

LEARN ABOUT



SETTING GOALS
AND EXPECTATIONS



FINDING YOUR
PERSONAL DOSE



YOUR PAH
SUPPORT TEAM



STAYING MOTIVATED
THROUGHOUT TREATMENT

The UPTRAVI Dose Adjustment Phase: My Personal Guide

Upravi
selexipag 
tablets | 200-1600 mcg

Please see Important Safety Information throughout and on pages 26 and 27.
Please [click here](#) for full Prescribing Information and Patient Product Information.

Your Name:

Your Phone Number:

Your Email:



Welcome to Your Personal Guide for UPTRAVI Treatment



You're taking an important step in treating your PAH with UPTRAVI.

This guide is designed to help you start and continue treatment with UPTRAVI. It's important to set goals, know what to expect with treatment, and have regular conversations with your caregiver and doctor to let them know how things are going.

Use this guide to



- **Understand** treatment and how to take UPTRAVI once it has been prescribed by your doctor
- **Identify** what you want to get out of treatment
- **Learn** how to work with your caregiver and healthcare team to help get you there

What is UPTRAVI?

UPTRAVI® (selexipag) is a prescription medicine used to treat pulmonary arterial hypertension (PAH, WHO Group 1), which is high blood pressure in the arteries of your lungs.

UPTRAVI can help delay (slow down) the progression of your disease and lower your risk of being hospitalized for PAH.

It is not known if UPTRAVI is safe and effective in children.

IMPORTANT SAFETY INFORMATION

What is the most important information about UPTRAVI?

Who should not take UPTRAVI?



- Do not take UPTRAVI if you take gemfibrozil because this medicine may affect how UPTRAVI works and cause side effects

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Goals and Expectations: What to Know Before You Start UPTRAVI



Now that you and your healthcare team decided to add UPTRAVI, think about the reasons why you made this choice. You may have set goals with your doctor. If you haven't yet, you can discuss the following questions the next time you talk to him or her.

- What are you looking for in treatment?
- What goals do you want to work toward?
- What's most important to you?

My goals:









Your goals can help serve as inspiration and motivation throughout your treatment.

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Starting and Adjusting to Treatment: UPTRAVI Adjustment Phase (Titration)



There isn't one specific dose of UPTRAVI that all people take

- Each person has a different dose based on how his or her body responds and adjusts to the medicine
- The Dose Adjustment Phase (also called titration) is how you and your doctor find your personal dose
- This is just a temporary part of treatment until you reach the dose that is right for you

Example

Think of room temperature as an example.



- Some people feel more comfortable at higher temperatures



- Others feel better at lower temperatures

You have to adjust the thermostat to determine which temperature is right for you.

The same goes for UPTRAVI: Each person's dose is unique

IMPORTANT SAFETY INFORMATION

What should I tell my doctor before taking UPTRAVI?



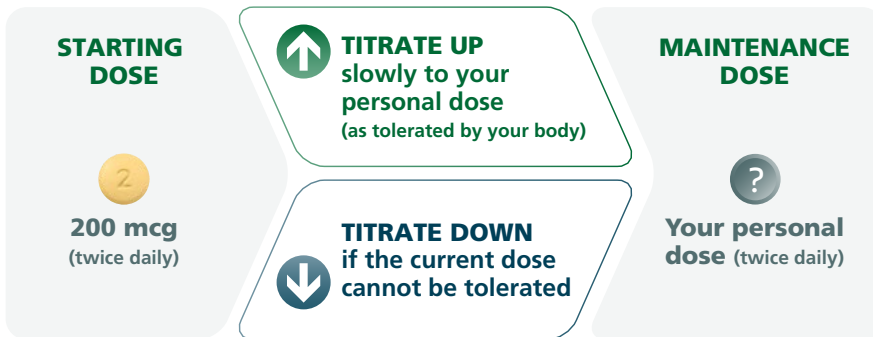
Tell your doctor if you:

- Have liver problems
- Have narrowing of the pulmonary veins (veins in your lungs). This is called pulmonary veno-occlusive disease (PVOD)
- Are pregnant or plan to become pregnant. It is not known if UPTRAVI will harm your unborn baby

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How the Adjustment Phase works

- **Your doctor will start you at the lowest dose of UPTRAVI:** One 200 microgram (mcg) tablet, twice a day—once in the morning and once in the evening
- Starting with the lowest dose, your doctor will **slowly increase your dose based on how you adjust to treatment** until you reach your personal dose
- At some point during the Dose Adjustment Phase, you may experience side effects. If you experience side effects that you cannot tolerate, **your doctor may lower your dose** in order to find your personal dose



(Tablets are not actual size.)

UPTRAVI dose strengths range from 200 mcg to 1600 mcg.



If you're having trouble with side effects, **call your doctor's office right away** to let them know. They can **help you manage your side effects or lower your dose** to reduce the side effects



DO NOT CHANGE YOUR DOSE OR STOP taking UPTRAVI unless your doctor tells you to



TRY TO TAKE UPTRAVI WITH FOOD. This may help you tolerate the dose better if you are having side effects with UPTRAVI

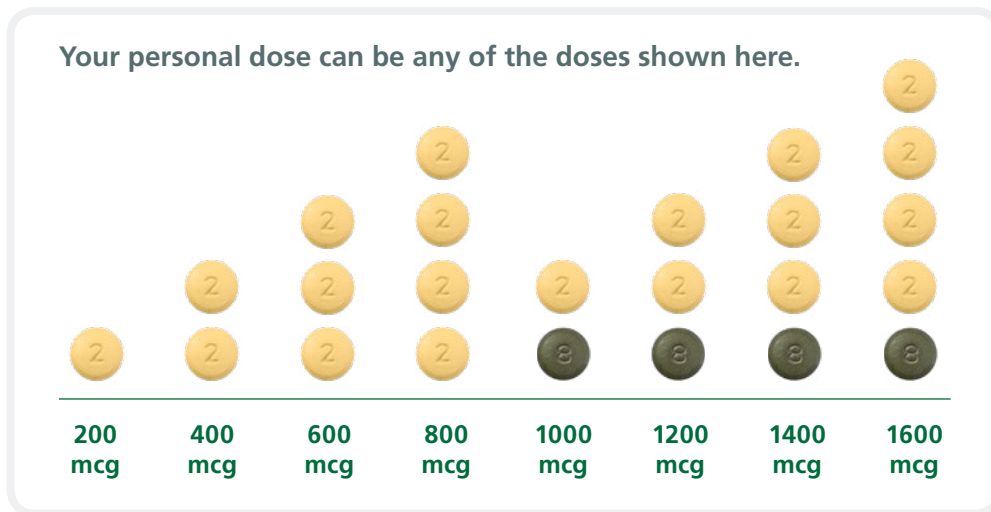
Which tablets will I take during dose adjustment?

Depending on which dose your doctor tells you to take, you may use a combination of tablets. With each dose adjustment during this phase, your doctor can easily add or remove a single tablet to increase or decrease your dose as needed. See the table below for the different tablet combinations at each dose.

For example

- If your dose is at 600 mcg twice a day, you'll take three 200 mcg tablets in the morning and three 200 mcg tablets in the evening
- If you reach a dose of 1000 mcg or higher, you'll begin using 800 mcg tablets—along with 200 mcg tablets—until you reach your personal dose

Swallow tablets whole. Do not split, crush, or chew tablets.



(Tablets are not actual size.)

IMPORTANT SAFETY INFORMATION

What should I tell my doctor before taking UPTRAVI? (cont'd)



Tell your doctor if you:

- Are breastfeeding or plan to breastfeed. It is not known if UPTRAVI passes into your breast milk. You and your doctor should decide if you will take UPTRAVI or breastfeed. You should not do both
- Have any other medical conditions
- Are taking any other prescription or over-the-counter medicines, vitamins, or herbal supplements

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What happens after the Dose Adjustment Phase?

After the Dose Adjustment Phase, you will have found your personal dose of UPTRAVI. Your doctor may call this your maintenance dose. You'll then take a single tablet of your personal dose twice a day, unless your doctor tells you otherwise.

Uptravi
selexipag

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Your personal dose may look like any of these tablets.



200 mcg



400 mcg



600 mcg



800 mcg



1000 mcg



1200 mcg



1400 mcg



1600 mcg

(Tablets are not actual size.)

What should I do if I miss a dose?



If you miss a dose of UPTRAVI, take it as soon as you remember. If your next scheduled dose is due within 6 hours, skip the missed dose. Take the next dose at your regular time.



If you miss 3 or more days of UPTRAVI, call your doctor to see if you need to change your dose.



If you take too much UPTRAVI, call your healthcare team or go to the nearest hospital emergency room right away.

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The Importance of Staying Involved in Your Therapy



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KEY TAKEAWAYS

Managing PAH can take some time and patience. Being open and honest with your healthcare team can be good for you.

- Stick with the plan that you and your healthcare team decide is best for you
- Remember to stay hopeful and focused on the big picture of how UPTRAVI can help you

Tell your doctor about any side effects you have while taking UPTRAVI.



The goal is not to get to the highest dose of UPTRAVI, it's to get to the dose that's right for you



Don't be discouraged if you have to reduce your dose or stay on a lower one



In the clinical study, there were similar results when people reached the dose of UPTRAVI that was right for them

IMPORTANT SAFETY INFORMATION

What are the possible side effects of UPTRAVI?



The most common side effects are:

- Headache
- Diarrhea
- Jaw pain
- Nausea
- Muscle pain
- Vomiting
- Pain in arms or legs
- Temporary reddening of the skin (flushing)
- Joint pain
- Low red blood cell count
- Less appetite than usual
- Rash

Talk to your doctor if you have a side effect that bothers you or does not go away. These are not all the possible side effects of UPTRAVI. For more information, ask your doctor or pharmacist.

You may report side effects to FDA at 1-800-FDA-1088 or www.fda.gov/medwatch.

Keep UPTRAVI and all other medicines away from children.

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Who to Talk to for Support

- Knowing what to expect beforehand can help you and your caregiver or loved ones be prepared for treatment
- Ask your PAH healthcare team about ways to help relieve common side effects when you start UPTRAVI
- When you were prescribed UPTRAVI, your doctor may have requested in-home visits from a specialty pharmacy nurse to help you during the Dose Adjustment Phase (titration)

For immediate help during treatment, I should talk to:

1 My PAH doctor

2 My PAH doctor's nurse or healthcare team member

- Share any side effects and symptoms with your PAH healthcare team. There may be different medicines and remedies your healthcare team can recommend depending on how you're feeling



Tracking How You Feel: Weekly Updates



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Fill this out before a scheduled dose change of UPTRAVI and be honest about how you're feeling. If you're concerned that increasing your dose could make you feel worse, ask if you can postpone it during your dose change phone call.

Week of _____

My current dose of UPTRAVI is _____ mcg twice daily

How am I feeling this week?



GOOD



JUST OK



NOT GOOD

Explain:

What's bothering me?

At or before my scheduled dose change, I talked about how I was feeling with:

My PAH doctor

My doctor's nurse or
healthcare team member

The specialty pharmacy
nurse/pharmacist*

Their recommendations were:

*The specialty pharmacy nurse/pharmacist is not a substitute for the care you receive from your PAH doctor and healthcare team.

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Tips and Teamwork: Help Along the Way

Pay close attention to your good days, your not-so-good days, and every day in between.

- Are there specific things you notice you're doing those days in terms of diet, activities, etc.?
- Is there anything that triggers side effects or helps relieve them?

Talk about these with your PAH doctor and ask your caregiver or loved ones to do the same.

- On days you're not feeling well, don't do anything too strenuous
- Take care of your body and focus on creating the most comfortable conditions you can

Your PAH team

Remember, you're not alone in your treatment. Managing PAH is about teamwork. Each person plays a key role. Knowing each person's role can help you during the Dose Adjustment Phase and throughout treatment with UPTRAVI. Use the spaces provided to fill in phone numbers so they're easy to find.

The team

YOU

It all starts with the most important person on the team—you. Each team member is essential but think of yourself as the leader.

You're in charge of talking with the rest of the team about how you feel. **Without your input, they can't do their jobs effectively.**

YOUR PAH DOCTOR AND HEALTHCARE TEAM

Your PAH doctor and staff rely on you to speak up about how you're feeling.

- In order to make things as smooth as possible, **you and your caregiver should keep track of how you're feeling.** Let them know if you're having any problems during treatment
- **Don't be afraid to speak up if you think the dose you're on is not right for you;** they'll help you work on feeling better or reduce your dose if needed

Name: _____

Phone Number: _____

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YOUR CAREGIVER OR LOVED ONES

Think of your caregiver, loved one, or family members as part of your support team.

- They can **help support you** physically, mentally, and emotionally on a regular basis
- They can also **give you and your PAH doctor their insight on how you're doing during treatment**

SPECIALTY PHARMACY NURSE/PHARMACIST

If your PAH doctor requests support services for you from a specialty pharmacy nurse, the nurse can also provide support and answer questions you have during the Dose Adjustment Phase.

You can also discuss how you're feeling with the specialty pharmacist during your regular dose adjustment calls.

The specialty pharmacy nurse/pharmacist is not a substitute for the care you receive from your PAH doctor and healthcare team.



Call your PAH doctor for advice about side effects

IMPORTANT SAFETY INFORMATION

What other medicines might interact with UPTRAVI?



- UPTRAVI and other medicines may affect each other, causing side effects. Tell your doctor about all the medicines you are taking. Do not start any new medicine until you check with your doctor

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 - Have any other medical conditions
 - Are taking any other prescription or over-the-counter medicines, vitamins, or herbal supplements

What are the possible side effects of UPTRAVI?



The most common side effects are:

- | | | |
|------------|--|----------------------------|
| • Headache | • Muscle pain | • Joint pain |
| • Diarrhea | • Vomiting | • Low red blood cell count |
| • Jaw pain | • Pain in arms or legs | • Less appetite than usual |
| • Nausea | • Temporary reddening of the skin (flushing) | • Rash |

Talk to your doctor if you have a side effect that bothers you or does not go away. These are not all the possible side effects of UPTRAVI. For more information, ask your doctor or pharmacist.

You may report side effects to **FDA at 1-800-FDA-1088** or www.fda.gov/medwatch.

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Set Goals. Be Proactive. Stay Motivated.

No matter what stage you're in or the circumstances you face, you have the power to choose how you manage it with your healthcare team.



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Set goals for what's important to you.



Use your calendar to track how you feel.

Be mindful of how you're feeling physically and mentally.



Talk with your healthcare team to let them know how you're feeling. Don't be afraid to speak up.



Use your support system.

Teamwork can make a big difference.



Be proud of yourself.

Celebrate accomplishments—both big and small.



Stay focused on your goals and the positive aspects of your life.

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Reference: UPTRAVI® (selexipag) full Prescribing Information. Actelion Pharmaceuticals US, Inc.