

INSULIN & TYPE 1 DIABETES

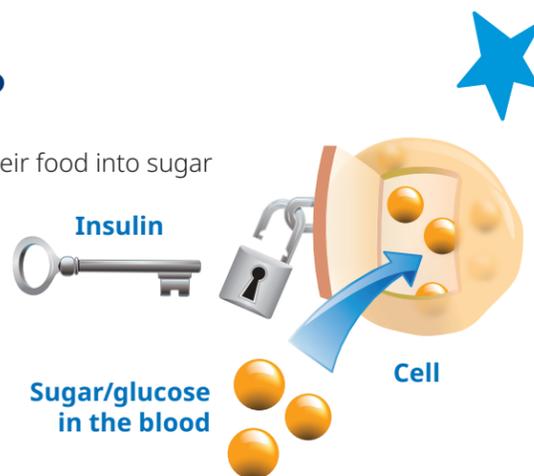
Information about insulins
available from Novo Nordisk



WHAT IS TYPE 1 DIABETES?

Whenever someone eats, their body breaks down some of their food into sugar (also called *glucose*), which travels in their blood.

For someone without type 1 diabetes, a hormone called *insulin* moves this sugar out of their blood and into their cells, where it's used for energy. But in someone with type 1 diabetes, their body's immune system mistakenly attacks and destroys certain cells in their pancreas (called *beta cells*) that make insulin.



So, a person with type 1 diabetes can't make the insulin their body needs, and without insulin, the sugar in their blood can't get into the cells where it's needed. Instead, the sugar stays in their blood and creates high blood sugar.

To replace the insulin their body doesn't make, a person with type 1 diabetes needs to take insulin every day.

When combined with taking insulin, lifestyle changes can also help keep blood sugar under control.

INSULIN & TYPE 1 DIABETES

The body of someone without diabetes normally releases insulin in 2 ways:

- 1 A slow, steady flow of insulin released continuously that helps keep blood sugar controlled overnight and between meals (called *basal insulin*).
- 2 Short bursts of insulin released when someone eats that prevent rises in blood sugar ("spikes") that occur with meals (called *bolus insulin*).

To closely mimic the body's natural basal-bolus insulin patterns, people with type 1 diabetes need 2 types of insulin coverage... basal and bolus.

- ➔ Basal insulin (also called a long-acting insulin) is taken once daily, and provides blood sugar control for a full 24 hours. This type of insulin provides steady insulin levels throughout the day and night. It is often taken before bed or first thing in the morning.
- ➔ Bolus (also called mealtime or fast-acting) insulin is taken when you eat to help limit the spike in blood sugar that happens at mealtime. This type of insulin covers the blood sugar level spikes that happen when you eat. It is usually taken just before a meal.



HOW DOES INSULIN WORK?

When you take insulin, it works like your body's own insulin. It lowers blood sugar by helping sugar move from the blood into your cells.

Insulin activity has 3 characteristics

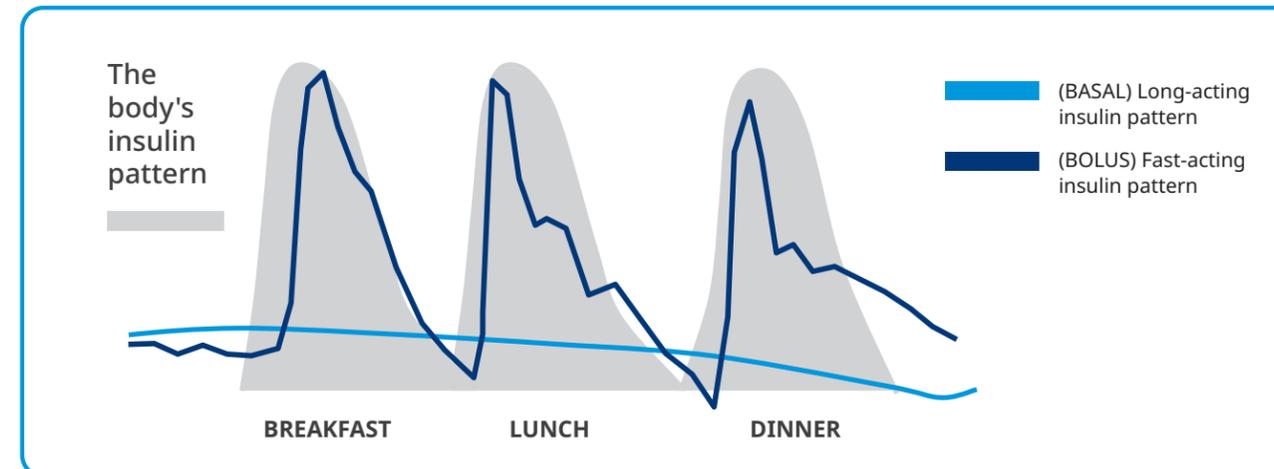
Onset is how long it takes for the insulin to start lowering your blood sugar

Peak is the time period when the insulin is at its maximum effect

Duration is how long the insulin continues to work in the body



INSULIN THERAPY SHOULD MIMIC THE BODY'S NORMAL INSULIN PATTERN

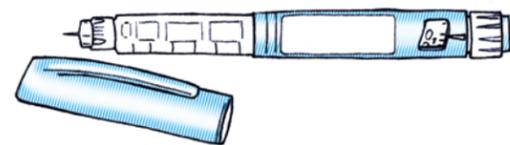


HOW CAN I TAKE INSULIN?

There are a few different ways you can take insulin. It's important to talk with your diabetes care team to find the method that works best for you.

You can inject insulin by using an insulin pen, a syringe from a bottle (vial) of insulin, or a pump.

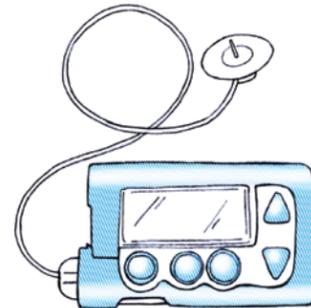
Pumps are small, computerized devices that deliver fast-acting insulin 24 hours a day through a catheter placed under the skin. They deliver insulin continuously throughout the day and night (basal coverage), and you use them to "bolus" insulin at mealtime or to correct high blood sugar.



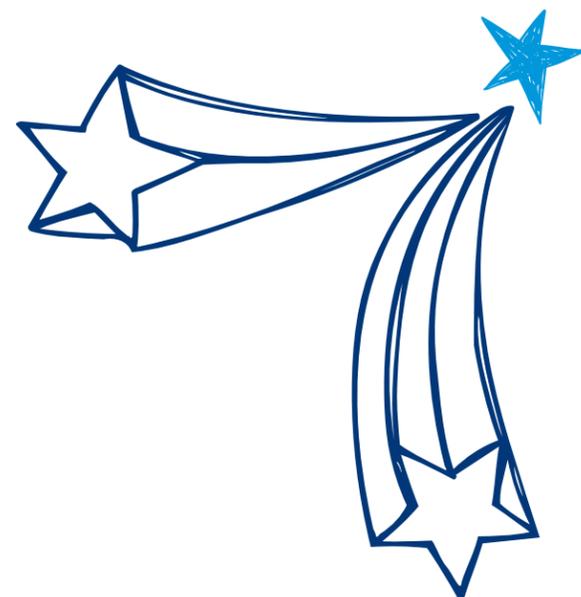
Injecting it with an insulin pen



Injecting it with a syringe that is drawn from a vial

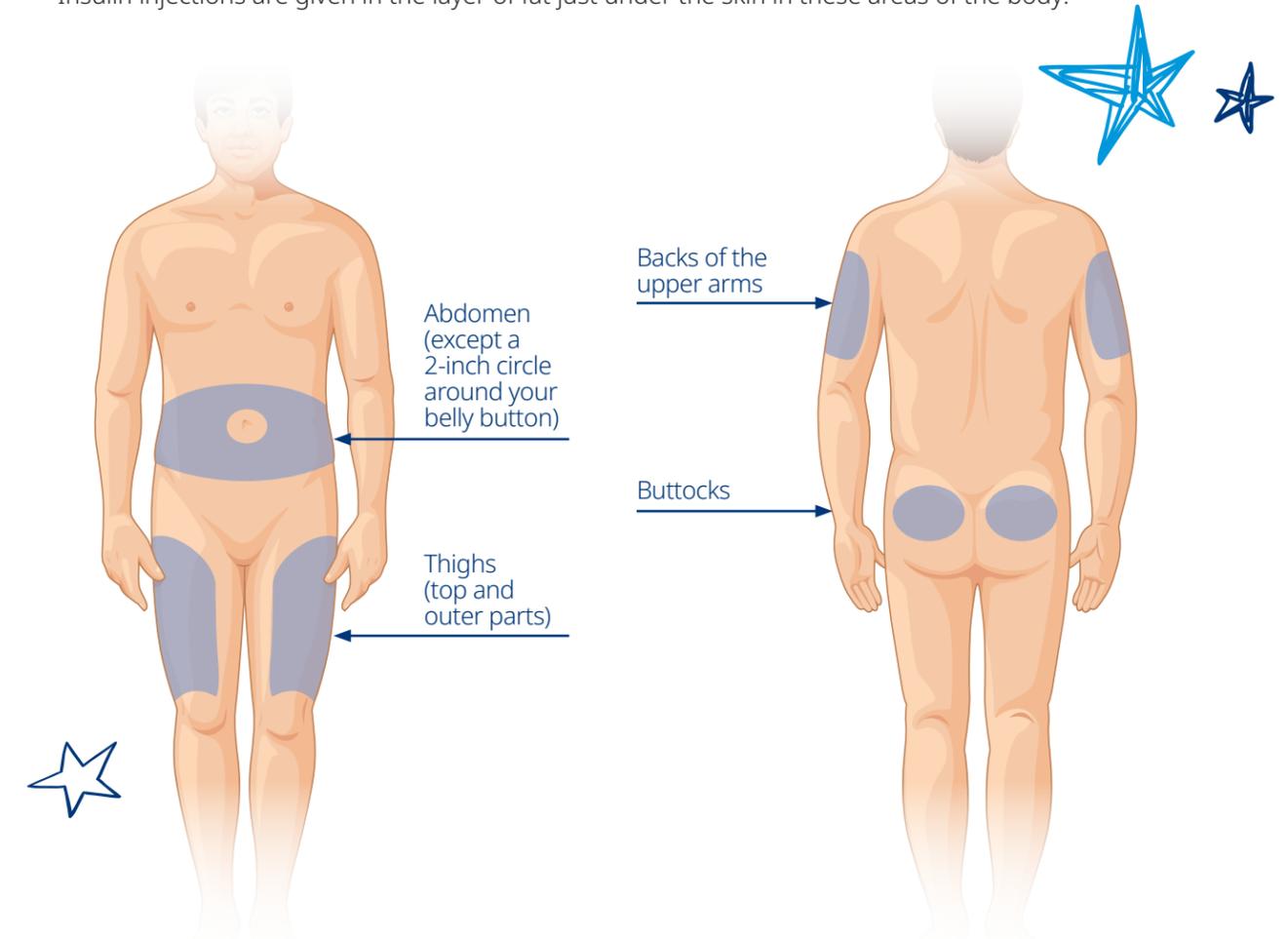


Infusing it with an insulin pump



WHERE DO I INJECT INSULIN?

Insulin injections are given in the layer of fat just under the skin in these areas of the body:



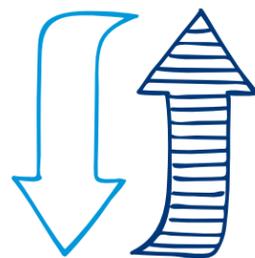
Insulin should be injected in the same general area of the body each time. But to avoid lumps or buildup of scar tissue, injections should not be given in the exact same spot each day.

Check with your insulin label for proper instructions for use.

↑ HIGH BLOOD SUGAR (HYPERGLYCEMIA)

High blood sugar happens when the body doesn't have enough insulin. Work with your diabetes care team to find the safest way for you to lower your blood sugar level if it gets too high.

Signs and symptoms of high blood sugar may include:



Very thirsty



Very hungry



Sleepy



Needing to pass urine more than usual



Blurry vision

A blood sugar reading over _____mg/dL is too high for me.

↓ LOW BLOOD SUGAR (HYPOGLYCEMIA)

Low blood sugar is when your blood sugar levels are low enough that you need to take action to bring them back to target. Low blood sugar can be dangerous if not detected and treated immediately.

Signs and symptoms of low blood sugar may include:



Sweaty



Dizzy



Weak or tired



Hungry



Irritability or impatience



Shaky



Headache



Nervous or upset



Confusion



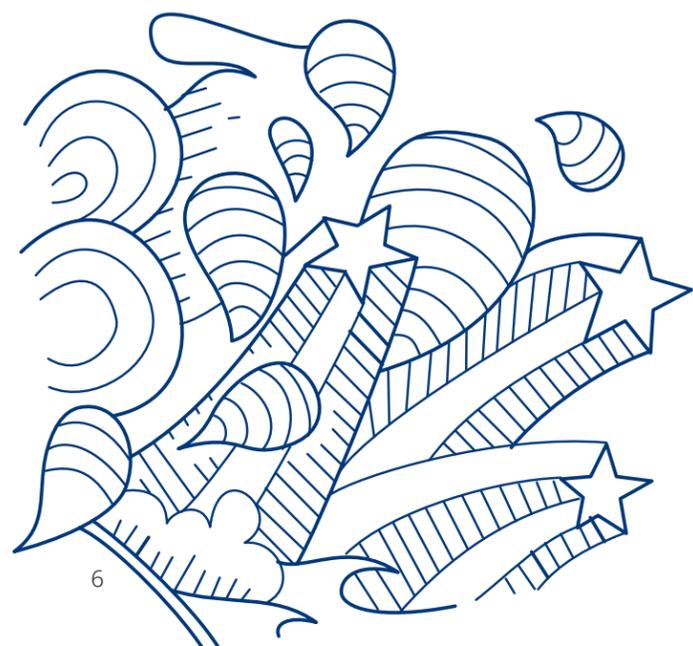
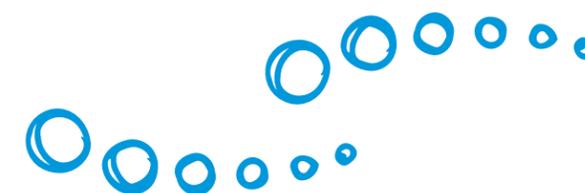
Nightmares or crying out during sleep

A blood sugar reading under _____mg/dL is too low for me.

Treat low blood sugar with the 15-15 rule

- Have 15 grams of fast-acting carbohydrates (glucose tablets, fruit juice) that contain glucose (sugar) to raise your blood sugar and check it after 15 minutes.
- If it is still low, treatment should be repeated.

Once your blood sugar returns to normal, have a meal or snack to keep low blood sugar from coming back.



LONG-ACTING ("BASAL") INSULIN



ONCE-DAILY

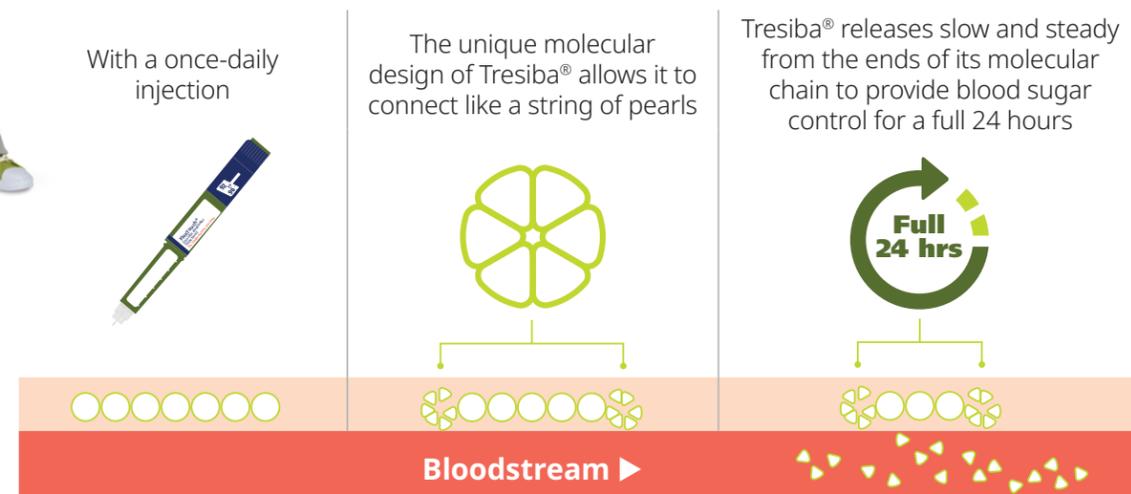
TRESIBA[®]
insulin degludec injection 100 U/mL, 200 U/mL



Actor portrayal

Indicated to control high blood sugar in people 1 year of age or older with type 1 and type 2 diabetes

A slow and steady release that works the way your body's insulin does



THE LATEST PREFILLED INSULIN PEN FROM NOVO NORDISK

Tresiba[®] comes in a prefilled insulin pen called Tresiba[®] FlexTouch[®], which:

Is small enough to travel in your purse or pocket^a

Lasts up to 8 weeks without refrigeration^a

Uses one of the shortest, thinnest needles available^b

Tresiba[®] FlexTouch[®] also has no push-button extension, so you don't need to extend your thumb when delivering any dose.



Also available in a vial



The Tresiba[®] vial allows you to dose in half unit increments which may be helpful if you are taking a small dose of Tresiba[®].

^aIn-use Tresiba[®] can be kept at room temperature (below 86°F), away from direct heat and light, or refrigerated (36°F to 46°F).

^bNeedles are sold separately and may require a prescription in some states. Pen shown is Tresiba[®] FlexTouch[®] U-100. Also available in U-200.

For more information about Tresiba[®], go to [Tresiba.com](https://www.tresiba.com) and ask your diabetes care team about Tresiba[®].

<https://www.mynovoinsulin.com/insulin-products/tresiba/home.html>

What is Tresiba[®]?

- Prescription Tresiba[®] is a long-acting insulin used to control high blood sugar in adults and children who are 1 year of age and older with diabetes
- Tresiba[®] is not for people with diabetic ketoacidosis
- It is not known if Tresiba[®] is safe and effective in children under 1 year of age
- Tresiba[®] is available in 2 concentrations: 200 units/mL and 100 units/mL

Important Safety Information

Do not share your Tresiba[®] FlexTouch[®] with other people, even if the needle has been changed. Do not share needles or syringes with another person. You may give other people a serious infection, or get a serious infection from them.

Who should not take Tresiba[®]?

Do not take Tresiba[®] if you:

- are having an episode of low blood sugar
- are allergic to Tresiba[®] or any of the ingredients in Tresiba[®]

Before taking Tresiba[®], tell your health care provider about all your medical conditions, including if you are:

- pregnant, planning to become pregnant, or are breastfeeding
- taking new prescription or over-the-counter medicines, vitamins, or herbal supplements

Talk to your health care provider about low blood sugar and how to manage it.

How should I take Tresiba[®]?

- **Read the Instructions for Use** and take Tresiba[®] exactly as your health care provider tells you to
- **Do not do any conversion of your dose. The dose counter always shows the selected dose in units**
- Know the type and strength of insulin you take. **Do not** change the type of insulin you take unless your health care provider tells you to

Important Safety Information (cont'd)

- **Change (rotate) your injection sites within the area you choose with each injection** to reduce your risk of getting lipodystrophy (pits in skin or thickened skin) and localized cutaneous amyloidosis (skin with lumps) at the injection sites.
 - **Do not** use the exact same spot for each injection.
 - **Do not** inject where the skin has pits, is thickened, or has lumps.
 - **Do not** inject where the skin is tender, bruised, scaly or hard, or into scars or damaged skin.
- Adults - If you miss or are delayed in taking your dose of Tresiba[®]:
 - Take your dose as soon as you remember, then continue with your regular dosing schedule
 - Make sure there are at least **8** hours between doses
- If children miss a dose of Tresiba[®]:
 - Call the healthcare provider for information and instructions about checking blood sugar levels more often until the next scheduled dose of Tresiba[®]

- For children who need less than 5 units of Tresiba[®] each day, use a Tresiba[®] U-100 vial
- **Check your blood sugar levels.** Ask your health care provider what your blood sugar levels should be and when you should check them
- **Do not reuse or share your needles or syringes with other people.** You may give them a serious infection, or get a serious infection from them
- **Never** inject Tresiba[®] into a vein or muscle
- **Never** use a syringe to remove Tresiba[®] from the FlexTouch[®] pen

What should I avoid while taking Tresiba[®]?

- **Do not** drive or operate heavy machinery, until you know how Tresiba[®] affects you
- **Do not** drink alcohol or use prescription or over-the-counter medicines that contain alcohol

Please [click here](#) for Prescribing Information for Tresiba[®]. Please see additional Important Safety Information on page 13.

MEALTIME ("BOLUS") INSULIN

From the makers of
NovoLog[®]
 insulin aspart injection 100 Units/mL

FAST-ACTING

Fiasp[®] insulin aspart injection 100 units/mL

Indicated to control high blood sugar in adults and children with diabetes mellitus



Actor portrayal



Fiasp[®] is designed to start working fast



Fiasp[®] can be taken at the start of a meal, or within 20 minutes of starting a meal



Fiasp[®] is proven to help lower A1C (your average blood sugar levels over the past 3 months)



NovoLog[®]

ONE DOSING OPTION

5-10 MINUTES BEFORE MEAL

Fiasp[®]

FLEXIBLE DOSING OPTIONS

WITH FIRST BITE

Take at the start of a meal



OR

DURING A MEAL

Within 20 minutes after starting a meal



What is Fiasp[®]?

- Fiasp[®] is a man-made insulin used to control high blood sugar in adults and children with diabetes mellitus.

Important Safety Information

Do not share your Fiasp[®] with other people, even if the needle has been changed. You may give other people a serious infection, or get a serious infection from them.

Who should not take Fiasp[®]?

Do not take Fiasp[®] if:

- your blood sugar is too low (hypoglycemia) or you are allergic to any of its ingredients.

Before taking Fiasp[®] tell your health care provider about all your medical conditions including, if you:

- have kidney or liver problems
- are pregnant or breastfeeding or plan to become pregnant or breastfeed. It is not known if Fiasp[®] passes into your breast milk.
- are taking new prescription or over-the-counter medicines, including supplements.

Talk to your health care provider about low blood sugar and how to manage it.

How should I take Fiasp[®]?

- Read the Instructions for Use** and take Fiasp[®] exactly as your health care provider tells you to.
- Fiasp[®] starts acting fast.** You should take your dose of Fiasp[®] at the beginning of the meal or within 20 minutes after starting a meal.
- Know the type and strength of your insulin. **Do not** change your insulin type unless your health care provider tells you to.

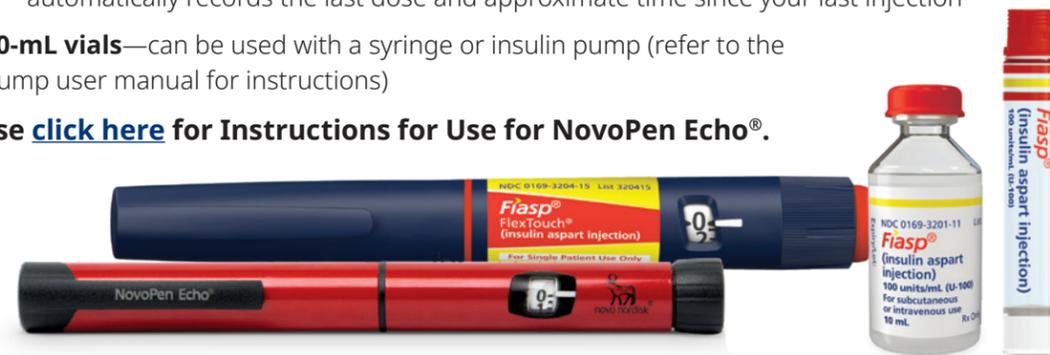
Change (rotate) your injection sites within the area you choose with each injection to reduce your risk of getting pits in skin or thickened skin (lipodystrophy) and skin with lumps (localized cutaneous amyloidosis) at the injection sites.

- Do not** use the exact same spot for each injection.
- Do not** inject where the skin has pits, is thickened, or has lumps.
- Do not** inject where the skin is tender, bruised, scaly or hard, or into scars or damaged skin.
- If you miss a dose of Fiasp[®] monitor your blood sugar levels to decide if an insulin dose is needed. Continue with your regular dosing schedule at the next meal.
- Check your blood sugar levels.** Ask your health care provider what your blood sugar levels should be and when you should check them.

FIASP[®] GIVES YOU DELIVERY OPTIONS:

- FlexTouch[®]**—the latest prefilled insulin pen from Novo Nordisk.
- PenFill[®] cartridges**—disposable cartridges that are loaded into a reusable insulin pen such as NovoPen Echo[®] or InPen[™]
 - NovoPen Echo[®]**—a reusable insulin pen from Novo Nordisk that allows for half-unit dosing and automatically records the last dose and approximate time since your last injection
- 10-mL vials**—can be used with a syringe or insulin pump (refer to the pump user manual for instructions)

Please [click here](#) for Instructions for Use for NovoPen Echo[®].



For more information about Fiasp[®], go to [MyFiasp.com](https://www.myfiasp.com) and ask your diabetes care team about Fiasp[®].

<https://www.mynovoinsulin.com/insulin-products/fiasp/home.html>

Important Safety Information (cont'd)

- Do not reuse or share your needles with other people. You may give other people a serious infection or get a serious infection from them.**

What should I avoid while taking Fiasp[®]?

- Do not** drive or operate heavy machinery, until you know how Fiasp[®] affects you.
- Do not** drink alcohol or use medicines that contain alcohol.

What are the possible side effects of Fiasp[®]?

Serious side effects can lead to death, including:

- Low blood sugar (hypoglycemia).** Some signs and symptoms include: anxiety, irritability, mood changes, dizziness or light-headedness, sweating, confusion, and headache.
- low potassium in your blood (hypokalemia).**
- serious allergic reactions (whole body reactions).** Get emergency medical help right away if you have a rash over your whole body; trouble breathing; a fast heartbeat; swelling of your face, tongue or throat; sweating; extreme drowsiness; dizziness, or confusion.
- heart failure.** Taking certain diabetes pills called TZDs (thiazolidinediones) with Fiasp[®] 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 Fiasp[®]. Your health care provider should monitor you closely while you are taking TZDs with Fiasp[®]. Tell your health care provider if you have

any new or worse symptoms of heart failure including shortness of breath, swelling of your ankles or feet, or sudden weight gain.

Your insulin dose may need to change because of:

- weight gain or loss, increased stress, illness, or change in diet or level of physical activity

Common side effects of Fiasp[®] may include:

- skin problems such as eczema, rash, itching, redness and swelling of your skin (dermatitis), reactions at the injection site such as itching, rash, skin thickening or pits at the injection site (lipodystrophy), or weight gain.

What is NovoLog[®] (insulin aspart) injection?

- NovoLog[®] is a man-made insulin used to control high blood sugar in adults and children with diabetes mellitus.

Important Safety Information

Do not share your NovoLog[®] FlexPen[®], NovoLog[®] FlexTouch[®], PenFill[®] cartridge or PenFill[®] cartridge compatible insulin delivery device with other people, even if the needle has been changed. You may give other people a serious infection, or get a serious infection from them.

Please [click here](#) for Prescribing Information for Fiasp[®] and [click here](#) for Prescribing Information for NovoLog[®]. Please see additional Important Safety Information for NovoLog[®] on page 13.

COST AND HEALTH INSURANCE COVERAGE

Novo Nordisk understands how important it is to provide affordable medicines to help you manage your diabetes. Using savings cards can help lower your out-of-pocket costs on your insulin prescriptions. Visit [NovoCare.com](https://www.novocare.com) to download a savings card and for information on all of Novo Nordisk's affordability options.

The Tresiba® Savings Card (insulin degludec injection) 100 U/mL, 200 U/mL



Tresiba® is covered by most major health plans, including Medicare and Medicaid^a

The Fiasp® Savings Card (insulin aspart injection) 100 U/mL



Fiasp® is covered on the majority of health insurance plans that cover NovoLog®^a

NovoPen Echo® Savings Card



<https://www.novocare.com/tresiba/savings-card.html>

<https://www.novocare.com/fiasp/savings-card.html>

<https://www.novocare.com/content/novocare/en/diabetes-overview/let-us-help/novopenecho-savings.html>

^aFormulary status subject to change. Formulary data are provided by Managed Markets Insight & Technology, LLC (MMIT) and are current as of [April 2022].

Visit [NovoCare.com](https://www.novocare.com) to download the savings cards.

Important Safety Information for Tresiba® (insulin degludec injection) 100 U/mL, 200 U/mL (cont'd)

What are the possible side effects of Tresiba®?

Tresiba® may cause serious side effects that can be life-threatening, including:

- **Low blood sugar (hypoglycemia).** Signs and symptoms that may indicate low blood sugar include anxiety, irritability, mood changes, dizziness, sweating, confusion, and headache
- **Low potassium in your blood (hypokalemia)**
- **Heart failure** in some people if taken with thiazolidinediones (TZDs). This can happen even if you have never had heart failure or heart problems. If you already have heart failure, it may get worse while you take TZDs with Tresiba®. Tell your health care provider if you have any new or worse symptoms of heart failure including shortness of breath, tiredness, swelling of your ankles or feet, and sudden weight gain

Your insulin dose may need to change because of change in level of physical activity or exercise, increased stress, change in diet, weight gain or loss, or illness.

Common side effects may include reactions at the injection site, itching, rash, serious allergic reactions (whole body reactions), skin thickening or pits at the injection site (lipodystrophy), weight gain, and swelling of your hands and feet.

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, or confusion.

Please see additional Important Safety Information for Tresiba® on pages 8 and 9. Please [click here](#) for Prescribing Information for Tresiba®.

Important Safety Information for NovoLog® (insulin aspart) injection (cont'd)

Who should not take NovoLog®?

Do not take NovoLog® if:

- your blood sugar is too low (hypoglycemia) or you are allergic to NovoLog® or any of its ingredients.

Before taking NovoLog®, tell your health care provider about all your medical conditions including, if you are:

- pregnant, plan to become pregnant, or are breastfeeding.
- taking new prescription or over-the-counter medicines, including supplements.

Talk to your health care provider about how to manage low blood sugar.

How should I take NovoLog®?

- **Read the Instructions for Use** and take exactly as directed.
- **NovoLog® starts acting fast.** Eat a meal within 5 to 10 minutes after taking it.
- Know the type and strength of your insulin. **Do not** change your insulin type unless your health care provider tells you to.
- **Check your blood sugar levels.** Ask your health care provider what your blood sugar levels should be and when you should check them.
- **Do not reuse or share your needles with other people.** You may give other people a serious infection, or get a serious infection from them.
- **Change (rotate) your injection sites within the area you choose with each injection** to reduce your risk of getting lipodystrophy (pits in skin or thickened skin) and localized cutaneous amyloidosis (skin with lumps) at the injection sites.
 - **Do not** use the exact same spot for each injection.
 - **Do not** inject where the skin has pits, is thickened, or has lumps.
 - **Do not** inject where the skin is tender, bruised, scaly or hard, or into scars or damaged skin.

What should I avoid while taking NovoLog®?

- **Do not** drive or operate heavy machinery, until you know how NovoLog® affects you.
- **Do not** drink alcohol or use medicines that contain alcohol.

What are the possible side effects of NovoLog®?

Serious side effects can lead to death, including: **Low blood sugar.** Some signs and symptoms include:

- anxiety, irritability, mood changes, dizziness, sweating, confusion, and headache.

Your insulin dose may need to change because of:

- weight gain or loss, increased stress, illness, or change in diet or level of physical activity.

Other common side effects may include:

- low potassium in your blood, injection site reactions, itching, rash, serious whole body allergic reactions, skin thickening or pits at the injection site, weight gain, and swelling of your hands and feet.

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, or confusion.

Please see additional Important Safety Information for NovoLog® on page 11. Please [click here](#) for Prescribing Information for NovoLog®.



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