

Transcript for Toujeo_DTC_Branded_patient_video_Bill_2022_ISI_Update

00;00;00;00 - 00;00;00;25

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

00;00;28;25 - 00;00;51;02

Bill Rodriguez

I love living on the coast of California. At night, my wife and I go to sleep listening to the sound of crashing waves. During the day, we work on projects around the house. We also love to garden. We're really stoked about our new lemon tree. I guess that's fitting because I believe when life gives you lemons, you make lemonade.

00;00;51;26 - 00;01;16;02

Bill Rodriguez

And believe me, as a person who's lived with type one diabetes for 45 years, I've had lots of practice. My grandmother and father both had diabetes, so I was disappointed, but not surprised when I was diagnosed. Even though I had watched my dad inject himself, it was still scary being prescribed insulin in high school, and I wasn't very compliant initially.

00;01;18;09 - 00;01;41;15

Bill Rodriguez

I eventually learned to handle needles, but I struggled to keep my blood sugar under control. In my early thirties, I finally started on an injectable that worked well for me. But by then the damage was done. I had so many diabetes related complications. Heart and kidney problems, neuropathy in my feet that caused me to lose a couple of toes.

00;01;41;25 - 00;02;17;24

Bill Rodriguez

I also had retinopathy in my eye. That was way too many lemons, and I knew something had to change. I realized I had spent years walking out of my doctor's office without asking about medications, without asking how my body worked, without asking anything, really. I failed myself by not learning more about my diabetes and my treatment options. But I began to advocate for myself, and I found a doctor who helped me understand more about my diabetes and really listened to my questions.

00;02;18;10 - 00;02;40;14

Bill Rodriguez

He was the one who suggested I try Toujeo. This time I did the research. I looked into Toujeo, and I really liked what I learned. I liked that it's long lasting, and it was really encouraging to know that so many others were taking it with good results. That's when I said. Let's give it a try. And I'm so glad I did.

00;02;42;02 - 00;03;03;10

Bill Rodriguez

Toujeo works well for me. It helps me keep my blood sugar where I need it. And because the Toujeo Max pen holds more insulin and can give a larger dose in one shot, that means fewer injections for me, which I really like. I've learned over the years that if you want a good outcome, you have to put the work in. The diet...

00;03;03;14 - 00;03;23;04

Bill Rodriguez

...the exercise, talking with my doctor, that's on me. But the right treatment is key too and I'm really glad I have Toujeo for that. I really shudder to think where my life would be if I hadn't found the right doctor and the right treatment. You know, my grandson and daughter came to live with us when I was still struggling to manage my diabetes.

00;03;23;25 - 00;03;41;11

Bill Rodriguez

At that time, I wondered how I would run and play catch and do all those things I dreamed of. But we do. We go to the beach. I take him skateboarding. He's my best companion. It took me a while to figure out what to do when life gave me lemons. But I'm so glad I never gave up.

00;03;50;11- 00;07;31;00

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.

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 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. 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 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.