

You and your rheumatoid arthritis (RA) treatment— **is it time for a change?**

The saying goes, “The only thing that’s constant is change.” Sometimes, all it takes is a simple look around. Is the weather different than yesterday? Are you making small adjustments in your routines to make it through the day?

Change can come fast. Or it may take time, making it less noticeable. Take your health, for example. Have you noticed a change since the last time you saw your rheumatologist? Are you feeling more pain than before? More stiffness in your elbows, fingers, or other joints? These and other clues may be signs that your RA is getting worse. Or that your current RA treatment may not be working as well as it used to.

Use this guide to help recognize and better understand what you’ve been feeling over the past few months, and see if there have been enough changes to start a discussion with your doctor about your RA and what you can do about it.



It may not be you. It may be your treatment.

If you were prescribed a treatment for your RA and it has stopped working, isn’t working, doesn’t work as well as it used to, or if your body can’t tolerate it, you have options.

KEVZARA is different than most other treatments because it blocks a protein known as interleukin-6 (IL-6). To see how it works, go to [KEVZARA.com](https://www.kevzara.com).

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WHAT IS KEVZARA?

KEVZARA[®] (sarilumab) is an injectable prescription medicine called an interleukin-6 (IL-6) receptor blocker. KEVZARA is used to treat adult patients with moderately to severely active rheumatoid arthritis (RA) after at least one other medicine called a disease-modifying antirheumatic drug (DMARD) has been used and did not work well or could not be tolerated.

IMPORTANT SAFETY INFORMATION

KEVZARA can cause serious side effects including:

- **SERIOUS INFECTIONS:** KEVZARA is a medicine that affects your immune system. KEVZARA can lower the ability of your immune system to fight infections. Some people have had serious infections while using KEVZARA, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that can spread throughout the body. Some people have died from these infections. Your healthcare provider should test you for TB before starting KEVZARA. Your healthcare provider should monitor you closely for signs and symptoms of TB during treatment with KEVZARA.

Take a few minutes and think honestly about the following statements. Then circle the number next to each statement that best describes how you're feeling.

I am:	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree	This is important because:
Able to get out of bed easily in the morning	1	2	3	4	5	Morning stiffness is common with RA, and a tough morning may mean a tough day.
Getting things done, like dressing for work and making meals	1	2	3	4	5	Worsening arthritis may make simple things difficult, and your ability to perform these tasks may become more painful over time.
Able to do tasks without taking breaks	1	2	3	4	5	Fatigue is a common symptom of RA. As everyday things become more difficult, they may become more tiring.
Staying active, making plans, and keeping them	1	2	3	4	5	RA can make it hard for you to "be there" for your friends and family.
Able to continue my exercise routine since starting my treatment	1	2	3	4	5	For some, exercise is important to help stay flexible.
Having no problem lifting or carrying boxes and other objects	1	2	3	4	5	RA may make lifting or holding objects an exhausting—and unwanted—experience.

▶ MORE ON THE NEXT PAGE

IMPORTANT SAFETY INFORMATION (cont'd)

- Before starting KEVZARA, tell your healthcare provider if you
 - think you have an infection or have symptoms of an infection, with or without a fever. Symptoms may include sweats or chills, muscle aches, a cough, shortness of breath, blood in your phlegm, weight loss, warm, red, or painful skin or sores on your body, diarrhea or stomach pain, burning when you urinate or urinating more often than normal, if you feel very tired, or if you are being treated for an infection, get a lot of infections or have repeated infections
 - have diabetes, HIV, or a weakened immune system

Please see additional Important Safety Information on the following pages and accompanying full [Prescribing Information](#), including risk of SERIOUS SIDE EFFECTS and [Medication Guide](#).

Take a few minutes and think honestly about the following statements. Then circle the number next to each statement that best describes how you're feeling.

I am:	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree	This is important because:
Getting to sleep and sleeping well	1	2	3	4	5	With RA, it may be hard to stay active throughout the day. Especially if you're not getting a good night's sleep.
Feeling the same as I did when my current treatment started working	1	2	3	4	5	Changes in how you feel—even small ones—can mean that your current treatment may not be working as well as it did in the beginning.
Living the way I want to live	1	2	3	4	5	Independence is important to us all. Getting the most from your RA treatment may go a long way toward living a healthier life.

Did any of these questions make you think about how your RA may be changing? How it's making you feel? If so, it may be time to have a conversation with your doctor about your RA and your current treatment.

Remember, always talk to your doctor first, because he or she is your best resource for information and advice when it comes to treating your RA.

One more important question to ask yourself before seeing your doctor:

Have you started feeling pain, stiffness, or swelling in any new joints?

Yes No

If yes, list the areas that you think are affected, and let your doctor know.

▶ **SO WHAT SHOULD YOU ASK YOUR DOCTOR?**

IMPORTANT SAFETY INFORMATION (cont'd)

- have TB, or have been in close contact with someone with TB
- live or have lived, or have traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance of getting certain fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis)
- have or have had hepatitis
- o After starting KEVZARA, call your healthcare provider right away if you have any symptoms of an infection.

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What to cover at **your next doctor visit.**

Doctor conversations can be tough. You may not have a lot of time with him or her, and it may be hard to remember what to ask. So here are some ideas to help get your conversation rolling.

- **What are the signs that my RA may be getting worse?**
- **How might I know if my current treatment is no longer providing me with the symptom relief I need?**
- **When might it be time to start talking about other options?**
- **What are the different ways to treat RA, and what makes them different?**
- **Could trying a different kind of treatment help me do some everyday activities, like running errands, cooking, or taking a walk with friends, again?**
- **Might other treatments, like KEVZARA, work for me?**

Having an open and honest conversation with your rheumatologist is the best way to get you back on track toward relief.

Notes: _____

IMPORTANT SAFETY INFORMATION (cont'd)

- **CHANGES IN CERTAIN LABORATORY TEST RESULTS:** Your healthcare provider should do blood tests before and after starting KEVZARA to check for low neutrophil (white blood cells that help the body fight off bacterial infections) counts, low platelet (blood cells that help with blood clotting and stop bleeding) counts, and an increase in certain liver function tests. Changes in test results are common with KEVZARA and can be severe. You may also have changes in other laboratory tests, such as your blood cholesterol levels. Your healthcare provider should do blood tests 4 to 8 weeks after starting KEVZARA and then every 6 months during treatment to check for an increase in blood cholesterol levels.

IMPORTANT SAFETY INFORMATION (cont'd)

- **TEARS (PERFORATION) OF THE STOMACH OR INTESTINES:** Tell your healthcare provider if you have had a condition known as diverticulitis (inflammation in parts of the large intestine) or ulcers in your stomach or intestines. Some people using KEVZARA had tears in their stomach or intestine. This happens most often in people who also take nonsteroidal anti-inflammatory drugs (NSAIDs), corticosteroids, or methotrexate. Call your healthcare provider right away if you have fever and stomach (abdominal) pain that does not go away.
- **CANCER:** KEVZARA may increase your risk of certain cancers by changing the way your immune system works. Tell your healthcare provider if you have ever had any type of cancer.
- **SERIOUS ALLERGIC REACTIONS:** Serious allergic reactions can happen with KEVZARA. Get medical attention right away if you have any of the following signs: shortness of breath or trouble breathing; feeling dizzy or faint; swelling of your lips, tongue, or face; moderate or severe stomach (abdominal) pain or vomiting; or chest pain.
- Do not use KEVZARA if you are allergic to sarilumab or any of the ingredients of KEVZARA.
- Before using KEVZARA, tell your healthcare provider if you
 - have an infection
 - have liver problems
 - have had stomach (abdominal) pain or a condition known as diverticulitis (inflammation in parts of the large intestine) or ulcers in your stomach or intestines
 - recently received or are scheduled to receive a vaccine. People who take KEVZARA should not receive live vaccines
 - plan to have surgery or a medical procedure
 - are pregnant or plan to become pregnant. It is not known if KEVZARA will harm your unborn baby
 - are breastfeeding or plan to breastfeed. Talk to your healthcare provider about the best way to feed your baby if you use KEVZARA. It is not known if KEVZARA passes into your breast milk
 - take any prescription or nonprescription medicines, vitamins, or herbal supplements. It is especially important to tell your healthcare provider if you use
 - any other medicines to treat your RA. Using KEVZARA with these medicines may increase your risk of infection
 - medicines that affect the way certain liver enzymes work. Ask your healthcare provider if you are not sure if your medicine is one of these
- The most common side effects include:
 - injection site redness
 - upper respiratory tract infection
 - urinary tract infection
 - nasal congestion, sore throat, and runny nose

These are not all of the possible side effects of KEVZARA. Tell your doctor about any side effect that bothers you or does not go away. You are encouraged to report side effects of prescription drugs to the FDA at www.fda.gov/medwatch or call 1-800-FDA-1088.

To learn more, talk about KEVZARA with your healthcare provider or pharmacist. The FDA-approved Medication Guide and Prescribing Information can be found at KEVZARA.com or by calling **1-844-KEVZARA** (1-844-538-9272).

Please see full [Prescribing Information](#), including risk of SERIOUS SIDE EFFECTS, and [Medication Guide](#).