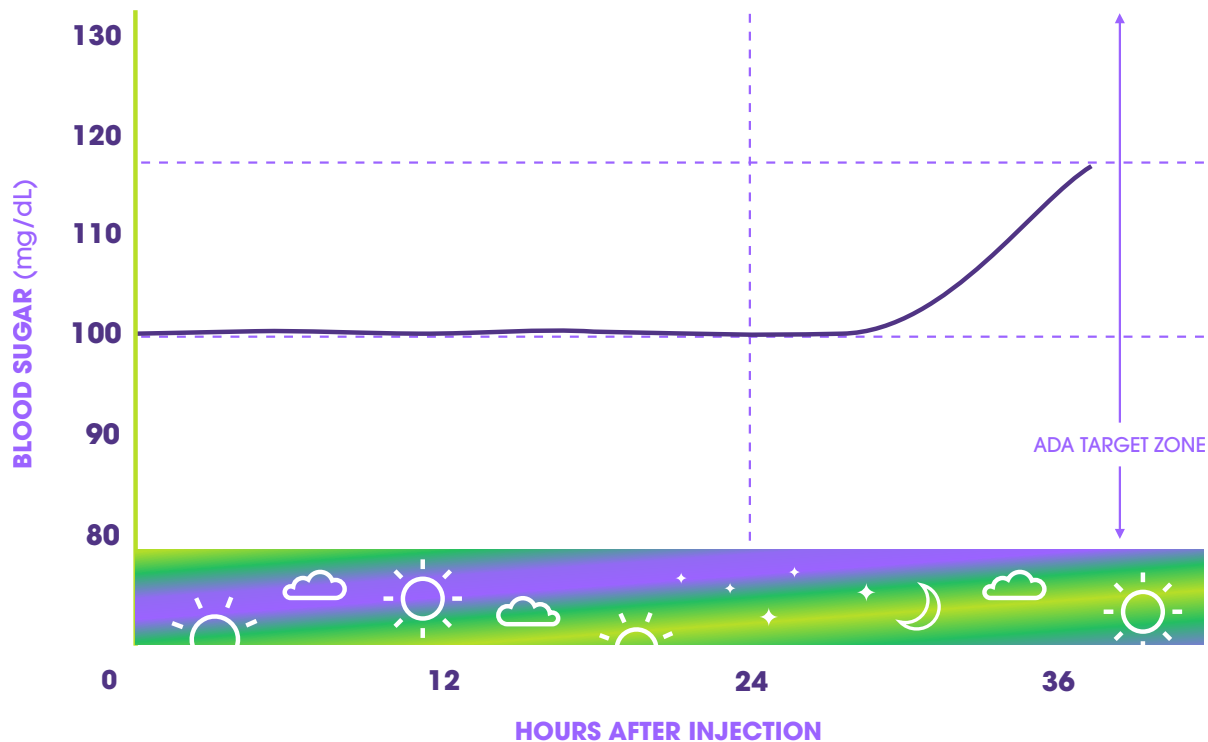
Do not use Toujeo if you have low blood sugar or if you are allergic to insulin or any of the ingredients in Toujeo.

Please see full Important Safety Information for Toujeo throughout. Please [click here](https://products.sanofi.us/toujeo/toujeo.pdf) or visit <https://products.sanofi.us/toujeo/toujeo.pdf> for full Prescribing Information for Toujeo.

TOUJEO IS PROVEN TO:

- Reduce A1C
- Provide stable blood sugar control all day and all night

In a study, blood sugar levels stayed within the American Diabetes Association (ADA) target zone for more than 24 hours.*



Toujeo should be taken at the same time every day, once a day.

Results based on a study of 30 patients with type 2 diabetes; study size is typical for this type of study. May not apply in everyday use. Target zone: 80-130 mg/dL.

*American Diabetes Association. *Diabetes Care*. 2022;45(Suppl1):S83-S96.

WHAT IS 'TIME IN RANGE'?

Time in range (TIR) is the amount of time your blood sugar levels stay within a healthy range. It may help your doctor know how well your treatment is working.

Important Safety Information for Toujeo U-300 (insulin glargine) injection (cont'd)

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.

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HYPOGLYCEMIA

WHAT IT IS AND WHAT YOU SHOULD DO

As with any medication, it's important to understand the possible side effects when taking Toujeo. For all insulins, including Toujeo, the most common side effect is hypoglycemia, also known as low blood sugar. This usually means your level has dropped below 70 mg/dL.



Some of the symptoms of hypoglycemia may include:

- Feeling cold
- Fast heartbeat
- Nausea
- Shakiness or dizziness
- Hunger
- Confusion

HYPOGLYCEMIA CAN OCCUR SUDDENLY

It is serious and you should take immediate action. Be sure to discuss a plan with your doctor on how to handle a hypoglycemic event. Eat 15 grams of carbohydrates to raise your blood sugar. After 15 minutes, check your blood sugar level again. If it's still below 70 mg/dL, have another serving. Repeat these steps until your blood sugar reaches at least 70 mg/dL. Once you've reached that level, have a meal or snack to make sure it doesn't get too low again.

You should always have carbohydrate-rich snacks nearby so you can control an episode of hypoglycemia. Items that have approximately 15 grams of carbohydrates may include 4 ounces of fruit juice, hard candies, or glucose tablets.

Preventing and managing hypoglycemia is an important part of your treatment plan. Write down any episodes of hypoglycemia and share them with your doctor.



Important Safety Information for Toujeo U-300 (insulin glargine) injection (cont'd)

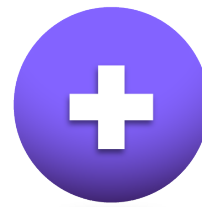
Change (rotate) your injection sites within the area you chose with each dose to reduce your risk of getting pitted or thickened skin (lipodystrophy) and skin with lumps (localized cutaneous amyloidosis) at the injection sites. **Do not** use the same spot for each injection or inject where the skin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

Please see full Important Safety Information for Toujeo throughout. Please [click here](https://products.sanofi.us/toujeo/toujeo.pdf) or visit <https://products.sanofi.us/toujeo/toujeo.pdf> for full Prescribing Information for Toujeo.

OTHER LESS COMMON SERIOUS SIDE EFFECTS

Toujeo may cause serious side effects, including severe allergic reactions. Seek immediate medical help if you experience any of the following:



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



These are not all the possible side effects of Toujeo. Talk with your doctor about possible side effects. For more detailed information, see the full Important Safety Information throughout and scan the QR code for full Prescribing Information.



Important Safety Information for Toujeo U-300 (insulin glargine) injection (cont'd)

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

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KNOW YOUR BLOOD SUGAR GOALS



There are two numbers that you should always know when taking insulin: your A1C and your blood sugar level. Ask your doctor what you should aim for with both and write them down.



Blood sugar, also known as blood glucose, is the amount of sugar in your blood at any given time. Most people should check their blood sugar level before and after meals and at bedtime, but your doctor will tell you exactly when you should. Download a blood sugar log [here](#).

1. My blood sugar goal:

Pre-meal _____ Post-meal _____

2. When I should check my blood sugar:

Fasting (morning) _____ Post-meal _____ Bedtime _____

A1C, also known as hemoglobin A1C, is your average blood sugar level over 2 to 3 months. This gives you and your doctor a better picture of how well your blood sugar is being controlled over time. Your A1C should be measured during doctor visits every few months.

3. My A1C goal: _____ DATE: _____

Important Safety Information for Toujeo U-300 (insulin glargine) injection (cont'd)

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.

Please see full Important Safety Information for Toujeo throughout. Please [click here](#) or visit <https://products.sanofi.us/toujeo/toujeo.pdf> for full Prescribing Information for Toujeo.

WHAT ELSE?

A HELPFUL TIP FOR STORING TOUJEO



Store any unopened pens and cartons of Toujeo in the refrigerator. However, once opened, you can store Toujeo unrefrigerated for up to 56 days. Injecting insulin when it's at room temperature may be more comfortable than when cold.



Get support at **TeamingUp** to help you manage your diabetes. Learn how to plan and cook delicious meals, create exercise routines, and more. You can also scan this QR code.



PAY NO MORE THAN \$35 IN CO-PAYS†

Have insurance? Be sure to download your co-pay savings card.

Don't have insurance? Sanofi offers the Valyou Savings Program that provides users with a prescription cost of \$35.† Find out more about both programs [here](#).

†See Eligibility Restrictions and Offer Terms on the following page.

Important Safety Information for Toujeo U-300 (insulin glargine) injection (cont'd)

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.

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Important Safety Information for Toujeo U-300 (insulin glargine) injection (cont'd)

The most common side effect of 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. The long-acting effect of Toujeo may delay recovery from low blood sugar compared to shorter-acting insulins.

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 your Toujeo SoloStar or Toujeo Max SoloStar pen.

†Eligibility Restrictions & Offer Terms:

Insulins Valyou Savings Program: This savings program is not insurance. For a complete list of participating brands, products, and National Drug Codes (NDCs) [Click Here](#). This offer is not valid for prescriptions covered by or submitted for reimbursement, in whole or in part, under Medicare, Medicaid, VA, DOD, TRICARE, similar federal or state programs, including any state pharmaceutical programs, or commercial/private insurance. Only patients without prescription medication insurance can apply for this offer. Void where prohibited by law. For the duration of the program, eligible cash paying patients will pay \$35 per 30 Day Supply. To pay \$35 per 30 Day Supply, you must fill all your Sanofi Insulin prescriptions at the same time, together each month. The Insulins Valyou Savings Program applies to the cost of medication. There are other relevant costs associated with overall treatment. Sanofi reserves the right to rescind, revoke, terminate, or amend this offer, eligibility, and terms of use at any time without notice. Upon registration, patients will receive all program details. For questions regarding your eligibility or benefits, or if you wish to discontinue your participation, call the Insulins Valyou Savings Program at (833) 813-0190 (8:00 am-8:00 pm EST, Monday-Friday).

Sanofi Insulins Co-pay Savings Program: This savings program is not insurance. For a complete list of participating brands, products, and National Drug Codes (NDCs) [Click Here](#). This offer is not valid for prescriptions covered by or submitted for reimbursement, in whole or in part, under Medicare, Medicaid, VA, DOD, TRICARE, similar federal or state programs, including any state pharmaceutical programs. If you have an Affordable Care (Health Care Exchange) plan, you may still be qualified to receive and use this savings card. Please note: the Federal Employees Health Benefits (FEHB) Program is not a federal or state government health care program for purposes of the savings program. Void where prohibited by law. For the duration of the program, eligible commercially insured patients pay no more than \$35 per 30-day supply, up to 10 packs per fill; Offer valid for one fill every 30 days. Savings may vary depending on patients' out-of-pocket costs. The Sanofi Insulins Co-pay Savings Program applies to the cost of medication. There are other relevant costs associated with overall treatment. Sanofi reserves the right to rescind, revoke, terminate, or amend this offer, eligibility, and terms of use at any time without notice. Upon registration, patients will receive all program details. For questions regarding your eligibility or benefits, or if you wish to discontinue your participation, call the Sanofi Insulins Co-pay Savings Program at (866) 255-8661 (8:00 am-8:00 pm EST, Monday-Friday).

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