taltz®
(ixekizumab) injection
80 mg/mL

Your guide is here

We know that psoriasis is more than skin deep and can affect many aspects of your day-to-day. That's why we created the **Self-Care Inside & Out** guide, because we know that taking care of all of you can make a big difference.

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

Self-care inside & out

Treating moderate to severe plaque psoriasis is part of wellness. Flare-ups can be awful, and no one would blame you for wanting to cover up and stay inside. But the truth is that **getting out and doing the things that make you feel good** play a part in taking care of your plaque psoriasis. Here's what you should know about your mind-body connection:

Sometimes managing psoriasis can be stressful. **If you can, find a quiet place to decompress. Even 5 minutes can help.** You can try yoga, meditation, or even just holding a deep breath and slowly exhaling a few times to relax your whole body. Everyone’s got different triggers. Pay attention to how you’re feeling when you have a flare-up so you can work through those emotions.

You deserve to do what you like—**staying active and eating healthy are important.**

Getting outside, going for a walk with friends, or biking can lift your spirits.

Getting treatment for psoriasis can reduce the inflammation causing the plaques. Smoking, taking drugs, or drinking too much are harmful behaviors that can affect your overall health. If you need to, ask your doctor for help to break these habits.

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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