taltz®
(ixekizumab) injection
80 mg/mL

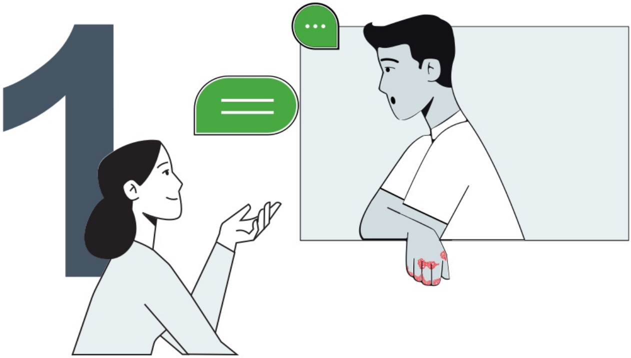
Your guide is here

Managing psoriasis can be challenging. But sometimes it helps to get a little perspective. That's why we created the **Seeing the Big Picture** guide. We hope you find it helpful.

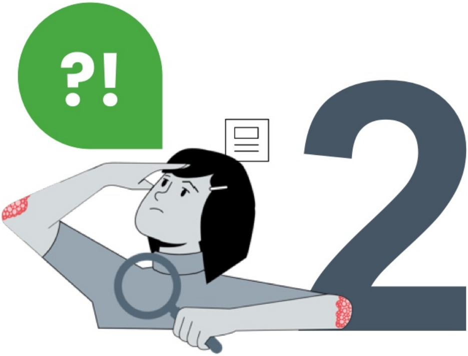
And once you're done reading, feel free to head back to taltz.com for more insights and information about Taltz.

Seeing the big picture

Moderate to severe plaque psoriasis and psoriatic arthritis may affect you in a lot of ways—some you haven't thought much about. Here are some tips for important parts of your life.



It can be scary talking to friends or loved ones about psoriasis or psoriatic arthritis. **But why not be open? If your skin plaques or joint pain comes up, reassure them that psoriasis and psoriatic arthritis are autoimmune diseases and neither are contagious.** A little education can go a long way. When you're up-front about your condition, people may understand you better as a person, which is always good. If some dismiss it as no big deal, remember: it's their issue, not yours.



Stress can trigger psoriasis flare-ups, and sometimes managing psoriasis can trigger stress. So what do you do? Pay attention to how you're feeling and what you're doing when you have a flare-up. Drinking too much, carrying extra weight, and being around people who smoke can be triggers for psoriasis. A cold or some other illness as well as stress can be triggers for psoriatic arthritis. If you're feeling overwhelmed, try to meditate, exercise, and eat a little healthier. You're not alone—there are support groups and online communities where you can learn from others who are not letting their psoriasis or psoriatic arthritis stop them.

Sometimes you need to talk to others who are depending on you to get things done. Being open nearly always helps. Plaques can show up on many parts of the body, including on hands, feet, elbows, knees, and scalp. Joint pain, swelling, or stiffness can make your regular daily routine impossible. During a flare-up, arranging a flexible schedule may help. If you need to, speak with a teammate who may have some useful ideas. **There may be ways to help you feel more at ease as you do your part, which can make things better all around.**

INDICATIONS AND SAFETY SUMMARY

Taltz® (tȯl-ts) is an injectable medicine used to treat:

- People 6 years of age and older with moderate to severe plaque psoriasis who may benefit from taking injections or pills (systemic therapy) or treatment using ultraviolet or UV light (phototherapy).
- Adults with active psoriatic arthritis.
- Adults with active ankylosing spondylitis.
- Adults with active non-radiographic axial spondyloarthritis with objective signs of inflammation.

It is not known if Taltz is safe and effective in children for conditions other than plaque psoriasis or in children under 6 years of age.

Warnings - Taltz affects the immune system. It may increase your risk of infections, which can be serious. Do not use Taltz if you have any symptoms of infection, unless your doctor tells you to. If you have a symptom after starting Taltz, call your doctor right away.

Your doctor should check you for tuberculosis (TB) before you start Taltz, and watch you closely for signs of TB during and after treatment with Taltz. If you have TB, or had it in the past, your doctor may treat you for it before you start Taltz.

Do not use Taltz if you have had a serious allergic reaction to ixekizumab or any other ingredient in Taltz, such as: swelling of your eyelids, lips, mouth, tongue or throat, trouble breathing, feeling faint, throat or chest tightness, or skin rash. Get emergency help right away if you have any of these reactions. See the Medication Guide that comes with Taltz for a list of ingredients.

Crohn's disease or ulcerative colitis (inflammatory bowel disease) can start or get worse with Taltz use. Tell your doctor if you have any of these symptoms or if they get worse: stomach pain, diarrhea, and weight loss.

You should not get live vaccines while taking Taltz. You should get the vaccines you need before you start Taltz.

Common side effects

The most common side effects of Taltz include:

- Injection site reactions
- Upper respiratory infections
- Nausea
- Fungal skin infections

Tell your doctor if you have any side effects. **You can report side effects at 1-800-FDA-1088 or www.fda.gov/medwatch.**

Before using

Before you use Taltz, review these questions with your doctor:

- ☐ Are you being treated for an infection?
- ☐ Do you have an infection that does not go away or keeps coming back?
- ☐ Do you have TB or have you been in close contact with someone with TB?
- ☐ Do you have possible symptoms of an infection such as fever, cough, sores, diarrhea, or other symptoms? Ask your doctor about other possible symptoms.
- ☐ Do you have Crohn’s disease or ulcerative colitis?

Tell your doctor if:

- ☐ You need any vaccines or have had one recently.
- ☐ You take prescription or over-the-counter medicines, vitamins, or herbal supplements.
- ☐ You are pregnant or planning to become pregnant. It is not known if Taltz can harm an unborn baby. **Pregnancy Exposure Registry:** There is a pregnancy registry to collect information about women who are exposed to Taltz during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. If you become pregnant while taking Taltz, you are encouraged to enroll in the pregnancy registry by calling 1-800-284-1695 or by visiting online at https://www.taltz.com.
- ☐ You are breastfeeding or planning to breastfeed. It is not known if Taltz passes into breastmilk.

How to take

See the instructions for use that come with Taltz. There you will find information about how to store, prepare, and inject Taltz. Adults may self-inject after receiving training from a healthcare provider.

For people under 18 years of age:

- Weighing less than 50 kg (i.e., 110 lb): Taltz must be given by a healthcare provider.
- Weighing more than 50 kg (i.e., 110 lb): If your healthcare provider decides that your caregiver may give your injections of Taltz at home, your caregiver should ask and receive training from a healthcare provider on the right way to prepare and inject Taltz.

Learn more

Taltz is a prescription medicine. For more information, call **1-800-545-5979** or go to taltz.com.

This summary provides basic information about Taltz but does not include all information known about this medicine. Read the information that comes with your prescription each time your prescription is filled. This information does not take the place of talking with your doctor. Be sure to talk to your doctor or other healthcare provider about Taltz and how to take it. Your doctor is the best person to help you decide if Taltz is right for you.

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