

You may pay as little as \$25<sup>a</sup> for a 1-month or 3-month prescription. Text<sup>b</sup> BEGIN to 21848.  
See inside for more information.

<sup>a</sup>Commercially insured patients only. Eligibility and other restrictions apply.



ONCE-WEEKLY  
**OZEMPIC**<sup>®</sup>  
semaglutide injection 0.5mg|1mg

## INSIDE THIS BOOKLET:



**HOW TO USE YOUR PEN**



**FREE TEXT-BASED SAVINGS  
AND SUPPORT PROGRAM**



**DETAILS ON HOW TO  
SAVE ON OZEMPIC<sup>®</sup>**

<sup>b</sup>Message and data rates may apply. Check with your mobile service provider.  
See Terms of Use & Conditions at [Ozempic.com](https://www.novo-pi.com/ozempic.com).

Please see Important Safety Information throughout,  
and Medication Guide and Prescribing Information at  
<https://www.novo-pi.com/ozempic.pdf>

# Getting started on Ozempic®

By adding once-weekly Ozempic® to your type 2 diabetes management plan, you and your health care provider have taken an important step in helping you lower your blood sugar.

## Questions about Ozempic®?

- Text<sup>a</sup> **BEGIN to 21848 to sign up for a free text-based savings and support program**
- **Talk to a Diabetes Care & Education Specialist by calling 1-866-696-4090 Monday–Friday, 9 AM to 6 PM ET**

<sup>a</sup>Message and data rates may apply.

## What is Ozempic®?

Ozempic® (semaglutide) injection 0.5 mg or 1 mg is an injectable prescription medicine used:

- along with diet and exercise to improve blood sugar in adults with type 2 diabetes.
- to reduce the risk of major cardiovascular events such as heart attack, stroke, or death in adults with type 2 diabetes with known heart disease.

It is not known if Ozempic® can be used in people who have had pancreatitis.

Ozempic® is not a substitute for insulin and is not for use in people with type 1 diabetes or people with diabetic ketoacidosis.

It is not known if Ozempic® is safe and effective for use in children under 18 years of age.

**Please see Important Safety Information throughout, and Prescribing Information and Medication Guide at <https://www.novo-pi.com/ozempic.pdf>**



## Important Safety Information

**What is the most important information I should know about Ozempic®?**

**Ozempic® may cause serious side effects, including:**

- **Possible thyroid tumors, including cancer.** Tell your health care provider if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath. These may be symptoms of thyroid cancer. In studies with rodents, Ozempic® and medicines that work like Ozempic® caused thyroid tumors, including thyroid cancer. It is not known if Ozempic® will cause thyroid tumors or a type of thyroid cancer called medullary thyroid carcinoma (MTC) in people.
- Do not use Ozempic® if you or any of your family have ever had MTC, or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).

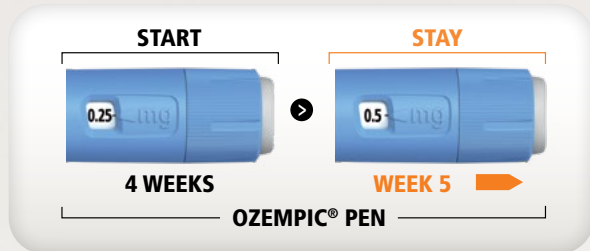
**Do not use Ozempic® if:**

- you or any of your family have ever had MTC or if you have MEN 2.
- you are allergic to semaglutide or any of the ingredients in Ozempic®.

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# How to take Ozempic<sup>®</sup>

Here is the dosing schedule for the Ozempic<sup>®</sup> pen that delivers 0.25 mg or 0.5 mg:



The beginning dose is 0.25 mg for the first 4 weeks. This will give your body a chance to get used to the medicine. On Week 5, the dose should be increased to 0.5 mg.

## Missed a dose?

Take the missed dose as soon as possible within 5 days after the missed dose. If more than 5 days have passed, skip the missed dose and take your next dose on the regularly scheduled day.

Ozempic<sup>®</sup> also comes in a 1 mg pen if your health care provider determines that you need additional blood sugar control.

Please see Important Safety Information throughout, and Prescribing Information and Medication Guide at <https://www.novo-pi.com/ozempic.pdf>

1

Take Ozempic<sup>®</sup> once a week, on the same day, exactly as prescribed by your health care provider.



You can take Ozempic<sup>®</sup> with or without food.



You may change the day of the week you use Ozempic<sup>®</sup> as long as your last dose was given 2 or more days before.

## How should I use Ozempic<sup>®</sup>?

- Ozempic<sup>®</sup> is injected under the skin (subcutaneously) of your stomach (abdomen), thigh, or upper arm. **Do not** inject Ozempic<sup>®</sup> into a muscle (intramuscularly) or vein (intravenously).
- **Do not** mix insulin and Ozempic<sup>®</sup> together in the same injection.
- Change (rotate) your injection site with each injection. **Do not** use the same site for each injection.
- Talk to your health care provider about how to prevent, recognize and manage low blood sugar (hypoglycemia), high blood sugar (hyperglycemia), and problems you have because of your diabetes.

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semaglutide injection 0.5mg|1mg

# How do I use my Ozempic® pen?

This is a Quick Guide.

**Read the Instructions for Use and Important Safety Information before using the pen.**

1



## Prepare your pen

**Check your Ozempic® pen**  
Read the label to check that your pen contains Ozempic®. Make sure that the Ozempic® medicine in your pen is clear and colorless.

2



**Attach a new needle**  
Tear off the paper tab. Push and turn the needle on until it is tight. Pull off **both** needle caps.

3



**Check the Ozempic® flow with each new pen**  
**Turn the dose selector until the dose counter shows the flow check symbol (■ • ▲).**  
Press and hold in the dose button until the dose counter shows 0. Make sure a drop appears at the needle tip.

**Text PEN to 43967 to view a demonstration.**

Please see Important Safety Information throughout, and Prescribing Information and Medication Guide at <https://www.novo-pi.com/ozempic.pdf>

4



## Give your injection

### Select your dose

Turn the dose selector until the dose counter shows the dose you need to inject (0.25 mg or 0.5 mg).

5



## Inject your dose

Insert the needle into your skin. Press and hold down the dose button. **After** the dose counter reaches 0, slowly count to 6. Remove the needle from your skin.

6



## After your injection

Carefully remove the needle and place it in a sharps container. Put the pen cap back on the pen.

## Important Safety Information

**Do not share your Ozempic® pen 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.**

# Common side effects

The most common side effects of Ozempic® may include **nausea, diarrhea, vomiting, stomach (abdominal) pain, and constipation.**

If you experience nausea, here are some tips that you might find helpful:

- Slowly eat smaller, more frequent meals
- Eat foods that are light and bland, like saltine crackers or plain bread
- Avoid fried, greasy, or sweet foods
- Drink clear or ice-cold drinks



## Questions about Ozempic®?

- **Text<sup>a</sup> BEGIN to 21848 to sign up for a free text-based savings and support program**
- **Talk to a Diabetes Care & Education Specialist by calling 1-866-696-4090 Monday–Friday, 9 AM to 6 PM ET**

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## Important Safety Information (cont'd)

Before using Ozempic®, tell your health care provider if you have any other medical conditions, including if you:

- have or have had problems with your pancreas or kidneys.
- have a history of diabetic retinopathy.
- are pregnant or breastfeeding or plan to become pregnant or breastfeed. It is not known if Ozempic® will harm your unborn baby or passes into your breast milk. You should stop using Ozempic® 2 months before you plan to become pregnant.

**Tell your health care provider about all the medicines you take**, including prescription and over-the-counter medicines, vitamins, herbal supplements, and other medicines to treat diabetes, including insulin or sulfonylureas.

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# How to store your Ozempic<sup>®</sup> pen

## Prior to first use



Refrigerated  
36°F to 46°F

## Until expiration date

## After first use



Room temperature  
59°F to 86°F

OR

Refrigerated  
36°F to 46°F

56 days

Text PEN to 43967 for more information on using and storing your pen.

## Important Safety Information (cont'd)

What are the possible side effects of Ozempic<sup>®</sup>?

Ozempic<sup>®</sup> may cause serious side effects, including:

- **inflammation of your pancreas (pancreatitis).** Stop using Ozempic<sup>®</sup> and call your health care provider right away if you have severe pain in your stomach area (abdomen) that will not go away, with or without vomiting. You may feel the pain from your abdomen to your back.
- **changes in vision.** Tell your health care provider if you have changes in vision during treatment with Ozempic<sup>®</sup>

Please see Important Safety Information throughout, and Prescribing Information and Medication Guide at <https://www.novo-pi.com/ozempic.pdf>



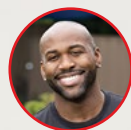
## Important Safety Information (cont'd)

- **low blood sugar (hypoglycemia).** Your risk for getting low blood sugar may be higher if you use Ozempic<sup>®</sup> with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin. **Signs and symptoms of low blood sugar may include:** dizziness or lightheadedness, blurred vision, anxiety, irritability or mood changes, sweating, slurred speech, hunger, confusion or drowsiness, shakiness, weakness, headache, fast heartbeat, and feeling jittery.

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# My Type 2 Transformation

Managing type 2 diabetes is more than just taking your Ozempic® as prescribed by your doctor—it's about lifestyle choices including diet, exercise, and purposeful goal-setting.



## Get Moving

Join celebrity trainer Dolvett Quince for workouts designed exclusively for adults with type 2 diabetes.



## Get Cooking

Learn how to make delicious, diabetes-friendly meals with celebrity chef Franklin Becker.



## Stay on Track

Get advice and complete worksheets with professional life coach Marlene Boas to learn how to better set goals and navigate setbacks.

Dolvett, Franklin, and Marlene are paid spokespeople of Novo Nordisk.

For these resources and more, visit [MyType2Transformation.com](https://www.mytype2transformation.com).

Please see Important Safety Information throughout, and Prescribing Information and Medication Guide at <https://www.novo-pi.com/ozempic.pdf>



## SIGN UP TODAY

To sign up for **TexT2Connect**, text<sup>a</sup> **BEGIN to 21848** for a free savings and support program

- We're here for you—get text support with savings, reminders, inspiration, and resources to help you get started

<sup>a</sup>Message and data rates may apply.

## Important Safety Information (cont'd)

### What are the possible side effects of Ozempic®?

- **kidney problems (kidney failure).** In people who have kidney problems, diarrhea, nausea, and vomiting may cause a loss of fluids (dehydration), which may cause kidney problems to get worse. It is important for you to drink fluids to help reduce your chance of dehydration.
- **serious allergic reactions.** Stop using Ozempic® and get medical help right away if you have any symptoms of a serious allergic reaction, including itching, rash, or difficulty breathing.

**The most common side effects of Ozempic® may include** nausea, vomiting, diarrhea, stomach (abdominal) pain, and constipation.

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# Saving with Ozempic®



**Ozempic® Savings Card**

To get your offer, text\*  
**BEGIN to 21848**  
or visit [OzempicSavings.com](http://OzempicSavings.com)  
\*Message and data rates apply.

**PAY AS LITTLE AS**  
**\$25**  
**PER PRESCRIPTION**

**PEEL**

**Pay as little as:**

- \$25 for a 1-month or 3-month prescription (maximum savings of \$150 per 1-month prescription, or \$450 per 3-month prescription)

Eligibility and other restrictions apply. To receive offer, prescription must be for a 1-month or 3-month supply.

 Please see full Prescribing Information, including Medication Guide, or go to [Ozempic.com](http://Ozempic.com).

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To get started with your Savings Card, text<sup>a</sup> **BEGIN to 21848** or visit [OzempicSavings.com](http://OzempicSavings.com).

With commercial insurance, you may be eligible to pay as little as \$25 when you receive a prescription for either a 1-month or 3-month supply.<sup>b</sup>

<sup>a</sup>Message and data rates may apply.

<sup>b</sup>Applies to eligible, commercially insured patients with coverage for Ozempic®. Maximum savings of \$150 per 1-month prescription or \$450 per 3-month prescription. Month is defined as 28 days. Eligibility and other restrictions apply. Go to [OzempicSavings.com](http://OzempicSavings.com) for full program details and eligibility requirements.

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# Savings and support are just a text away



Fill your Ozempic® prescription.



Learn to use your pen.  
Text PEN to 43967 or watch the  
demonstration video online at  
[HowToUseOzempic.com](https://www.howtouseozempic.com).



Enroll in the Text2Connect  
Savings and Support Program.

**Text<sup>a</sup> BEGIN to 21848 to get started.**

<sup>a</sup>Message and data rates may apply.

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and Medication Guide and Prescribing Information at  
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