



Actual Size

GETTING STARTED WITH AFREZZA®

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

Please see Important Safety Information, including BOXED WARNING for AFREZZA on pages 14-15.
Click to view the [Full Prescribing Information](#), [Medication Guide](#) and [Instructions for Use](#) for Afrezza.



Indication

- 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.

Summary of Important Safety Information

- **Afrezza® (insulin human) Inhalation Powder may cause serious side effects**, including sudden lung problems (in a study, some AFREZZA-treated patients with asthma, whose asthma medication was temporarily withheld, experienced sudden lung problems).
- **Other serious side effects may include** low blood sugar, decreased lung function, lung cancer, diabetic ketoacidosis, severe allergic reaction, low potassium in your blood, and heart failure. Some of these side effects may lead to death.
- The most common side effects are low blood sugar, cough, and sore throat.
- **Don't use AFREZZA if you have long-term lung problems such as asthma or chronic obstructive pulmonary disease (COPD)** or are allergic to any of the ingredients in AFREZZA.
- **Don't use AFREZZA if you are having an episode of low blood sugar.**
- Before starting AFREZZA, your healthcare provider will give you a breathing test to check how your lungs are working.
- AFREZZA is not for use to treat diabetic ketoacidosis.
- AFREZZA must be used with basal insulin in people who have type 1 diabetes.
- AFREZZA is not for use in people who smoke or have recently stopped smoking (less than 6 months).
- **Talk to your healthcare provider about all your medical conditions and medications.**

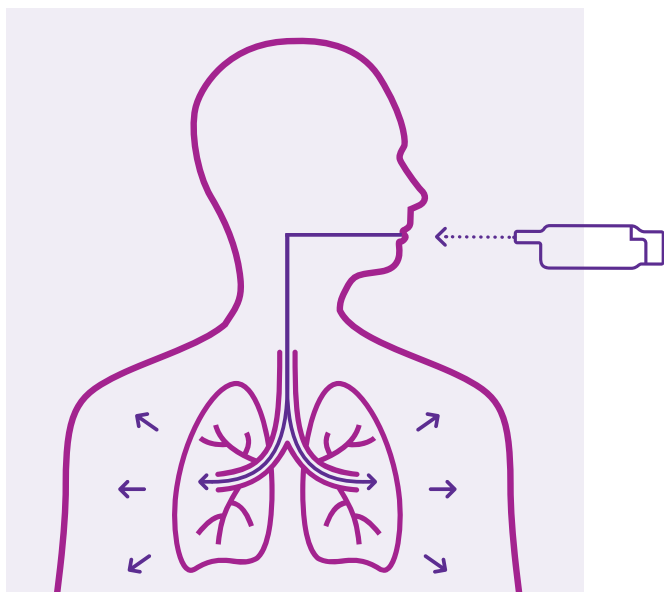
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WELCOME TO AFREZZA®

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.

Did you know it's faster to get insulin into your bloodstream through your lungs than when injected under your skin?



Inhaled insulin passes through your lungs into your blood, and it starts working to lower blood sugar fast.

- When Afrezza insulin is inhaled, it enters through the large surface area of the lungs, which allows for ultra rapid absorption.
- Afrezza uses a unique formulation to deliver insulin into the bloodstream via the lungs in less than 1 minute.
- Blood sugar starts to lower in about 12 minutes, closely mimicking the body's natural insulin response.

GETTING STARTED WITH AFREZZA®

In this guide, you will find all the details you need to get started with Afrezza insulin, including:

- ✓ Properly storing Afrezza while at home and traveling
- ✓ Taking Afrezza and scheduling live training
- ✓ Filling your prescription

WE ARE HERE TO HELP

Throughout the process of filling your first prescription, you may contact **AfrezzaAssist®** at **844-323-7399** with any questions (Monday - Friday 8:00 AM - 8:00 PM ET). Our Patient Support Guides can help you explore options if your health plan or pharmacist tells you Afrezza is not covered on your current plan.

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STORAGE AND HANDLING

HOW TO TAKE CARE OF YOUR AFREZZA INHALER AND INSULIN CARTRIDGES

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 15 days from the date of first use. After 15 days, inhaler must be discarded and replaced.
SEALED BLISTER CARDS + STRIPS	Room Temperature
	Must be used within 10 days
OPENED STRIPS	Room Temperature
	Must be used within 3 days

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

NOT IN USE: REFRIGERATED STORAGE

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

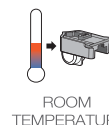
SEALED FOIL PACKAGES	Refrigerated
	May be used until the expiration date*
SEALED BLISTER CARDS + STRIPS	Refrigerated
	Must be used within 1 month*

*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.



10 mins.

Scan this QR code to read
Frequently Asked Questions



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DOSING AFREZZA®

Learn how to manage your mealtime glucose levels using Afrezza with a few simple steps. The following pages will give you information about converting dosing from injected insulin and how to take your first Afrezza dose.



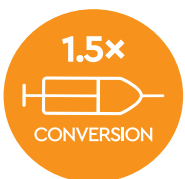
WHEN TO TAKE AFREZZA

Afrezza should be taken right at the beginning of your meal, without the need to pre-bolus.



EFFECTIVE DOSING

Your healthcare provider will determine your proper mealtime dose. Like all insulin therapy, monitor the effect Afrezza has on you, and reach out to your healthcare provider if you feel like you need to change your dosing.



CONVERSION CONSIDERATIONS

Based on clinical trials, it may take about 1.5x the amount of Afrezza to achieve a comparable effect to injected insulin.

SCHEDULE LIVE TRAINING












A Certified Afrezza Trainer can provide complimentary step-by-step instruction by phone or video chat at a time convenient for you.

You may schedule your training through your doctor or by calling **877-523-1199**.

DOSING AFREZZA®

DOSING WITH CARTRIDGES

If you've had experience with mealtime injections, use this 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	 		

QUICK TIP

Afrezza® is available in 4-, 8- and 12-unit color-coded cartridges. If needed, you can combine cartridges to take your prescribed dose. For example, two 8-unit cartridges provide a dose of 16 units of Afrezza.

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DOSING AFREZZA®

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 of 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
- Continue adjusting until your after-meal blood sugar is consistently within your target

*American Diabetes Association suggests 1-2 hours after beginning of the meal. The American Association of Clinical Endocrinologists suggests 2 hours after beginning of the meal.

QUICK TIP

Afrezza® is available in 4-, 8- and 12-unit color-coded cartridges. If needed, you can combine cartridges to take your prescribed dose. For example, two 8-unit cartridges provide a dose of 16 units of Afrezza.

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HOW TO USE AFREZZA®

A STEP-BY-STEP GUIDE TO YOUR FIRST DOSE

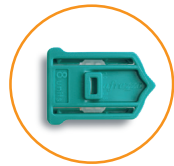
Learn how to take a dose and store Afrezza at home and while on the go. Please have dosing instructions from your healthcare provider ready before taking Afrezza, and ensure you have the right number of AFREZZA cartridges for your dose available before you start.

STEP 1: SELECT THE CARTRIDGE FOR YOUR DOSE



4 UNITS:

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



8 UNITS:

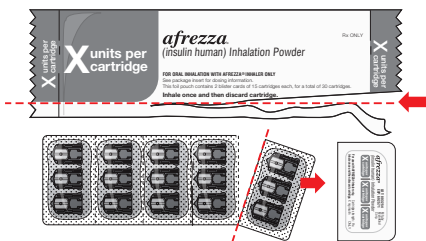
If your Afrezza dose is 8 units, use 1 green cartridge.



12 UNITS:

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

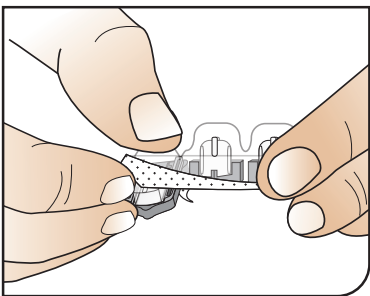
You can use any combination of cartridges to get your desired dose.



Open Packages

Remove a blister card from the foil package.

Tear along perforation to remove one strip.



Push Cartridges to Remove

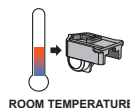
Remove a cartridge from the strip by pressing on the clear side to push the cartridge out. Remove the right number of cartridges for your dose. Pushing on the cup will not damage the cartridge.

AFREZZA cartridges left over in an opened strip must be used within 3 days.

Scan this QR code to watch
how-to videos



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

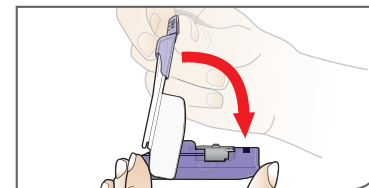
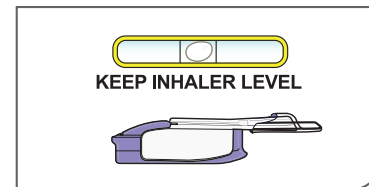
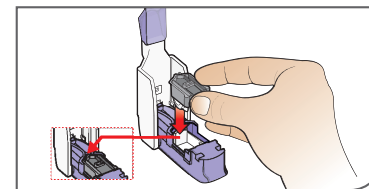
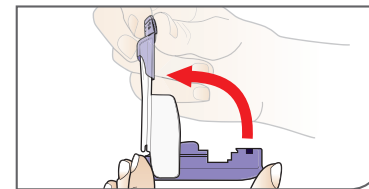
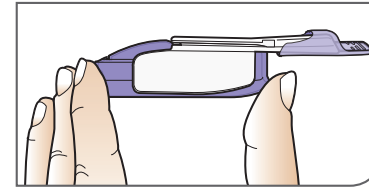


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HOW TO USE AFREZZA®

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. Before you put the AFREZZA cartridge in your inhaler, make sure it has been at **room temperature for 10 minutes**.
- **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.

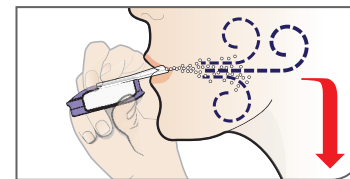
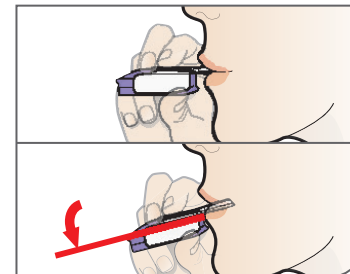
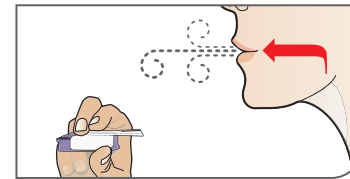
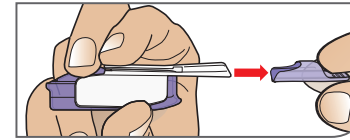


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HOW TO USE AFREZZA®

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.



QUICK TIP

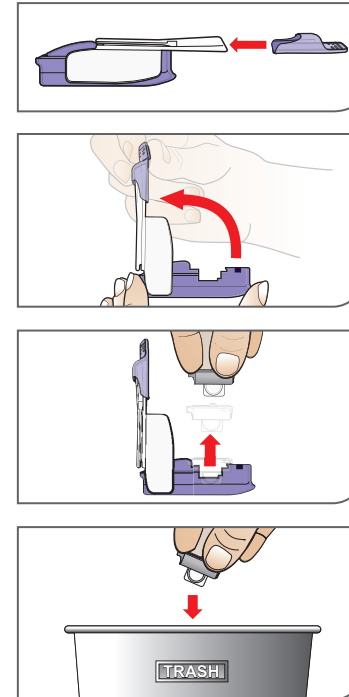
Since Afrezza is an inhaled powder, it is not uncommon to experience cough at the beginning of your treatment. In our clinical studies, cough was mild and the incidence was highest within the first week of Afrezza treatment and declined over the following 4-8 weeks. As a suggestion, taking Afrezza at room temperature and having a sip of water before inhalation may help. If you develop a persistent or recurring cough, or have breathing difficulties while using Afrezza, contact your healthcare provider.

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HOW TO USE AFREZZA®

STEP 4: REMOVING A USED CARTRIDGE

- **REPLACE MOUTHPIECE COVER:** Place the purple mouthpiece cover back onto the inhaler.
- **OPEN INHALER:** Open the inhaler by lifting up the white mouthpiece.
- **REMOVE CARTRIDGE:** Remove the cartridge from the purple base.
- **THROW AWAY (OR RECYCLE) THE CARTRIDGE:** Throw away the cartridge in your regular household trash.
Alternatively, the used cartridge (composed of HDPE, assigned recycling number 2) can be recycled.



Since Afrezza leaves the body within 1.5 to 3 hours, depending on the dose (for the 4- and 12-unit cartridges, respectively), it gives you the option to take additional doses at 1 and 2 hours after meals, if needed.

QUICK TIP

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.

FILLING YOUR PRESCRIPTION

AFREZZAASSIST®

The simplest way to get your Afrezza® prescription filled is to have your healthcare provider submit it to the AfrezzaAssist intake pharmacy. Through this process, the AfrezzaAssist team will apply eligible savings and coordinate fulfillment. Here are a few important steps for you and your provider to follow:



Your healthcare provider will submit your prescription to the AfrezzaAssist intake pharmacy (UBC Pharmacy). You will receive a text from the dispensing pharmacy (Sterling Pharmacy), letting you know when they have received the order.



Then, you can expect a phone call from Sterling Pharmacy at **888-618-4126** when your order is ready - save this number to your phone so you can expect the pharmacy's call. If you have questions about your prescription, feel free to call this number.

PRESCRIPTIONS OUTSIDE OF AFREZZAASSIST

If your prescription is submitted to a local retail pharmacy, here are the steps to fill it:



Download the Afrezza Savings Card at www.AfrezzaSavingsCard.com*. Your prescription insurance must cover Afrezza for you to be eligible for the Savings Card.



Take your prescription and Savings Card to the pharmacy. Be prepared to give them at least 48 hours to fill your order as some locations may need to have Afrezza shipped to them. It may be beneficial to follow up with the pharmacy to ensure your prescription is able to be filled.

*See program details at afrezza.com/savings-program. Eligibility criteria and maximum benefit limitations apply. Your healthcare team will most likely need to get an approved Prior Authorization for Afrezza before you can use your savings card to fill your prescription.

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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). In a study, some AFREZZA-treated patients with asthma, whose asthma medication was temporarily withheld, experienced sudden lung problems. 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 to treat diabetic ketoacidosis. AFREZZA must be used with basal insulin in people who have type 1 diabetes mellitus.
- 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.
- Are having an episode of low blood sugar (hypoglycemia).

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.

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

Click to view the [Full Prescribing Information](#), [Medication Guide](#), and [Instructions for Use](#) for Afrezza.

CONTINUED IMPORTANT SAFETY INFORMATION

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.

Treatment with TZDs and AFREZZA may need to be changed or stopped by your healthcare provider if you have new or worse heart failure.

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 are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088 (1-800-332-1088).

Please See Full Prescribing Information, including BOXED WARNING, Medication Guide and Instructions for Use at Afrezza.com/safety.



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