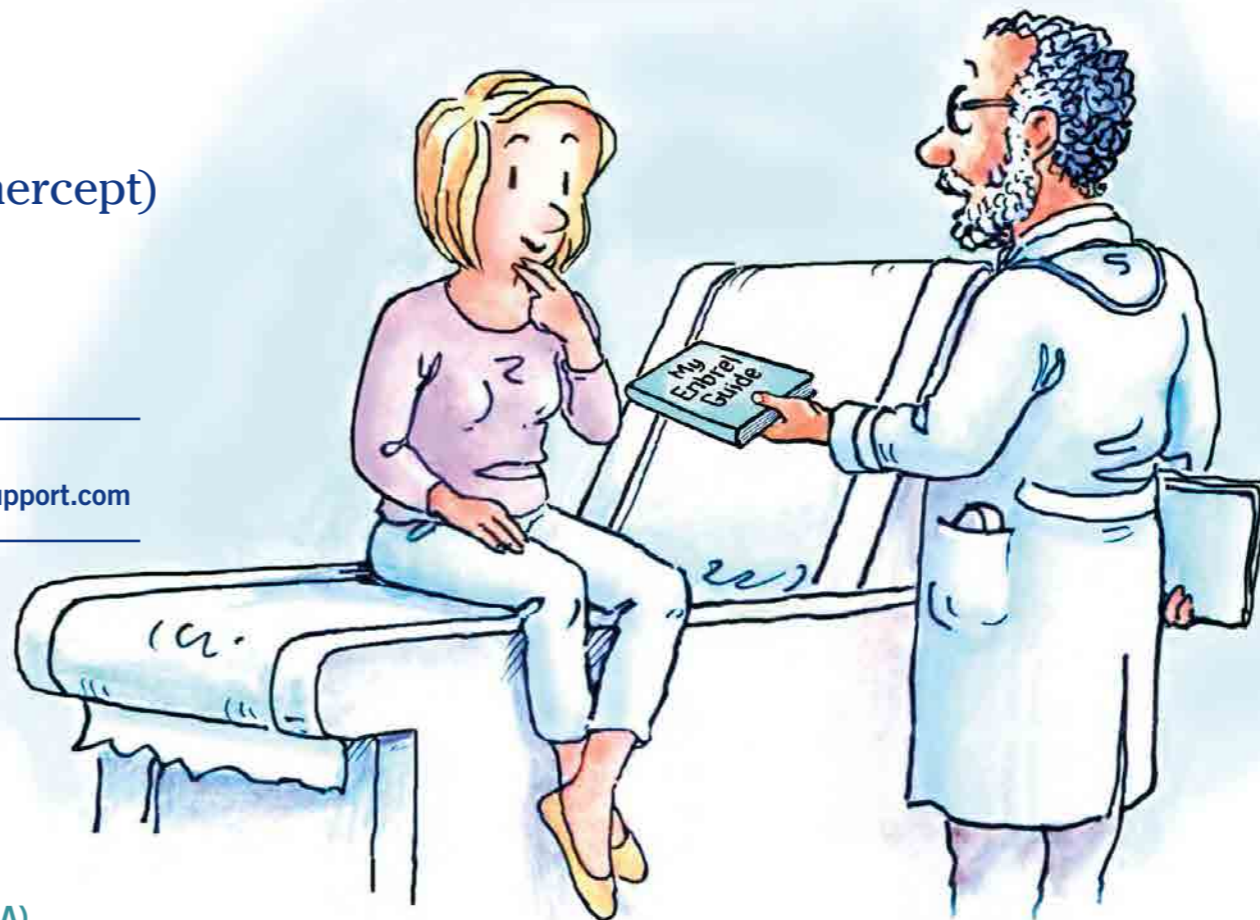




# My Enbrel<sup>®</sup> (etanercept) Guide

Contact **ENBREL Support**<sup>®</sup> to get started.  
**1-888-4ENBREL | 1-888-436-2735 | [EnbrelSupport.com](http://EnbrelSupport.com)**



## INDICATIONS

### **Moderate to Severe Rheumatoid Arthritis (RA)**

Enbrel is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with moderately to severely active rheumatoid arthritis. Enbrel can be taken with methotrexate or used alone.

### **Psoriatic Arthritis (PsA)**

Enbrel is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with psoriatic arthritis. Enbrel can be used with or without methotrexate.

### **Ankylosing Spondylitis (AS)**

Enbrel is indicated for reducing signs and symptoms in patients with active ankylosing spondylitis.

### **Polyarticular Juvenile Idiopathic Arthritis (JIA)**

Enbrel is indicated for reducing signs and symptoms of moderate to severe polyarticular juvenile idiopathic arthritis (JIA) in children ages 2 years and older.

### **Plaque Psoriasis (PsO)**

Enbrel is indicated for the treatment of patients 4 years or older with chronic moderate to severe plaque psoriasis (PsO) who are candidates for systemic therapy or phototherapy.

**This guide is intended for patients who have been prescribed Enbrel<sup>®</sup> by their doctor. It is important to understand the risk and benefits before you begin your treatment with Enbrel. Please see the Important Safety Information section of this guide for more information about the risks and benefits of treatment with Enbrel.**

Please see Important Safety Information on pages 15-17 and Prescribing Information and Medication Guide [here](#).

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# Start Here



# Together, we got this.

Now that you and your doctor have decided that Enbrel is the right treatment for you, it's time to begin. We understand that there is a lot of information coming at you and it can be hard to remember it all. So you may have questions about medication costs, how to get it, how to take it, and when you may see improvements.



Take a breath.  
These questions and feelings of uncertainty are normal.

There are many people who have felt this very same way. With the help of patients just like you, **ENBREL Support**<sup>®</sup> has created this clear, step-by-step guide to help you successfully get started on Enbrel.

It begins with a simple flip of the page.



[EnbrelSupport.com](http://EnbrelSupport.com)



1-888-4ENBREL  
1-888-436-2735



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## IMPORTANT SAFETY CONSIDERATIONS

Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Lymphoma and other cancers (some fatal) have been reported in patients taking ENBREL and other TNF blockers.

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# A good first step is to call **ENBREL Support**<sup>®</sup> at **1-888-4ENBREL (1-888-436-2735) today.**

A Welcome Specialist is ready to help you discover resources as you start your treatment with Enbrel, starting with **financial support options.**

## Why Call Today?



Very soon, you'll receive a call from a **Specialty Pharmacy.** Let's make sure you're ready. They will want to arrange for delivery and collect payment for your first dose of Enbrel.

Call **ENBREL Support**<sup>®</sup> to find out more about financial support options that could help lower your out-of-pocket prescription costs for Enbrel.

You can learn more about the cost of Enbrel and financial support options available to you at the "Financial Support" tab of this book. Contacting **ENBREL Support**<sup>®</sup> now is the best way to learn about all of the assistance **ENBREL Support**<sup>®</sup> can offer.

Welcome Specialists are available between 8:00 AM–11:00 PM (ET) 7 days a week.

## IMPORTANT SAFETY CONSIDERATIONS

Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Lymphoma and other cancers (some fatal) have been reported in patients taking ENBREL and other TNF blockers.

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# Enbrel Patient Roadmap



# Enbrel Patient Roadmap

Starting a biologic treatment may be different from starting other medications you've tried in the past. You may be wondering, "what do I do next?"

The Enbrel Patient Roadmap was created with the help of patients like you who have gone through this process before. **Their experience will help you understand what you can do over the next couple of months to help you take control of your new routine with Enbrel.**



## And Remember...



If you have any questions along the way, **ENBREL Support®** is just a phone call or click away. Call **1-888-4ENBREL** or visit **EnbrelSupport.com**

Flip to the next page to meet your Enbrel Patient Roadmap...



[EnbrelSupport.com](http://EnbrelSupport.com)



1-888-4ENBREL  
1-888-436-2735



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## IMPORTANT SAFETY CONSIDERATIONS

Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Lymphoma and other cancers (some fatal) have been reported in patients taking ENBREL and other TNF blockers.

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# ENBREL PATIENT Roadmap

This roadmap is for use after you and your doctor have chosen ENBREL.



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## 1 Getting Started with ENBREL

- Complete the labs ordered by your doctor
- Ask your doctor what you could expect ENBREL to do for you and when you should start to see results
- Complete in-office injection training. You can also go to **EnbrelSupport.com** to learn more about taking ENBREL
- Create a care team list (eg, your doctor, the specialty pharmacy that supplies your ENBREL)

## 2 Addressing Your Financial Support

- Call **ENBREL Support**® at **1-888-4ENBREL** or go to **EnbrelSupport.com** to learn about financial support options
- Commercially insured? Ask **ENBREL Support**® how the Co-Pay Card\* may be able to help lower your out-of-pocket prescription costs. Go to **EnbrelSupport.com** to learn more about the Co-Pay Card
- Medicare, Medicaid, or no insurance? Call 1-888-4ENBREL to speak to an **ENBREL Support**® specialist

## 3 Understanding How to Get ENBREL

- If you have an ENBREL Co-Pay Card, tell your specialty pharmacy when they call
- Schedule your ENBREL delivery for when you are home, and store your ENBREL in the refrigerator when it arrives

## 4 Establishing Your Treatment Routine

- Set up injection reminders on your calendar
- Set up refill reminders on your calendar
- Decide how you will monitor and track your results to share with your doctor at your next visit

## 5 Injecting on Your Own

- Read and follow the instructions for use to complete your injection. For supplemental injection support go to **EnbrelSupport.com** or call **1-888-4ENBREL**
- Dispose of materials properly
- Confirm your next injection date

## 6 Evaluate Your ENBREL Treatment

- Track your results and share them with your doctor

MUST-DO'S

NOTES

Behind the Scenes

Specialty pharmacy is notified of your prescription by your doctor and they work with your insurance provider to confirm coverage and prescription costs

If eligible, your Enbrel® Co-Pay Card\* is shipped to you by **ENBREL Support**®. Assume 3-4 days for your card to arrive.

If you have a Co-Pay Card, your benefit is applied automatically. ENBREL is shipped to you by your specialty pharmacy.

Helpful Tips



To sign up for **ENBREL Support**® call **1-888-4ENBREL** (1-888-436-2735) or visit **EnbrelSupport.com**.

Bring ENBREL resources with you wherever you go by downloading the free **Embark**® App, designed to support your ENBREL experience. Learn more by scanning the QR code on page 21.

### IMPORTANT SAFETY CONSIDERATIONS

Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Lymphoma and other cancers (some fatal) have been reported in patients taking ENBREL and other TNF blockers.

Please see Important Safety Information on pages 15-17 and Prescribing Information and Medication Guide [here](#).

\*Terms, conditions, and program maximums apply. This program is not open to patients receiving prescription reimbursement under any federal, state, or government-funded healthcare program. Void where prohibited by law. 7



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# Financial Support



# Financial Support

The first questions many new Enbrel patients have are about the cost of treatment. The sooner you call **ENBREL Support**® at **1-888-4ENBREL**, the sooner we can help answer those questions and make sure you're aware of financial support options available to you. So, if you haven't done so already, now is the time.

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Remember that no matter your income level, **ENBREL Support**® has Welcome Specialists who can help you better understand your financial support options that could help lower your out-of-pocket prescription costs for Enbrel.



No matter your income level, **ENBREL Support**® has Welcome Specialists who can help you better understand your out-of-pocket prescription costs for Enbrel.

### Why it's important to call **ENBREL Support**® today:



You should expect a call from your pharmacy sometime soon, **perhaps as early as today or tomorrow**. They will call to collect your co-pay and arrange delivery of your Enbrel. **It's important to sign up for ENBREL Support**® before they call because they will ask about payment and you'll want to know what financial support options may be available to you.



Simply scan this code with your phone's camera and save **ENBREL Support**® to your Contacts so you know when **ENBREL Support**® is calling.

Welcome Specialists are available between 8:00 AM – 11:00 PM (ET) 7 days a week.



[EnbrelSupport.com](http://EnbrelSupport.com)



1-888-4ENBREL  
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### IMPORTANT SAFETY CONSIDERATIONS

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## Did You Know?



**Your pharmacy will likely ask you for a “co-pay.”** Here’s what you should know:

- If you’re unfamiliar with a “co-pay,” it’s also commonly referred to as your “out-of-pocket” cost. It’s the difference between what Enbrel costs and what your insurance provider will pay. It will vary based on your individual plan. If you are **commercially insured**, **ENBREL Support**® may be able to lower your out-of-pocket costs including co-payment, co-insurance and deductible with the Enbrel Co-Pay Card.\* That’s why it’s so important to talk to **ENBREL Support**® before you hear from your Specialty Pharmacy.
- **There is no income requirement for eligibility when it comes to using the Co-Pay Card.**

Look on the next few pages to find more information about how **ENBREL Support**® can help based on your insurance coverage situation.

## Commercially Insured



If you’re commercially insured, you can call **ENBREL Support**® at **1-888-4ENBREL** (1-888-436-2735) or register at **EnbrelSupport.com** to enroll in the Enbrel Co-Pay Card program.\* If you qualify, expect your card to arrive in 2 to 3 days. Generally, most commercially insured people are eligible, as your current household income is not a factor in determining eligibility.

**The Enbrel Co-Pay Card can help eligible\* commercially insured patients lower their out-of-pocket prescription costs for Enbrel.**

The Enbrel Co-Pay Card is available at no additional cost to those who are eligible. Be prepared by applying for the Co-Pay Card now, so you have it when you need it.

## Helpful Tip



**“Commercially Insured”** is also called private insurance. It refers to health insurance that’s available through work or a healthcare exchange.

\*Subject to eligibility criteria and limitations. For full terms and conditions visit **EnbrelSupport.com**.

## IMPORTANT SAFETY CONSIDERATIONS

Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Lymphoma and other cancers (some fatal) have been reported in patients taking ENBREL and other TNF blockers.

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## Medicare



Our team of Medicare Solutions Specialists can educate you on potentially available Medicare plans in your area for which you may qualify. They can also help screen you for eligibility for low-income subsidy (also known as LIS or Extra-Help) or refer you to organizations that may be able to help with out-of-pocket costs.\*

## No Insurance



The Amgen Safety Net Foundation is a nonprofit patient assistance program sponsored by Amgen that helps qualifying patients access Amgen medicines at no cost.

See [www.amgensafetynetfoundation.com](http://www.amgensafetynetfoundation.com) to learn more.†

\*Provided through independent charitable patient assistance programs; program eligibility is based on the charity's criteria. Amgen has no control over independent, third-party programs and provides referrals as a courtesy only.

†There is no affiliation between Amgen Safety Net Foundation (ASNF) and **ENBREL Support®**. **ENBREL Support®** has no control over ASNF and provides referrals as a courtesy only.

### IMPORTANT SAFETY CONSIDERATIONS

Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Lymphoma and other cancers (some fatal) have been reported in patients taking ENBREL and other TNF blockers.

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# Getting Your Enbrel



# Understanding How to Get Your Enbrel

Once your Enbrel prescription is approved by your insurance provider, the next step is to actually get your Enbrel medication.

You're going to get a call from a "Specialty Pharmacy" to arrange for delivery of your Enbrel.



You might not recognize the number, so until you have spoken to your Specialty Pharmacy, be sure to answer calls coming from unknown or unfamiliar numbers during this time.

### Important!



If you don't hear from your **Specialty Pharmacy** in 7-10 days from the time you were prescribed Enbrel, call your doctor's office. They'll help direct you on what to do next.



[EnbrelSupport.com](http://EnbrelSupport.com)



1-888-4ENBREL  
1-888-436-2735



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### IMPORTANT SAFETY CONSIDERATIONS

Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Lymphoma and other cancers (some fatal) have been reported in patients taking ENBREL and other TNF blockers.

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### Did You Know?



A **Specialty Pharmacy** is a pharmacy that dispenses medications that may require special storage and/or handling, such as refrigeration. Enbrel is one of those medications.



Once your Specialty Pharmacy contacts you, you'll want to schedule the delivery of your medication at a time that makes sense for you. If it's your first time filling your prescription from the Specialty Pharmacy, here are some questions to ask to make the overall process easier:

- Will they keep your Enbrel Co-Pay Card (if you are eligible) and method of payment on file for refill purposes?
- How many refills do you have available? (Make sure to check with your doctor to see if you have refills.)
- Will you need another prior authorization at any time to in order to renew or refill your prescription? If so, make sure you speak with your doctor in advance to avoid interruptions in treatment.

### Important!



**It's so important that you or someone you trust is at home to receive your Enbrel, because it needs to be refrigerated.** When it does arrive, be sure to store it in the refrigerator immediately. If home delivery won't work, ask if you can arrange delivery to your place of employment.

Now that you have information on receiving your Enbrel, go to the "Establishing Your Routine" section for information to help you establish your routine.

### IMPORTANT SAFETY CONSIDERATIONS

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

ENBREL is a medicine that affects your immune system. ENBREL can lower the ability of your immune system to fight infections. Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your healthcare provider should test you for TB before you take ENBREL and monitor you closely for TB before, during, and after ENBREL treatment, even if you have tested negative for TB.

There have been some cases of unusual cancers, some resulting in death, reported in children and teenage patients who started using tumor necrosis factor (TNF) blockers before 18 years of age. Also, for children, teenagers, and adults taking TNF blockers, including ENBREL, the chances of getting lymphoma or other cancers may increase. Patients with RA may be more likely to get lymphoma.

### Before starting ENBREL, tell your healthcare provider if you:

- Have any existing medical conditions
- Are taking any medicines, including herbals
- Think you have, are being treated for, have signs of, or are prone to infection. You should not start taking ENBREL if you have any kind of infection, unless your healthcare provider says it is okay
- Have any open cuts or sores
- Have diabetes, HIV, or a weak immune system
- Have TB or have been in close contact with someone who has had TB
- Were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your healthcare provider if you are not sure
- Live, have lived in, or traveled to certain parts of the country (such as, the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for certain kinds of fungal infections, such as histoplasmosis. These infections may develop or become more severe if you take ENBREL. If you don't know if these infections are common in the areas you've been to, ask your healthcare provider

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- Have or have had hepatitis B
- Have or have had heart failure
- Develop symptoms such as persistent fever, bruising, bleeding, or paleness while taking ENBREL
- Use the medicine Kineret (anakinra), Orencia (abatacept), or Cytoxan (cyclophosphamide)
- Are taking anti-diabetic medicines
- Have, have had, or develop a serious nervous disorder, seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis or Guillain-Barré syndrome
- Are scheduled to have surgery
- Have recently received or are scheduled for any vaccines. All vaccines should be brought up-to-date before starting ENBREL. Patients taking ENBREL should not receive live vaccines.
- Are allergic to rubber or latex
- Are pregnant, planning to become pregnant, or breastfeeding
- Have been around someone with chicken pox

## What are the possible side effects of ENBREL?

ENBREL can cause serious side effects including: New infections or worsening of infections you already have; **hepatitis B** can become active if you already have had it; **nervous system problems**, such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes; **blood problems** (some fatal); new or worsening **heart failure**; new or worsening **psoriasis**; **allergic reactions**; **autoimmune reactions**, including a lupus-like syndrome and autoimmune hepatitis.

**Common side effects include:** Injection site reactions and upper respiratory infections (sinus infections).

In general, side effects in children were similar in frequency and type as those seen in adult patients. The types of infections reported were generally mild and similar to those usually seen in children.

These are not all the side effects with ENBREL. Tell your healthcare provider about any side effect that bothers you or does not go away.

If you have any questions about this information, be sure to discuss them with your healthcare provider. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

Please click [here](#) for the full Prescribing Information and Medication Guide.



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# Establishing Your Routine



# Establishing Your Routine

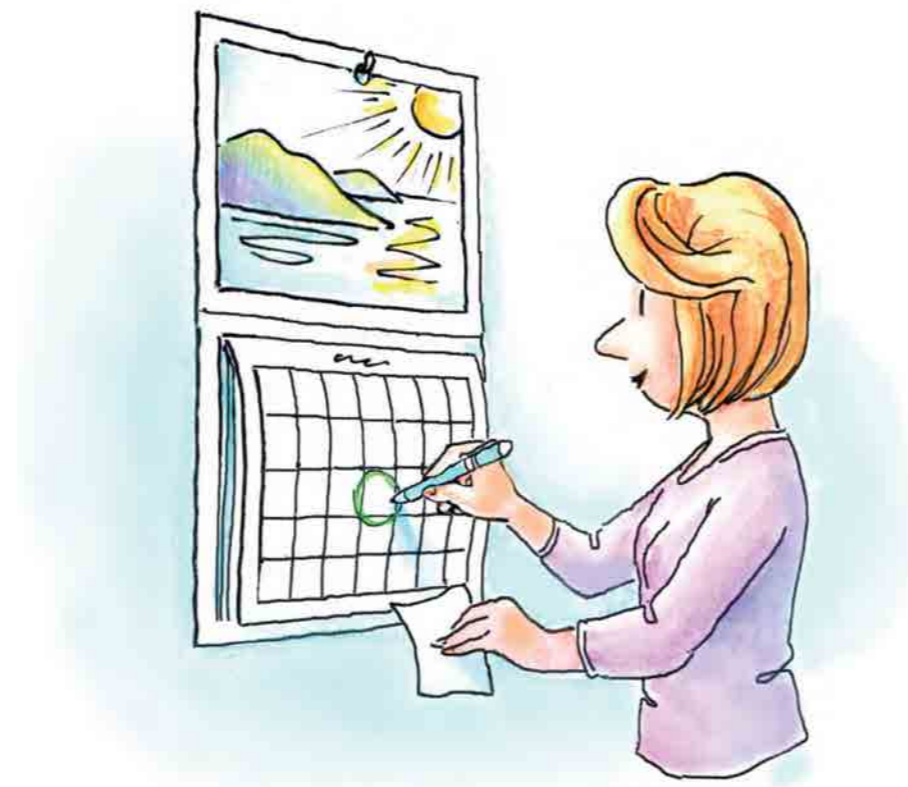
At this point, you've scheduled the delivery of your Enbrel prescription. While you wait for it to arrive, let's start planning an injection routine that fits your schedule.

Please see Dosing and Administration for Enbrel on page 22.

One of the most important things you can do is to take Enbrel as prescribed by your doctor. **And that means setting up a consistent injection routine and schedule.** Here are tips to get you started:



**Pick a day and time.** Since consistency is so important, think of a good time and day of the week that allows you to take your ENBREL without interruptions. Some people prefer to take their ENBREL in the morning, others in the evening. Some like to start the week with the injection and others on the weekend. Whatever works for you, just keep to a routine and be sure to give yourself enough time so you aren't rushed. You may find that using a calendar or your mobile phone to set reminders is helpful.



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## IMPORTANT SAFETY CONSIDERATIONS

Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Lymphoma and other cancers (some fatal) have been reported in patients taking ENBREL and other TNF blockers.

Please see Important Safety Information on pages 15-17 and Prescribing Information and Medication Guide [here](#).







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### Helpful Tip



An easy way to remember to stay on top of your injection routine is to pair it with an activity you do every week. Maybe it's after your weekly trip to the grocery store, or before your Sunday morning walk, or even during your favorite weekly TV show.




**Refill Reminders.** In addition to setting reminders for your injection, be sure to note when you'll receive refills of your Enbrel and mark those on your calendar as well. **Don't forget to stay in touch with your doctor to see if you need refills to avoid a situation where you're without your prescribed Enbrel medication.**




**Take it out 30 minutes prior to injection.** Make sure you take your ENBREL out of the refrigerator at least 30 minutes before injecting so it reaches room temperature in time for injection. The injection may be more comfortable if the medication has fully reached room temperature, so if it helps to leave it out a little longer, that's okay too.

### Important!



Enbrel can be kept at room temperature between 68°F and 77°F (20°C and 25°C) for up to 30 days. So not only can you travel with Enbrel, you can use it even if you leave it out on the counter a bit longer than you had planned.



**Have supplies ready.** Before you inject with Enbrel, gather your alcohol wipes, the sharps disposal container, cotton ball, and a Band-Aid.

Ready for the next step?

### IMPORTANT SAFETY CONSIDERATIONS

Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Lymphoma and other cancers (some fatal) have been reported in patients taking ENBREL and other TNF blockers.

Please see Important Safety Information on pages 15-17 and Prescribing Information and Medication Guide [here](#).



# Embark® App

Download the Enbrel **Embark® App** to help you create and maintain your injection routine and get access to **ENBREL Support®** programs all in one place.

Here are some of the key features of the App:



### **ENBREL Support® resources**

Get resources on financial support, ENBREL medication information, and much more.



### **Medication reminders**

Create a treatment calendar to schedule reminders for ENBREL and any other medications you may be taking.



### **Injection tracking**

Track injection sites on your body to help you stay on top of your routine, and easily share that information with your healthcare team.

## Download the Embark® App for free:

Simply scan this QR code with your camera.



Or find it here:



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### **IMPORTANT SAFETY CONSIDERATIONS**

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## Adult Patients

Enbrel is administered by subcutaneous injection.

### DOSING AND ADMINISTRATION FOR ADULT PATIENTS

Indication	Recommended Dose
Adult RA, AS, and PsA	50 mg weekly
Adult PsO	<b>Starting Dose:</b> 50 mg twice weekly for 3 months <b>Maintenance Dose:</b> 50 mg once weekly

See the Enbrel® Instructions for Use, which come with your Enbrel medication, for detailed information on injection site selection and dose administration, and Patient Counseling Information.

### ADULT RHEUMATOID ARTHRITIS, ANKYLOSING SPONDYLITIS, AND PSORIATIC ARTHRITIS PATIENTS

Methotrexate, glucocorticoids, salicylates, nonsteroidal anti-inflammatory drugs (NSAIDs), or analgesics may be continued during treatment with Enbrel.

Based on a study of 50 mg Enbrel twice weekly in patients with RA that suggested higher incidence of adverse reactions but similar American College of Rheumatology (ACR) response rates, doses higher than 50 mg per week are not recommended.

**ADULT PLAQUE PSORIASIS PATIENTS:** In addition to the 50 mg twice-weekly starting dose, doses of 25 mg or 50 mg per week were shown to be effective. The proportion of responders was related to the Enbrel dosage.

### IMPORTANT SAFETY CONSIDERATIONS

Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Lymphoma and other cancers (some fatal) have been reported in patients taking ENBREL and other TNF blockers.

Please see Important Safety Information on pages 15-17 and Prescribing Information and Medication Guide [here](#).

## Pediatric Patients

Enbrel is administered by subcutaneous injection.

### DOSING AND ADMINISTRATION FOR PEDIATRIC PATIENTS (PsO or JIA)

Pediatric Patient's Weight	Recommended Dose
63 kg (138 pounds) or more	50 mg weekly
Less than 63 kg (138 pounds)	0.8 mg/kg weekly

To achieve pediatric doses other than 25 mg or 50 mg, use the Enbrel single-dose vial.

Doses of Enbrel higher than those described in the table above have not been studied in pediatric patients.

In JIA patients, glucocorticoids, NSAIDs, or analgesics may be continued during treatment with Enbrel.



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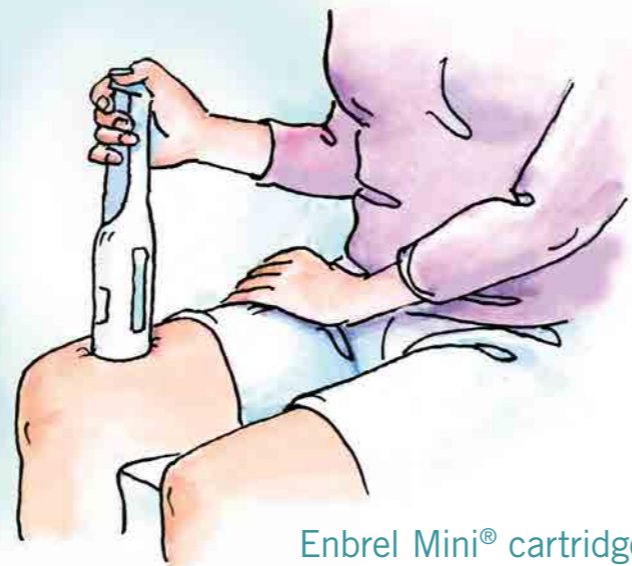
# Injection Support



# Injecting on Your Own

Whether you're feeling comfortable with injecting Enbrel or are a little nervous about the process, knowing how to inject correctly is a key part of taking Enbrel with confidence. **ENBREL Support**® has a variety of additional resources available to help.

After you've been trained by your healthcare provider, we have additional resources to help you get more comfortable injecting with Enbrel.



Enbrel Mini® cartridge with AutoTouch® autoinjector depicted here.

Injection training happens in your doctor's office.

## Important!



This guide does not replace the Instructions for Use. Remember to thoroughly read the Instructions for Use, which come with your Enbrel medication before injecting with Enbrel. The Instructions for Use cover everything you need to know about how to use Enbrel.



**Demo Videos:** If you'd like to see how the actual injection process works, be sure to check out the demonstration videos available at **Enbrel.com**. These videos do not replace the Instructions for Use but are intended to provide you with an overview and basic information about each injection device for Enbrel. They supplement the information you got from your doctor on how to use your prescribed device and are a great resource to use after you've read the Instructions for Use.

**Need some additional help? We've got you covered.** The next page talks more about the *ENBREL Nurse Partner*™ program and how they can help you get started with Enbrel.



[EnbrelSupport.com](http://EnbrelSupport.com)



1-888-4ENBREL  
1-888-436-2735



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Embark® App

## IMPORTANT SAFETY CONSIDERATIONS

Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Lymphoma and other cancers (some fatal) have been reported in patients taking ENBREL and other TNF blockers.

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If you feel you may need more assistance establishing your Enbrel routine, our team of experienced *ENBREL Nurse Partners*™\* are more than happy to walk you through the steps in the process. They are available to come directly to your home, office, or even your favorite coffee shop to help you get started taking Enbrel. They are also available over the phone if you have questions at any time along the way.

Simply schedule a time with *ENBREL Support*® at [EnbrelSupport.com](http://EnbrelSupport.com) or by calling **1-888-4ENBREL** to speak with an *ENBREL Nurse Partner*™ to schedule an in-person appointment at a time and place that's convenient for you.



**Phone Support:** If you have any questions about injecting with Enbrel, or just want someone to walk you through the process over the phone, call **1-888-4ENBREL** to speak with one of our *ENBREL Nurse Partners*™. *ENBREL Nurse Partners*™ are available between 8:00 AM and 11:00 PM (ET) 7 days a week.



**In-Person Support:** If you think you'd benefit from a little more one-on-one support, call and ask to schedule one-on-one education where one of the *ENBREL Nurse Partners*™ will come to your home.

\**ENBREL Nurse Partners*™ are nurses by training, but they are not part of your treatment team or an extension of your doctor's office. *ENBREL Nurse Partners*™ do not inject patients with Enbrel. Please talk to your doctor if you have questions about your medical care or treatment.

*ENBREL Nurse Partners*™ are available between 8:00 AM and 11:00 PM (ET) 7 days a week.



[EnbrelSupport.com](http://EnbrelSupport.com)



**1-888-4ENBREL**  
**1-888-436-2735**



Download the  
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## IMPORTANT SAFETY CONSIDERATIONS

Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Lymphoma and other cancers (some fatal) have been reported in patients taking ENBREL and other TNF blockers.

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**ENBREL Nurse Partners™ Can Provide:**



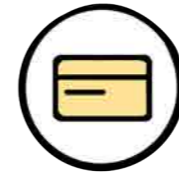
One-on-one support to help you get more comfortable injecting on your own\*



Answers to frequently asked questions (FAQ) on topics such as traveling with Enbrel, storage, and establishing your own treatment routine



General information about your condition and how Enbrel works and Important Safety Information



Information about financial support options

\**ENBREL Nurse Partners™* are nurses by training, but they are not part of your treatment team or an extension of your doctor's office. *ENBREL Nurse Partners™* do not inject patients with Enbrel. Please talk to your doctor if you have questions about your medical care or treatment.

*ENBREL Nurse Partners™* are available between 8:00 AM and 11:00 PM (ET) 7 days a week.

**IMPORTANT SAFETY CONSIDERATIONS**

Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Lymphoma and other cancers (some fatal) have been reported in patients taking ENBREL and other TNF blockers.

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There are three different Enbrel injection devices. Your doctor will have prescribed the injection device that's right for you depending on your needs.

The following section contains information about your device. You can also watch the demo videos available to you that provide an overview and basic information about each injection device for Enbrel.

If you're still feeling unsure about the process, *ENBREL Nurse Partners*™ are available to provide additional support. You can enroll in the *ENBREL Nurse Partner*™ program at [EnbrelSupport.com](http://EnbrelSupport.com) or by calling **1-888-4ENBREL** (1-888-436-2735).

### Important!



It is important that you thoroughly review the Instructions for Use before taking Enbrel. These instructions cover everything you need to know about how to use Enbrel. The information in these videos is intended to provide you with an overview and basic information about each injection device for Enbrel. They do not replace the Instructions for Use. Please contact your healthcare provider if you have any questions.

## Enbrel Mini® Cartridge with AutoTouch® AutoInjector



The Enbrel Mini® cartridge with AutoTouch® autoinjector is a prefilled cartridge with a reusable autoinjector. Designed with patients in mind, it has sound cues that let you know your injection is complete, a progress bar that helps track the injection from start to finish, and a hidden-needle design that activates with skin contact. It's also designed for a one-handed injection, so you don't need to pinch or stretch your skin.

### LEARNING HOW TO INJECT



**Instructions for Use:** Find step-by-step instructions in the back pocket of this guide, with your device packaging, or at: [www.AutoTouchIFU.com](http://www.AutoTouchIFU.com)



**Demo Video:** These demonstration videos provide you with an overview and basic information about each injection device for Enbrel. [www.AutoTouchDemo.com](http://www.AutoTouchDemo.com)



### IMPORTANT SAFETY CONSIDERATIONS

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Please see Important Safety Information on pages 15-17 and Prescribing Information and Medication Guide [here](#).





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## SureClick® Autoinjector



The SureClick® Autoinjector is designed for taking a single dose of Enbrel. It has an audible click to signal the beginning and end of each injection, and the needle is designed to remain hidden.

### LEARNING HOW TO INJECT



**Instructions for Use:** Find step-by-step instructions in the back pocket of this guide, with your device packaging, or at: [www.SureClickIFU.com](http://www.SureClickIFU.com)



**Demo Video:** These demonstration videos provide you with an overview and basic information about each injection device for Enbrel. [www.SureClickDemo.com](http://www.SureClickDemo.com)



## ENBREL Prefilled Syringe



The prefilled syringe is manually injected, which means you control the rate of injection.

### LEARNING HOW TO INJECT



**Instructions for Use:** Find step-by-step instructions in the back pocket of this guide, with your device packaging, or at: [www.PFSIFU.com](http://www.PFSIFU.com)



**Demo Video:** These demonstration videos provide you with an overview and basic information about each injection device for Enbrel. [www.PrefilledSyringeDemo.com](http://www.PrefilledSyringeDemo.com)



### IMPORTANT SAFETY CONSIDERATIONS

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## Enbrel Single-Dose Vial



Ready to use--no mixing or preparation. Syringes and needles are required and are not supplied with the single-dose vial.

### LEARNING HOW TO INJECT



**Instructions for Use:** Find step-by-step instructions in the back pocket of this guide, with your device packaging, or at: [www.SDVIFU.com](http://www.SDVIFU.com)



**Demo Video:** These demonstration videos provide you with an overview and basic information about each injection device for Enbrel. [www.SingleDoseVialDemo.com](http://www.SingleDoseVialDemo.com)



### IMPORTANT SAFETY CONSIDERATIONS

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To print out the actual travel card, please see the last page of this guide.



[EnbrelSupport.com](http://EnbrelSupport.com)



1-888-4ENBREL  
1-888-436-2735



Download the  
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## IMPORTANT SAFETY CONSIDERATIONS

Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Lymphoma and other cancers (some fatal) have been reported in patients taking ENBREL and other TNF blockers.

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If travel is something that is important to you, you don't have to miss any of your Enbrel treatments.



In fact, it's important that you don't miss your injection when traveling. **ENBREL Support**® can provide you with a travel kit if needed, which includes the Enbrel Travel Card. If you've not received a travel kit with this guide, you can request one through **ENBREL Support**® at **1-888-4-ENBREL** (1-888-436-2735).



Remember, Enbrel can be kept at room temperature for up to 30 days. If you are traveling more than 30 days with Enbrel, speak to your Specialty Pharmacy about refrigerating Enbrel while you travel. Also, remember that once Enbrel reaches room temperature, you cannot put it back in the fridge. Do not use Enbrel that has been stored at room temperature after 30 days.



### WHAT TO BRING IN A TRAVEL BAG

- Your medication
- A copy of your prescription
- Enbrel syringes in their original carton
- A sharps disposal container for easy needle disposal
- Enbrel Travel Card



### HOW TO STORE ENBREL ON A TRIP

- **Do not** place Enbrel in your checked baggage.
- **Do not** store Enbrel in extreme heat or cold. For example, avoid storing Enbrel in your vehicle's glove box or trunk.
- If needed, you may store Enbrel at room temperature between 68°F and 77°F (20°C and 25°C) for up to 30 days.
- **Do not freeze.**
- **Do not shake.**
- Store Enbrel in the original carton to protect from light or physical damage.
- Keep Enbrel and all medicines out of the reach of children.



### HOW TO NAVIGATE SECURITY CHECKPOINTS

- Notify security screeners that you are carrying a sharps container.
- Consider requesting a "hand check" of your medication kit to avoid any delays.
- Be prepared to display, handle, and repack your own medication and supplies in order to prevent contamination or damage.
- Check with your airline before you travel, as security regulations may change.
- Research the requirements of other countries you may visit.

For any questions, please visit [EnbrelSupport.com](http://EnbrelSupport.com) or call (1-888-436-2735).

### IMPORTANT SAFETY CONSIDERATIONS

Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Lymphoma and other cancers (some fatal) have been reported in patients taking ENBREL and other TNF blockers.

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# What to Expect



# What to Expect

We know you are eager to see how well Enbrel may work for you and when you can expect to see results. You've probably been told that Enbrel works differently for everyone. And that's true. You should also know that unfortunately, some patients may not see positive results with Enbrel.

For those seeing improvements with Enbrel, some may see results more quickly than others, and some may experience greater results than others. Some may not have the results they desire and some may experience side effects. See Important Safety Considerations below, and full Important Safety Information on pages 15-17.



**Stay consistent:** Taking your medication as prescribed gives Enbrel the best chance to work for you. Not taking your medication regularly as prescribed by your doctor, including delaying or skipping doses, may make you less likely to see the benefits of Enbrel.

## Helpful Tip



For some people, improvement can be obvious. While you begin to experience the effects of Enbrel, friends and family may recognize improvements as well. Be sure to talk to them about what they see.



**If you're seeing results with ENBREL, celebrate!** It's all about those little victories. If Enbrel is working for you, share your progress with those closest to you. Find ways to rejoice in your success that are most inspiring for you.

Waiting to see signs of improvement can be frustrating, so we have created this section to help you understand what to look for and how to track your progress. Taking your medicine as prescribed will give you the best chance of success. So, we encourage you stay positive and keep taking your medication as prescribed by your physician.



[EnbrelSupport.com](http://EnbrelSupport.com)



1-888-4ENBREL  
1-888-436-2735



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## IMPORTANT SAFETY CONSIDERATIONS

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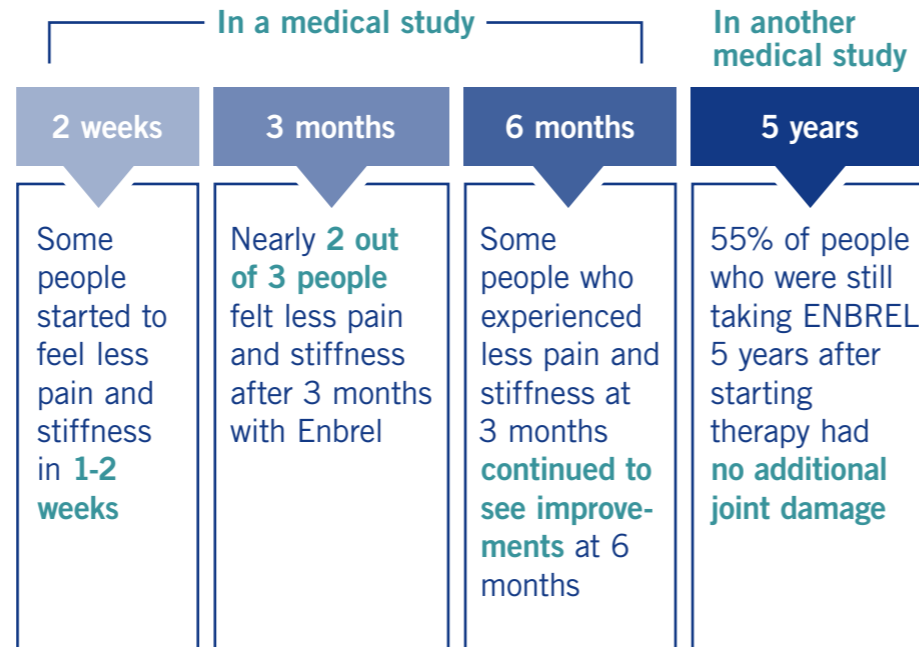
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# What Improvement Might Look Like

Enbrel helps relieve the pain, stiffness, and fatigue that come from moderate to severe rheumatoid arthritis (RA), while helping stop joint damage from getting worse.



Over the next 12 weeks, you can use the Progress Tracker on page 42 to consistently monitor your symptoms. Progress Trackers can be helpful discussion resources that you can bring to your doctor in follow-up visits.



**STATWISE™** may help you see signs of improvement you might be missing. By responding to 3 text messages every day and rating your symptoms, your personal experience is captured in a symptom chart that may help you better understand your results with ENBREL. Enroll today at [www.GetStatwise.com](http://www.GetStatwise.com).

Date of my first injection:

When I felt a difference:



### IMPROVEMENTS TO LOOK FOR:

- Less joint stiffness in the morning
- Less joint pain
- Less fatigue

Your results may vary.

Enbrel may lower your ability to fight infections. Before starting Enbrel, your doctor should test you for tuberculosis and discuss whether you've been to a region where certain fungal infections are common.

### IMPORTANT SAFETY CONSIDERATIONS

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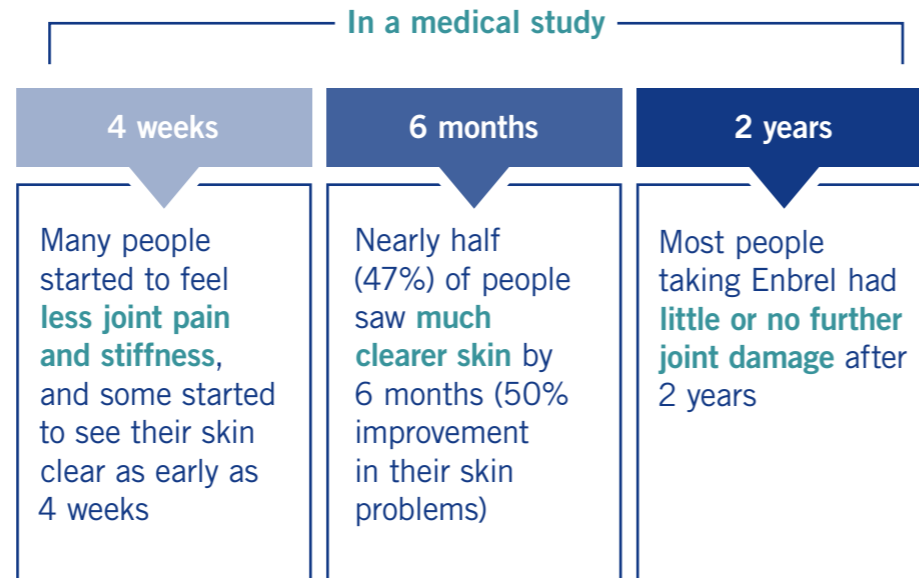
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# What Improvement Might Look Like

Enbrel helps relieve joint pain, swelling, and skin symptoms that come from psoriatic arthritis, while helping stop joint damage from getting worse.



Over the next 12 weeks, you can use the Progress Tracker on page 42 to consistently monitor your symptoms. Progress Trackers can be helpful discussion resources that you can bring to your doctor in follow-up visits.



**STATWISE™** may help you see signs of improvement you might be missing. By responding to 3 text messages every day and rating your symptoms, your personal experience is captured in a symptom chart that may help you better understand your results with ENBREL. Enroll today at [www.GetStatwise.com](http://www.GetStatwise.com).

Date of my first injection:

When I felt a difference:



### IMPROVEMENTS TO LOOK FOR:

- Less joint stiffness in the morning
- Less joint pain
- Improvement in skin symptoms
- Ability to do more activities

Your results may vary.

Enbrel may lower your ability to fight infections. Before starting Enbrel, your doctor should test you for tuberculosis and discuss whether you've been to a region where certain fungal infections are common.

### IMPORTANT SAFETY CONSIDERATIONS

Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Lymphoma and other cancers (some fatal) have been reported in patients taking ENBREL and other TNF blockers.

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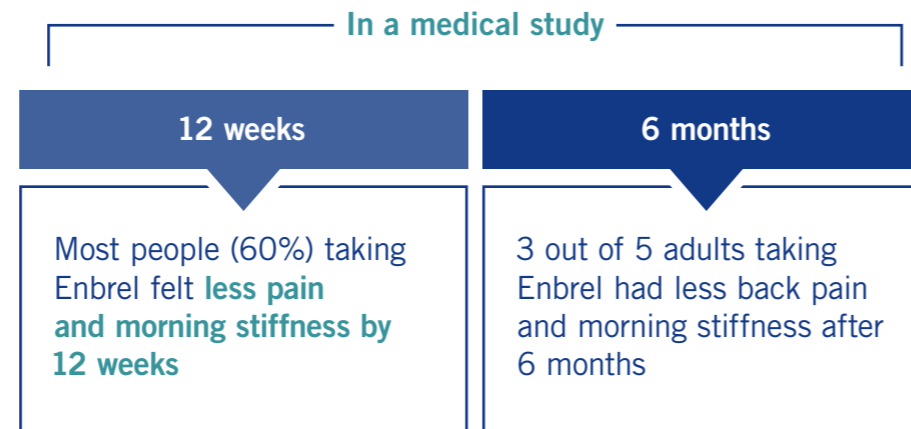
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# What Improvement Might Look Like

Enbrel helps relieve the back pain, swelling, and stiffness that come from ankylosing spondylitis. It can also help improve your range of motion (ability to move your joints).



Over the next 12 weeks, you can use the Progress Tracker on page 42 to consistently monitor your symptoms. Progress Trackers can be helpful discussion resources that you can bring to your doctor in follow-up visits.

Date of my first injection:

When I felt a difference:



### IMPROVEMENTS TO LOOK FOR:

- Less lower back pain after sleeping
- Less morning stiffness
- Less pain in the back, neck, shoulders, or hips
- A greater range of motion
- Less difficulty expanding your chest

Your results may vary.

Enbrel may lower your ability to fight infections. Before starting Enbrel, your doctor should test you for tuberculosis and discuss whether you've been to a region where certain fungal infections are common.

### IMPORTANT SAFETY CONSIDERATIONS

Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Lymphoma and other cancers (some fatal) have been reported in patients taking ENBREL and other TNF blockers.

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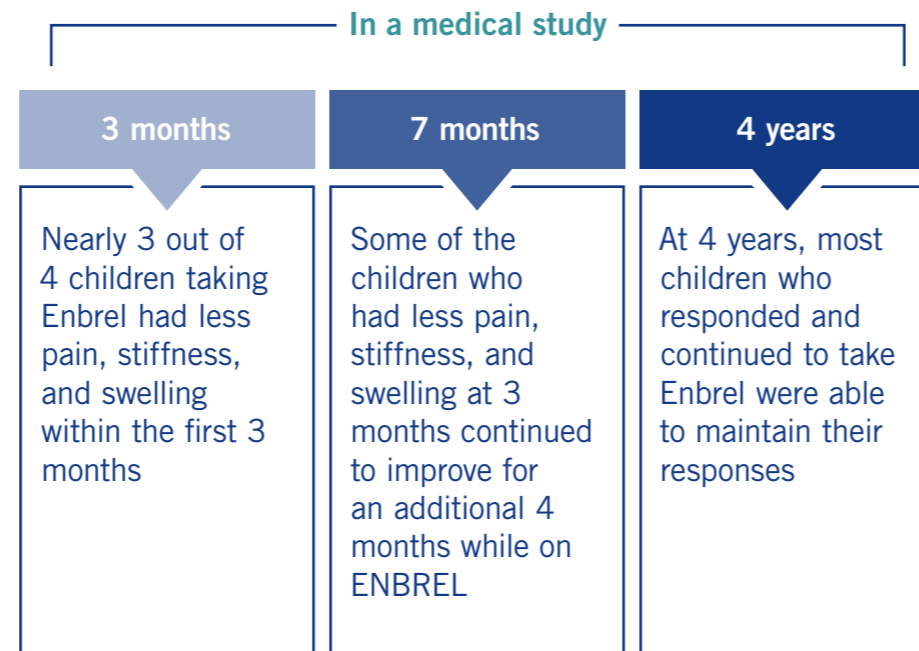
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# What Improvement Might Look Like

Enbrel helps to relieve the joint pain, stiffness, and swelling that come from moderate to severe polyarticular juvenile idiopathic arthritis (JIA).



Over the next 12 weeks, you can use the Progress Tracker on page 42 to consistently monitor your child's symptoms. Progress Trackers can be helpful discussion resources that you can bring to your doctor in follow-up visits.

Date of first injection:

When a difference was felt:



### IMPROVEMENTS TO LOOK FOR:

- Less warmth or tenderness of joints
- Less joint pain or stiffness in the morning or after resting
- Less joint swelling

Your results may vary.

ENBREL may lower your child's ability to fight infections. Before starting ENBREL, your child's doctor should test your child for tuberculosis and discuss whether you've been to a region where certain fungal infections are common.

### IMPORTANT SAFETY CONSIDERATIONS

Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Lymphoma and other cancers (some fatal) have been reported in patients taking ENBREL and other TNF blockers.

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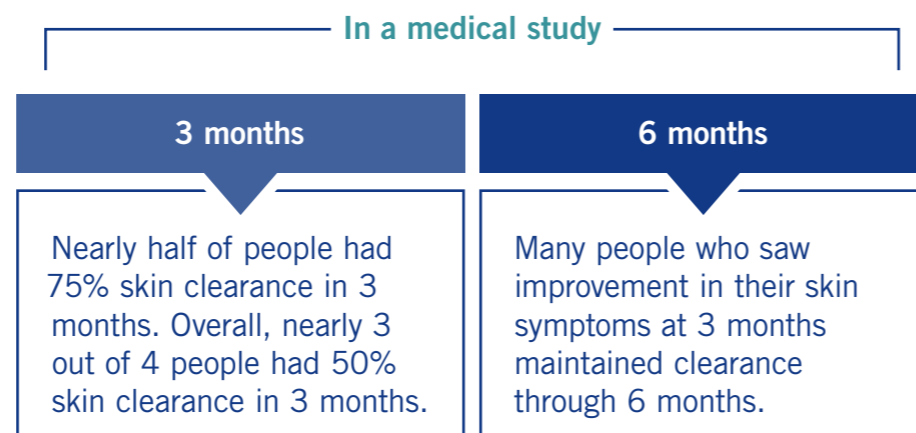
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# What Improvement Might Look Like

Enbrel helps skin get clearer and relieves plaque thickness, scaling, and redness from moderate to severe plaque psoriasis (PsO).



Over the next 12 weeks, you can use the Progress Tracker on page 42 to consistently monitor your symptoms. Progress Trackers can be helpful discussion resources that you can bring to your doctor in follow-up visits.

Date of my first injection:

When I felt a difference:



### IMPROVEMENTS TO LOOK FOR:

- Less skin itch and skin pain
- Less red, itchy skin plaques
- Clearer-looking skin

Your results may vary.

ENBREL may lower your ability to fight infections. Before starting ENBREL, your doctor should test you for tuberculosis and discuss whether you've been to a region where certain fungal infections are common.

### IMPORTANT SAFETY CONSIDERATIONS

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1-888-436-2735



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### IMPORTANT SAFETY CONSIDERATIONS

Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Lymphoma and other cancers (some fatal) have been reported in patients taking ENBREL and other TNF blockers.

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Rate the severity of each symptom on a scale of 1 (low) to 5 (high)

Use blank columns below to track other symptoms you would like to keep record of.

For example, *Fatigue* (RA) or *Back Pain* (AS).

Week	Joint Stiffness	Joint Pain	Joint Swelling		Skin Symptoms		Injection Site	Notes
	① ② ③ ④ ⑤	① ② ③ ④ ⑤	① ② ③ ④ ⑤		① ② ③ ④ ⑤	① ② ③ ④ ⑤		
	① ② ③ ④ ⑤	① ② ③ ④ ⑤	① ② ③ ④ ⑤		① ② ③ ④ ⑤	① ② ③ ④ ⑤		
	① ② ③ ④ ⑤	① ② ③ ④ ⑤	① ② ③ ④ ⑤		① ② ③ ④ ⑤	① ② ③ ④ ⑤		
	① ② ③ ④ ⑤	① ② ③ ④ ⑤	① ② ③ ④ ⑤		① ② ③ ④ ⑤	① ② ③ ④ ⑤		
	① ② ③ ④ ⑤	① ② ③ ④ ⑤	① ② ③ ④ ⑤		① ② ③ ④ ⑤	① ② ③ ④ ⑤		
	① ② ③ ④ ⑤	① ② ③ ④ ⑤	① ② ③ ④ ⑤		① ② ③ ④ ⑤	① ② ③ ④ ⑤		
	① ② ③ ④ ⑤	① ② ③ ④ ⑤	① ② ③ ④ ⑤		① ② ③ ④ ⑤	① ② ③ ④ ⑤		
	① ② ③ ④ ⑤	① ② ③ ④ ⑤	① ② ③ ④ ⑤		① ② ③ ④ ⑤	① ② ③ ④ ⑤		
	① ② ③ ④ ⑤	① ② ③ ④ ⑤	① ② ③ ④ ⑤		① ② ③ ④ ⑤	① ② ③ ④ ⑤		
	① ② ③ ④ ⑤	① ② ③ ④ ⑤	① ② ③ ④ ⑤		① ② ③ ④ ⑤	① ② ③ ④ ⑤		
	① ② ③ ④ ⑤	① ② ③ ④ ⑤	① ② ③ ④ ⑤		① ② ③ ④ ⑤	① ② ③ ④ ⑤		
	① ② ③ ④ ⑤	① ② ③ ④ ⑤	① ② ③ ④ ⑤		① ② ③ ④ ⑤	① ② ③ ④ ⑤		
	① ② ③ ④ ⑤	① ② ③ ④ ⑤	① ② ③ ④ ⑤		① ② ③ ④ ⑤	① ② ③ ④ ⑤		

## IMPORTANT SAFETY CONSIDERATIONS

Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Lymphoma and other cancers (some fatal) have been reported in patients taking ENBREL and other TNF blockers.

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# How Enbrel Works





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## How joint pain and joint damage can start

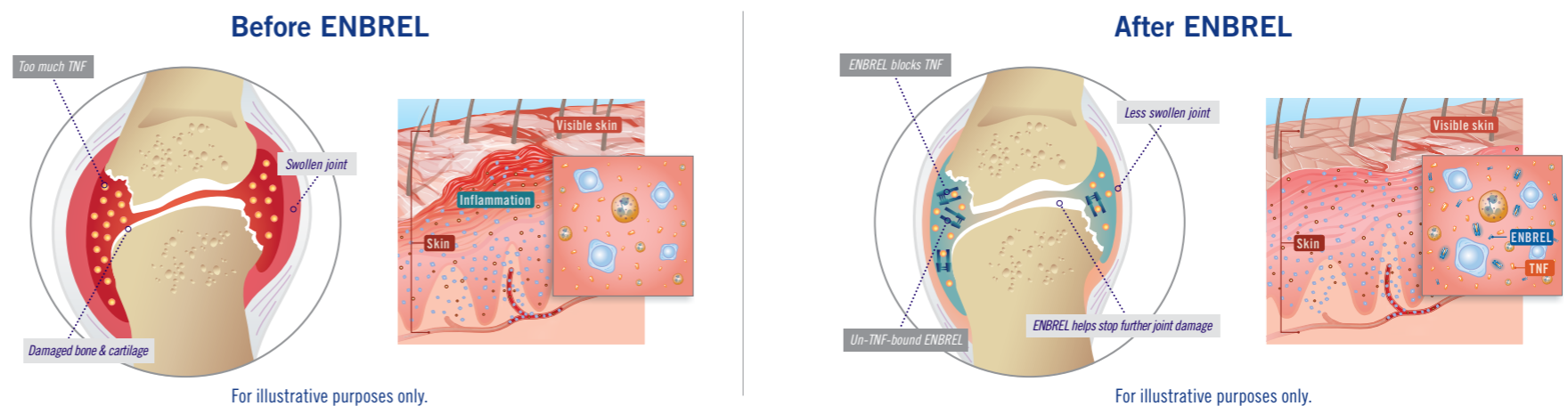
Your immune system protects your body from infections and diseases. But, if it isn't working right, it can actually cause harm to your body. If you have moderate to severe RA or psoriatic arthritis, your immune system makes too much of a certain protein called tumor necrosis factor (TNF). Excessive TNF can cause increased inflammation, which can result in permanent joint damage.

For those with moderate to severe plaque psoriasis and psoriatic arthritis, excessive TNF can also cause patches of red, thick skin with silvery scales, or changes in the nail, such as pitting (small depressions in the surface of the nail).

## How ENBREL Works

ENBREL is a type of medicine known as a biologic (a treatment made from living things, like cells) and is designed to attach to TNF proteins to help block their activity. With fewer active TNF proteins, ENBREL can help you have fewer symptoms, like joint pain and swelling, all while stopping further irreversible joint damage.

Because ENBREL works on your immune system, it can make it harder to fight infections like the flu. If you develop an infection while taking ENBREL, you should consult your physician right away.



## IMPORTANT SAFETY CONSIDERATIONS

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In addition to following your doctor's treatment plan, make sure you are taking care of YOU. That can include taking the time to make positive and healthy lifestyle choices and thinking about ways you can help to self-manage your condition, both physically and emotionally.

While these choices won't necessarily impact how Enbrel works for you, they may make a difference in how your condition impacts your day-to-day activities and your outlook. Having things like the right fitness plan and/or diet and a positive attitude can go a long way toward helping manage your condition.

On the following page are some tips that may help you.

## Staying Active

Exercising may be the last thing on your mind, especially if you are experiencing severe symptoms. But with symptom relief, you may be thinking of how you can return to activities that are important to you, including exercise.

You should start by talking to your doctor—they're likely going to recommend starting slow. That might include not taking up any vigorous activities immediately and starting slowly at your own pace. For example, you can set aside time to take regular walks, or join a beginner fitness class.

Make sure you talk with your doctor, and together, you can come up with a plan on how you can increase your physical activity. Be sure to tell your doctor how it is going and what changes you can make over time.



### IMPORTANT SAFETY CONSIDERATIONS

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## Healthy Diet

Adopting a healthy diet can be especially helpful when paired with the right exercise.

Try introducing a diet that is low in processed foods and saturated fat and replacing it with anti-inflammatory foods such as fruits and veggies, particularly berries, cherries, and leafy greens.

Make sure to drink water and stay hydrated, especially if you have increased your physical activity.

Again, talk to your doctor about what you can do with your diet to help reduce inflammation and increase energy.



## Keeping Positive

Savor the little things. Something simple like opening a jar or spending an afternoon with a loved one can be celebrated.

You don't want to overdo it, so take a break every now and then and relax with your favorite TV show or a good book.

If the stress of managing your condition is a problem, one thing you can consider is installing a meditation app on your phone. Stress management is important, and taking the time to meditate and relax can be extremely helpful.



### IMPORTANT SAFETY CONSIDERATIONS

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## All the Little Things

**Don't sweat the small stuff.** For example, if you can't make the dinner outing with your friends, it's okay. When symptoms are flaring or you're not feeling well, you should give yourself the permission to take care of yourself.

**Keeping things in perspective.** Some days you may get angry because things take longer to do, or you just can't do them all together, and that is okay. The chronic nature of your condition means there will be some tough days. When they happen, take things at your own pace, and don't feel bad about it.

**Planning ahead.** Planning things out in advance can be very important when managing your condition. On your good days take time to prepare for any bad days ahead, such as preparing food that you can store for later or working on activities that may be harder to do on your bad days. Just be sure not to overdo it on the good days and run yourself down.



### IMPORTANT SAFETY CONSIDERATIONS

Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Lymphoma and other cancers (some fatal) have been reported in patients taking ENBREL and other TNF blockers.

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## ACKNOWLEDGING YOUR ROLE

Chronic conditions can make life very difficult not only for the patient but also for their caregivers and loved ones. What feels like a never-ending struggle makes it hard to always know what's happening in your loved one's body, what is needed to ease their suffering, and what you can do to brighten their day. This section of the Enbrel® guide was not only created to support you in helping your loved one—it's also about how to help yourself. By learning to communicate and share with your loved one about your mutual needs, you can understand what questions to ask,

what expectations to have, and concrete ways you can help care for them.

## HOW ARE THEY FEELING?

Your loved one may be experiencing emotions such as anxiety, fear, frustration, despair, or even anger. Given the challenges of their condition, these emotions are very common, and quite normal. It's important to recognize that they have just begun a new treatment, and that this may be the latest in perhaps a long line of medications to treat their condition. The cycle of hope and frustration that comes with starting new medication can be challenging. And at the end of the day, they simply want to feel better—for themselves and for those they care about.

## THE HIDDEN NATURE OF CHRONIC, INFLAMMATORY CONDITIONS

Not all chronic conditions are visible on the outside. Your loved one may look fine, but may be in significant physical pain that limits their ability to do what may appear to others to be simple and effortless everyday activities. When symptoms are bad, it can be difficult to keep pace with the demands of an everyday busy life. Over time, they may be unwilling to commit to making plans in the near or distant future, and may even cancel planned activities at the last minute because of how they are feeling.

## IMPORTANT SAFETY CONSIDERATIONS

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### EMPATHY AND ACCEPTANCE

Your loved one may feel that no one can really understand what they are going through. Trying to imagine what your loved one is going through, and being more aware of their emotions, can demonstrate caring and support. Try to accept what your loved one is telling you about how they are feeling, and what they are able to do—as well as no longer able to do.

### SOME WAYS YOU CAN OFFER TO HELP

- **Actively listen** to your loved one when hearing or witnessing any of their limitations. Even when faithfully following their doctor-prescribed treatment routine, there may be some “bad days” when their symptoms are more severe.
- **Get involved.** If your loved one is seeking to make lifestyle changes such as adjusting their eating habits, ask what you can do to be a part of it. Perhaps research which foods may help reduce inflammation and offer to cook a special meal.

- Understand there will be good days and bad ones. Even with treatment, bad days are often a reality of a chronic inflammatory condition. So be mindful that plans may change. If you’re sensing it may be a bad day, you might simply ask, **“are you still feeling up for this today?”** If the answer is “no” or “not really,” try to readily accept that answer and come up with a different plan.
- Perhaps most importantly of all, **be encouraging.** Your loved one may be on a difficult journey with their medical condition. They may be experiencing a loss of control over their situation, a lack of motivation, or even hopelessness. Celebrate the “good days” with them, comfort them on the “bad days,” and do everything you can to maintain a positive outlook.

### Share this Information with a Loved One Supporting You on this Journey

### IMPORTANT SAFETY CONSIDERATIONS

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**NOTES** Use this space for anything to help with your routine.

Grid of dots for notes.

**NOTES** Use this space for anything to help with your routine.

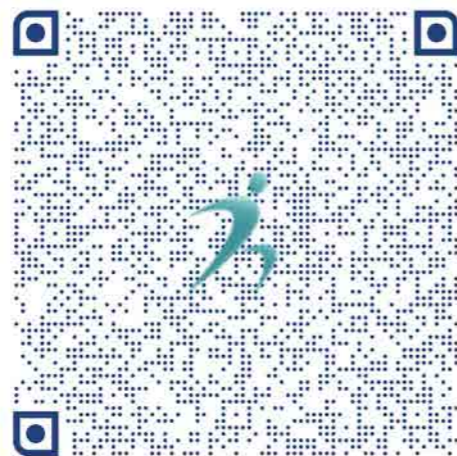
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# Tell us how we're doing!

Your feedback will help us continue to improve the **My Enbrel® Guide** for future Enbrel patients.

Please visit [www.MyEnbrelGuideFeedback.com](http://www.MyEnbrelGuideFeedback.com) or scan the QR code below.



It will just take a moment.

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# Travel Card

QUESTIONS?  
CALL 1-888-4ENBREL



Patient name \_\_\_\_\_

I am carrying ENBREL, a prescription medicine that is taken by injection. This bag may contain disposable syringes and/or a sharps container for disposing of syringes. These items are for individual use, not resale, and are included in the Transportation Security Administration's list of permitted carry-on items.

### Doctor who prescribed ENBREL:

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

DOSING INFORMATION \_\_\_\_\_



### Important information for air travel with Enbrel® (etanercept)

- Create a travel bag that includes your medication, a copy of your prescription, ENBREL syringes in their original carton, and a sharps container.
- Notify security screeners that you are carrying a sharps container.
- Consider requesting a "hand check" of your medication kit to avoid any delays.
- Be prepared to display, handle, and repack your own medication and supplies in order to prevent contamination or damage.
- Check with your airline before you travel, as security regulations may change.
- Research the requirements of other countries you may visit.

### How should I store ENBREL?

- **Do not** store ENBREL in extreme heat or cold. For example, avoid storing ENBREL in your vehicle's glove box or trunk.
- **Do not freeze.**
- **Do not shake.**
- Store ENBREL in the original carton to protect from light or physical damage.
- Keep ENBREL and all medicines out of the reach of children.

For any questions, please visit [www.enbrel.com](http://www.enbrel.com) or call **1-888-4ENBREL** (1-888-436-2735).



Manufactured by Immunex Corporation  
Marketed by Amgen Inc.  
Thousand Oaks, CA 91320

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Continuing ENBREL

Contact Us

1-888-4ENBREL (1-888-436-2762)

Let's get you started on



## We appreciate your feedback!

How likely are you to recommend the **My Enbrel® Guide** to someone getting started on Enbrel?

1

2

3

4

5

6

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10

Not Likely

Very Likely



### Enbrel® Co-Pay Card

Helps lower your out-of-pocket prescription ENBREL costs\*



Eligible patients may pay as little as \$5 per month for their ENBREL®.

\*The Enbrel® Co-Pay Card is for eligible commercially insured patients.



### ENBREL Nurse Partners™

Offering one-on-one support at home, by phone, email, or web-video chat

- One-on-one supplemental injection training
- Information about all available ENBREL Support® services
- Information about ENBREL and your condition