



# GETTING STARTED WITH AFREZZA®

THE ONLY ULTRA RAPID-ACTING INHALED INSULIN FOR  
ADULTS LIVING WITH TYPE 1 OR TYPE 2 DIABETES



## Indications and Limitations of Use

Afrezza® (insulin human) Inhalation Powder is a man-made rapid acting insulin breathed in through your lungs (inhaled) and is used to control high blood sugar in adult patients with diabetes mellitus. AFREZZA is available by prescription only.

- AFREZZA is not for use in place of long-acting insulin. AFREZZA must be used with long-acting insulin in people who have type 1 diabetes.
- AFREZZA is not for use to treat diabetic ketoacidosis.
- It is not known if AFREZZA is safe and effective for use in people who smoke. AFREZZA is not for use in people who smoke or have recently stopped smoking (less than 6 months).
- It is not known if AFREZZA is safe and effective in children under 18 years of age.

## Important Safety Information

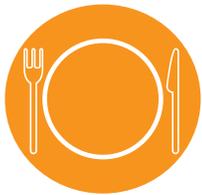
AFREZZA can cause serious side effects including sudden lung problems (bronchospasms). Do not use AFREZZA if you have long-term (chronic) lung problems such as asthma or chronic obstructive pulmonary disease (COPD). Before starting AFREZZA, your healthcare provider will give you a breathing test to check how your lungs are working.

Please see additional Important Safety Information for Afrezza on page 12 or on [www.afrezza.com](http://www.afrezza.com). The complete **Medication Guide** and **Instructions for Use** can be found on [www.afrezza.com](http://www.afrezza.com).



# TAKING CONTROL WITH AFREZZA<sup>®</sup>

As someone living with type 1 or type 2 diabetes who depends on mealtime insulin, you know how important flexibility can be. Afrezza is the only ultra rapid-acting inhaled insulin that works on your schedule to deliver mealtime management in the moment.



## **NO PLANNING**

Afrezza lets you inhale your insulin right when food arrives—even unexpectedly—so you can be spontaneous but still in control.



## **NO WAITING**

Afrezza lowers your blood sugar similar to the body's natural insulin response.



## **NO NEEDLESTICKS**

Afrezza is an innovative solution that gives you mealtime glucose control without the need for mealtime injections.



## WHAT IS AFREZZA®?

### MEALTIME ON YOUR TIME

- Inhaled insulin that gets into your bloodstream in less than 1 minute
- Starts controlling blood sugar in about 12 minutes

### CONTROL YOU CAN COUNT ON

- Eliminates over 1,000 mealtime injections per year\*
- Proven mealtime control in studies of more than 3,000 people living with type 1 or type 2 diabetes

*Since Afrezza stops lowering blood glucose within 1.5 to 3 hours,<sup>†</sup> depending on the dose, it gives you the option to take additional doses at 1 and 2 hours after meals, if needed.*

\* Assumes 1 mealtime injection per meal, 3 meals per day for 365 days, rounded down. <sup>†</sup>For the 4-unit and 12-unit cartridges, respectively.



# FILLING YOUR PRESCRIPTION

Here's a step-by-step guide to filling your first Afrezza® prescription:

1. Before you visit the pharmacy, be sure to **download** your Afrezza Savings Card at **[www.AfrezzaSavingsCard.com](http://www.AfrezzaSavingsCard.com)**
2. Take both your prescription and savings card to the pharmacy, and be prepared to give them at least 48 hours to fill your order as some locations may need to have Afrezza shipped to them



**CONTROL YOUR COSTS WITH THE  
AFREZZA SAVINGS CARD\***

## WE ARE HERE TO HELP

Contact **AfrezzaAssist<sup>SM</sup>** with any issues related to your Afrezza prescription.

Our Patient Support Guides can help you explore options to get support if your health plan or pharmacist tells you Afrezza is not covered on your current plan.

**AfrezzaAssist<sup>SM</sup> : 1-844-323-7399**

\*Eligibility criteria and maximum benefit limitations apply.  
Please see [www.AfrezzaSavingsCard.com](http://www.AfrezzaSavingsCard.com) for complete details.

# TAKING AFREZZA<sup>®</sup>

With these simple steps, learn how to manage your mealtime glucose levels.



## EFFECTIVE DOSING

Like all insulin therapy, monitor the effect Afrezza has on you, and reach out to your doctor if you feel like you need to change your dosing.



## TYPICAL DOSING AT MEALTIME

In clinical trials, most patients received 12-24 Afrezza insulin units per meal.



## DOSING CONSIDERATIONS

Clinical trials have shown it may take approximately 1.5x the amount of Afrezza to achieve the same blood sugar control as injected insulin. You may need to adjust your dose, up or down, based on your blood sugar levels and how Afrezza works for you.

**Frequently check your blood glucose levels to see how Afrezza is working for you.**

# TAKING AFREZZA®

With these simple steps, learn how to manage your mealtime glucose levels.



## DOSING WITH CARTRIDGES

If you've had experience with mealtime injections, use this starting dose conversion chart to help determine the right amount of Afrezza insulin units you need.

INJECTED MEALTIME INSULIN DOSE	AFREZZA STARTING DOSE	# OF CARTRIDGES NEEDED		
		4 UNIT BLUE	8 UNIT GREEN	12 UNIT YELLOW
UP TO 4 UNITS	4 UNITS			
5-8 UNITS	8 UNITS			
9-12 UNITS	12 UNITS	 +  OR 		
13-16 UNITS	16 UNITS			
17-20 UNITS	20 UNITS	 + 		
21-24 UNITS	24 UNITS			

It may take approximately 1.5x the amount of Afrezza to achieve the same blood sugar control as injected insulin.

# TAKING AFREZZA®

With these simple steps, learn how to manage your mealtime glucose levels.



## MAKING ADJUSTMENTS TO MAXIMIZE RESULTS

As you begin your new therapy, be sure to test your blood glucose levels frequently, to track how Afrezza is working for you. Discuss your results with your healthcare provider so you can work together to adjust the Afrezza dose to what works for you.

## AFREZZA DOSING PER MEAL

Work with your doctor to determine the dosing regimen that's right for you, then record it here:

**STEP 1:** Take prescribed Afrezza dose

BREAKFAST	LUNCH	DINNER	SNACK
_____ units	_____ units	_____ units	_____ units

**STEP 2:** Check blood sugar to see how Afrezza is working for you

\_\_\_\_\_ hour(s) after beginning the meal\*

**STEP 3:** Correction dose, if needed

AFTER-MEAL BLOOD SUGAR	CORRECTION DOSE
Target blood sugar: Between _____ mg/dL and _____ mg/dL	No correction dose needed
Greater than _____ mg/dL	Take _____ units

**STEP 4:** Adjust dose, if needed

- If your after-meal blood sugar remains above your target blood sugar range for \_\_\_\_\_ days, consult your doctor to consider increasing your dose in Step 1
- If your after-meal blood sugar is lower than your target range, consult your doctor
- Continue adjusting until your after-meal blood sugar is consistently within your target

*From changes in diet and exercise to stress levels and medications, life is constantly changing. Fortunately, Afrezza can be adapted to change with it, with a variety of cartridge sizes (4-unit, 8-unit, and 12-unit cartridges) to help manage any necessary adjustments.*

\*American Diabetes Association suggests 1-2 hours after beginning of the meal.

# HOW TO USE AFREZZA®



## A STEP-BY-STEP GUIDE TO YOUR FIRST DOSE

Before you take your first dose, make sure to learn proper inhalation techniques and how Afrezza works. You can discuss instructions and receive additional training by contacting AfrezzaAssist<sup>SM</sup>.

Call **1-844-323-7399** to speak with one of our Patient Support Guides. Watch the How to Use Afrezza video at **www.Afrezza.com**.

## STEP 1: SELECT THE CARTRIDGE FOR YOUR DOSE



### 4 UNITS:

If your Afrezza dose is 4 units, use 1 blue cartridge.



### 8 UNITS:

If your Afrezza dose is 8 units, use 1 green cartridge.



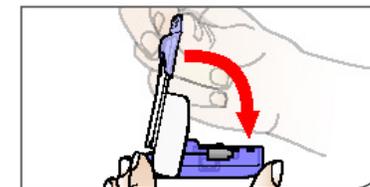
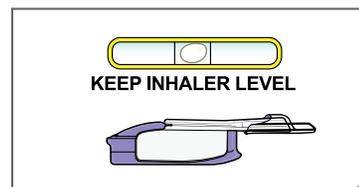
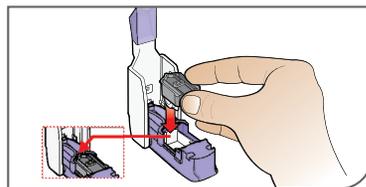
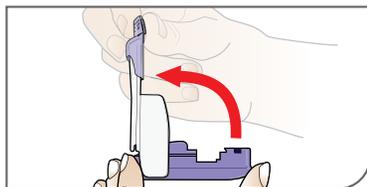
### 12 UNITS:

If your Afrezza dose is 12 units, use 1 yellow cartridge.

If your prescribed Afrezza dose is more than 12 units, you will need to use more than 1 cartridge to get your right dose.

## STEP 2: LOAD A CARTRIDGE

- **HOLD INHALER:** Hold the inhaler level in one hand with the white mouthpiece on the top and purple base on the bottom.
- **OPEN INHALER:** Open the inhaler by lifting the white mouthpiece to a vertical position.
- **PLACE CARTRIDGE:** Hold the cartridge with the cup facing down. The pointed end of the cartridge should line up with the pointed end in the inhaler. Place cartridge into the inhaler, making sure it lies flat in inhaler.
- **KEEP LEVEL:** Now that the cartridge is loaded, keep the inhaler level from this point forward to avoid loss of drug powder. Do not turn it upside down, shake, or drop, as this could cause a loss of drug powder.
- **CLOSE INHALER:** Lower the mouthpiece to close the inhaler (this will open the drug cartridge). You should feel a snap when the inhaler is closed.

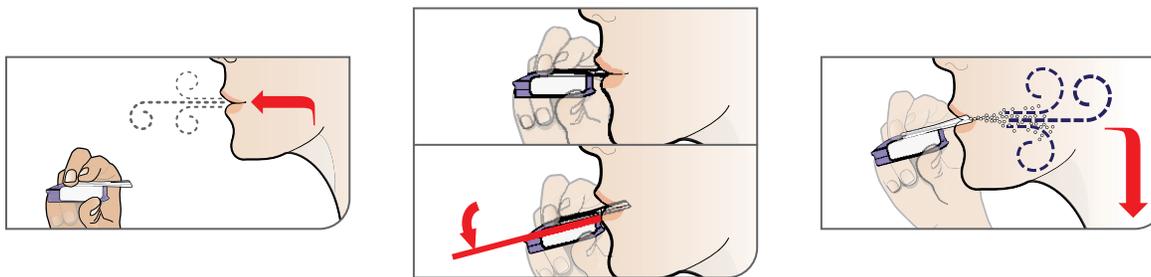


# HOW TO USE AFREZZA®



## STEP 3: INHALE INSULIN

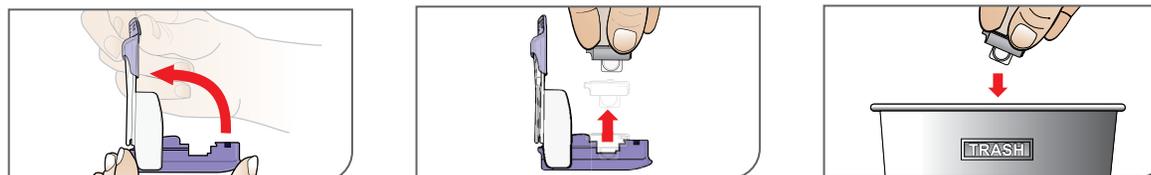
- **REMOVE COVER:** Remove the mouthpiece cover. Keep the inhaler level.
- **EXHALE:** Hold the inhaler away from your mouth and exhale fully.
- **POSITION INHALER:** Keeping your head and inhaler level, place the mouthpiece in your mouth. Close your lips around the mouthpiece to form a seal. Tilt the inhaler downward while keeping your head level as shown.
- **INHALE DEEPLY AND HOLD BREATH:** With your mouth closed around the mouthpiece, inhale deeply through the inhaler. Hold your breath for as long as comfortable and at the same time remove the inhaler from your mouth. Exhale and breathe normally.



## STEP 4: REMOVE CARTRIDGE AND DISCARD

- **REPLACE COVER:** Put the mouthpiece cover back onto the inhaler.
- **OPEN INHALER:** Open the inhaler by lifting the white mouthpiece.
- **REMOVE CARTRIDGE:** Remove the cartridge from the purple base.
- **DISCARD:** Throw away the cartridge in your regular household trash.

Repeat steps 2 through 4 for each Afrezza cartridge you need for your dose.





# STORAGE AND HANDLING

## HOW TO TAKE CARE OF YOUR AFREZZA® INHALER AND INSULIN CARTRIDGES

### NOT IN USE: REFRIGERATED STORAGE

Store unopened drug in a refrigerator 36°F-46°F (2°C-8°C).

SEALED FOIL PACKAGES	Refrigerated
	May be used until the <b>expiration date*</b>
SEALED BLISTER CARDS + STRIPS	Refrigerated
	Must be used <b>within 1 month*</b>

\*If a foil package, blister card, or strip is not refrigerated, the contents must be used within 10 days.

**BEFORE USING YOUR AFREZZA INHALER**



Before use, cartridges and inhaler should be at room temperature for 10 minutes.



ROOM TEMPERATURE



10 mins.

### IN USE: ROOM TEMPERATURE STORAGE

Reference the chart below for instructions on taking care of your inhaler and opened foil packages.

OPENED AFREZZA INHALERS	Room Temperature
	Use for up to <b>15 days</b> from the date of first use. After 15 days, inhaler must be discarded and replaced.
SEALED BLISTER CARDS + STRIPS	Room Temperature
	Must be used <b>within 10 days</b>
OPENED STRIPS	Room Temperature
	Must be used <b>within 3 days</b>

Do not put a blister card or strip back into the refrigerator after being stored at room temperature.



# FREQUENTLY ASKED QUESTIONS



**Q: WHEN SHOULD I TAKE MY AFREZZA®?**

**A:** Afrezza should be inhaled at the beginning of a meal.

**Q: IS IT NORMAL TO SEE POWDER LEFT OVER IN MY INHALER AFTER I'VE INHALED MY AFREZZA DOSE?**

**A:** Yes, a small amount of powder residue in the mouthpiece or cartridge is normal. This does not affect your dose. You can wipe the mouthpiece with a clean, dry cloth to remove moisture or lipstick. Do not wash the Afrezza inhaler.

**Q: WHAT SHOULD I DO IF I EXPERIENCE A COUGH?**

**A:** Since Afrezza is an inhaled powder, it is not uncommon to experience cough at the beginning of your treatment. In our clinical studies, cough was mild and typically declined with continued use after 1-4 weeks. As a suggestion, taking Afrezza at room temperature and having a sip of water before and after inhalation may help. If you develop a persistent or recurring cough, or have breathing difficulties while using Afrezza, contact your healthcare provider.

## ADDITIONAL QUESTIONS?

Visit [www.Afrezza.com](http://www.Afrezza.com) or contact AfrezzaAssist<sup>SM</sup> at **1-844-323-7399**.



## HERE TO HELP EVERY STEP OF THE WAY

### YOUR FIRST PRESCRIPTION

Be sure to **download** the Afrezza® Savings Card **before you visit your pharmacy**, and give them at least 48 hours to fill your prescription as some locations may need to have the product delivered.\*

#### AfrezzaAssist<sup>SM</sup>

can help you navigate insurance coverage and explain how to use your Afrezza Savings Card.

### YOUR FIRST DOSE

Remember, Afrezza is different from injectable insulin, delivering ultra-rapid control that may reduce glucose levels faster than you may be accustomed to.

#### AfrezzaAssist<sup>SM</sup>

can help you understand what to expect during the first few weeks of treatment and provide instructions on proper inhalation technique.

### YOUR FIRST FOLLOW-UP APPOINTMENT

Once you and your doctor have decided Afrezza is right for you, be sure to schedule a 2-week follow-up to discuss initial results, and address any issues or side effects.

#### AfrezzaAssist<sup>SM</sup>

can help address any questions that you may have to make sure you get the most out of your Afrezza experience.

### YOUR CONTINUED SUCCESS

Your doctor will be your best resource as you optimize dosing and work through any common side effects, including coughing, which is generally mild and tends to decline with continued use.

#### AfrezzaAssist<sup>SM</sup>

provides training and support as you need, and helps you identify additional financial programs you may be eligible for that can keep your treatment affordable.

CONTACT US:



TELEPHONE (TOLL-FREE)  
1-844-323-7399

HOURS

Monday - Friday 8:00am - 8:00pm ET



WEBSITE

www.Afrezza.com

\*Eligibility criteria and maximum benefit limitations apply. Please see [www.AfrezzaSavingsCard.com](http://www.AfrezzaSavingsCard.com) for complete details.

## IMPORTANT SAFETY INFORMATION

### What is the most important information I should know about AFREZZA?

#### AFREZZA can cause serious side effects including:

- **Sudden lung problems (bronchospasms). Do not use AFREZZA if you have long-term (chronic) lung problems such as asthma or chronic obstructive pulmonary disease (COPD).** Before starting AFREZZA, your healthcare provider will give you a breathing test to check how your lungs are working.

### What is AFREZZA?

- AFREZZA is a man-made insulin that is breathed-in through your lungs (inhaled) and is used to control high blood sugar in adults with diabetes mellitus.
- AFREZZA is not for use in place of long-acting insulin. AFREZZA must be used with long-acting insulin in people who have type 1 diabetes mellitus.
- AFREZZA is not for use to treat diabetic ketoacidosis.
- It is not known if AFREZZA is safe and effective for use in people who smoke. AFREZZA is not for use in people who smoke or have recently stopped smoking (less than 6 months).
- It is not known if AFREZZA is safe and effective in children under 18 years of age.

### Who should not use AFREZZA?

#### Do not use AFREZZA if you:

- Have chronic lung problems such as asthma or COPD.
- Are allergic to regular human insulin or any of the ingredients in AFREZZA. See the end of this Medication Guide for a complete list of ingredients in AFREZZA.

### What should I tell my healthcare provider before using AFREZZA?

#### Before using AFREZZA, tell your healthcare provider about all your medical conditions, including if you:

- Have lung problems such as asthma or COPD
- Have or have had lung cancer

- Are using any inhaled medications
- Smoke or have recently stopped smoking
- Have kidney or liver problems
- Are pregnant, planning to become pregnant, or are breastfeeding. AFREZZA may harm your unborn or breastfeeding baby.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins or herbal supplements.

#### **Before you start using AFREZZA, talk to your healthcare provider about low blood sugar and how to manage it.**

### How should I use AFREZZA?

- Read the detailed Instructions for Use that comes with your AFREZZA.
- Take AFREZZA exactly as your healthcare provider tells you to. Your healthcare provider should tell you how much AFREZZA to use and when to use it.
- Know the strength of AFREZZA you use. Do not change the amount of AFREZZA you use unless your healthcare provider tells you to.
- Take AFREZZA at the beginning of your meal.
- **Check your blood sugar levels.** Ask your healthcare provider what your blood sugar should be and when you should check your blood sugar levels.
- **Keep AFREZZA and all medicines out of the reach of children.**

### Your dose of AFREZZA may need to change because of:

- Change in level of physical activity or exercise, weight gain or loss, increased stress, illness, change in diet, or because of other medicines you take.

### What should I avoid while using AFREZZA?

#### While using AFREZZA do not:

- Drive or operate heavy machinery, until you know how AFREZZA affects you
- Drink alcohol or use over-the-counter medicines that contain alcohol
- Smoke

### What are the possible side effects of AFREZZA?

AFREZZA may cause serious side effects that can lead to death, including:

See "What is the most important information I should know about AFREZZA?"

- **Low blood sugar (hypoglycemia).** Signs and symptoms that may indicate low blood sugar include:
  - Dizziness or light-headedness, sweating, confusion, headache, blurred vision, slurred speech, shakiness, fast heartbeat, anxiety, irritability or mood change, hunger.
- **Decreased lung function.** Your healthcare provider should check how your lungs are working before you start using AFREZZA, 6 months after you start using it and yearly after that.
- **Lung cancer.** In studies of AFREZZA in people with diabetes, lung cancer occurred in a few more people who were taking AFREZZA than in people who were taking other diabetes medications. There were too few cases to know if lung cancer was related to AFREZZA. If you have lung cancer, you and your healthcare provider should decide if you should use AFREZZA.
- **Diabetic ketoacidosis.** Talk to your healthcare provider if you have an illness. Your AFREZZA dose or how often you check your blood sugar may need to be changed.
- **Severe allergic reaction (whole body reaction). Get medical help right away if you have any of these signs or symptoms of a severe allergic reaction:**
  - A rash over your whole body, trouble breathing, a fast heartbeat, or sweating.
- **Low potassium in your blood (hypokalemia).**
- **Heart failure.** Taking certain diabetes pills called thiazolidinediones or "TZDs" with AFREZZA may cause heart failure in some people. This can happen even if you have never had heart failure or heart problems before. If you already have heart failure it may get worse while you take TZDs with AFREZZA. Your healthcare provider should monitor you closely while you are taking TZDs with AFREZZA. Tell your healthcare provider if you have any new or worse symptoms of heart failure including:
  - Shortness of breath, swelling of your ankles or feet, sudden weight gain.

### Get emergency medical help if you have:

- Trouble breathing, shortness of breath, fast heartbeat, swelling of your face, tongue, or throat, sweating, extreme drowsiness, dizziness, confusion.

### The most common side effects of AFREZZA include:

- Low blood sugar (hypoglycemia), cough, sore throat

**These are not all the possible side effects of AFREZZA.** Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088 (1-800-332-1088).

### General information about the safe and effective use of AFREZZA.

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use AFREZZA for a condition for which it was not prescribed. Do not give AFREZZA to other people, even if they have the same symptoms that you have. It may harm them. This Medication Guide summarizes the most important information about AFREZZA.

If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for information about AFREZZA that is written for health professionals.

### What are the ingredients in AFREZZA?

**Active ingredient:** human insulin

**Inactive ingredients:** fumarlyl diketopiperazine, polysorbate 80  
AFREZZA® is a registered trademark owned by MannKind Corporation

Patented: <http://www.mannkindcorp.com/research-development/patent-notice>

MannKind Corporation, Danbury, CT 06810

For more information, go to [www.AFREZZA.com](http://www.AFREZZA.com) or call MannKind Corp. 1-877-323-8505.

This Medication Guide has been approved by the U.S. Food and Drug Administration Revised 10/2018

Please see complete [Medication Guide](#) and [Instructions for Use](#) on [www.afrezza.com](http://www.afrezza.com)

## References:

1. Afrezza (insulin human) Inhalation Powder Prescribing Information. MannKind Corporation.
  2. Bode BW, McGill JB, Lorber DL, et al. Inhaled Technosphere insulin compared with injected prandial insulin in type 1 diabetes: a randomized 24-week trial. *Diabetes Care*. 2015;38(12):2266-2273.
  3. Rosenstock J, Lorber DL, Gnudi L, et al. Prandial inhaled insulin plus basal insulin glargine versus twice daily biaspart insulin for type 2 diabetes: a multicentre randomised trial. *Lancet*. 2010;375(9733):2244-2253.
  4. Rosenstock J, Franco D, Korpachev V, et al. Inhaled Technosphere insulin versus inhaled Technosphere placebo in insulin-naive subjects with type 2 diabetes inadequately controlled on oral antidiabetes agent. *Diabetes Care*. 2015;38(12):2274-2281.
  5. Akturk HK, Snell-Bergeon JK, Rewers A, et al. Improved postprandial glucose with inhaled Technosphere insulin compared with insulin aspart in patients with type 1 diabetes on multiple daily injections: the STAT study. *Diabetes Technol Ther*. 2018;20(10):639-647.
  6. Data on file. MannKind Corporation.
  7. American Diabetes Association. Glycemic Targets: Standards of Medical Care in Diabetes—2020. *Diabetes Care*. 2020;43(suppl. 1):S66-S76.
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