

YOUR GUIDE TO
**PSORIATIC ARTHRITIS
& ANKYLOSING
SPONDYLITIS** AND
TREATMENT WITH

 **Cosentyx**[®]
secukinumab

PATIENT
GUIDE



 **NOVARTIS**

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ABOUT THIS BOOKLET

This booklet should help to answer any questions you might have about your Cosentyx, a medication that is used to reduce the symptoms of inflammatory conditions, including psoriatic arthritis, ankylosing spondylitis and moderate to severe plaque psoriasis.

This booklet includes:

- An overview of psoriatic arthritis and ankylosing spondylitis, including the causes, symptoms and treatment
- Information about Cosentyx, including what it is and how it works
- Step-by-step instructions on how to use Cosentyx
- Support materials including tips for flying with Cosentyx and information about our patient support programme Altogether You

Keep in mind that this booklet does not take the place of medical advice, and should be used alongside discussion with your doctor or other members of your healthcare team.

You can read more in the Cosentyx Consumer Medicine Information leaflet or by visiting: <https://www.medsafe.govt.nz/Consumers/CMI/c/cosentyx.pdf>

See Wallet Card

AN OVERVIEW OF PSORIATIC ARTHRITIS

What is psoriatic arthritis?

Psoriatic arthritis occurs when there is too much inflammation in different parts of the body.

- Psoriatic arthritis can affect the small and large joints, including the fingers and toes, the spine, neck or the pelvis.
- It can also affect the skin (psoriasis), as well as other areas of the body including the back of the heels or soles of the feet, the fingernails and toenails.
- For most people, psoriasis appears first, and problems with the joints develop later. The condition varies from person to person – some people have relatively mild symptoms that develop slowly, while others may have severe symptoms that come on quickly.

Although there's no cure,
**PSORIATIC ARTHRITIS CAN
BE MANAGED IN MANY WAYS.**

What are the symptoms of psoriatic arthritis?

The symptoms of psoriatic arthritis, and their severity, vary from person to person and can affect different parts of the body. The most common symptoms are:



Painful, swollen fingers or toes



Pain and stiffness in the neck, spine, lower back, knees, and ankles



Pain and swelling at the back of the heels, the soles of the feet, or the elbows where tendons attach muscles to bones (enthesitis)



Pain, swelling, stiffness or warmth in any joint



Thickened, reddened skin with flaky, silver-white scaly patches (psoriasis)



A general feeling of fatigue/tiredness



Sore, red eyes



Discoloured and thickened fingernails or toenails, or flaky nails that break easily

It's important to remember that not everyone will experience all of these symptoms.

WHAT CAUSES PSORIATIC ARTHRITIS?

Although the cause is not known, we do know that psoriatic arthritis is an autoimmune disease, which means the immune system isn't working properly.

An overactive immune system means more inflammation.

Our immune systems normally help to keep us healthy by fighting harmful things like bacteria and viruses. But in autoimmune diseases, the immune system mistakenly attacks the body's own healthy tissues and triggers an increase in inflammation.

More inflammation results in more severe symptoms. For people with psoriatic arthritis, an overactive immune system causes symptoms that affect the skin and joints.

If the inflammation is left untreated, it can lead to painful arthritis and permanent damage to joints and bones.

This is why it's important to reduce the levels of inflammation in the body, and that's where biologic treatments come in.

See pages 7 and 8 for more information about what treatments can help with psoriatic arthritis.



How does psoriatic arthritis progress over time?

Psoriatic arthritis can be unpredictable. There may be times when your symptoms are worse (flare-ups) and other times when your symptoms almost disappear.

Some people may never need treatment, but for a small percentage of people, the symptoms slowly worsen over time and may lead to increasing disability.

Starting treatment as soon as possible and maintaining treatment for as long as possible can help reduce the risk of joint damage and long-term problems.

WHAT TREATMENTS CAN HELP WITH PSORIATIC ARTHRITIS?

There are a number of treatments that can help manage psoriatic arthritis. Using medications early can slow down any damage, relieve pain and stiffness, and reduce the risk of long-term problems.

Everyone is different, so your doctor will work closely with you to develop a treatment plan that's best for you.

In general, the aims of treatment are to:

- Reduce joint pain, swelling and stiffness
- Keep your joints moving freely
- Limit joint damage as much as possible
- Control any skin symptoms
- Minimise the impact of psoriatic arthritis on your everyday life



Physiotherapy and exercise

An exercise and stretching programme designed especially for you can help keep your joints moving freely, prevent stiffness and relieve pain.

A physiotherapist or exercise physiologist can give you advice about suitable exercises, create a stretching programme and suggest suitable activities for you (e.g. exercises in water – hydrotherapy – that are less stressful on sore or swollen joints).



Pain relievers and anti-inflammatory medicines

Your doctor may recommend medications to help relieve pain and inflammation and may be useful if you have mild-to-moderate pain or mild symptoms between flare-ups. These medications include:

- Paracetamol - can help relieve pain but it doesn't treat other symptoms, like joint swelling or stiffness
- Non-steroidal anti-inflammatory drugs (NSAIDs) - help to relieve pain as well as joint swelling and stiffness
- Corticosteroids - have an anti-inflammatory effect and help relieve pain and stiffness. They are usually used for relatively short periods, in combination with other medications

Your doctor will work with you to find which pain relievers or anti-inflammatory medicines may help with your symptoms.



Biologic therapies

Biologic therapies, including Cosentyx, are medications that are used when other treatments have not improved your psoriatic arthritis.

They work by targeting specific proteins that have been over produced by your immune system and as a result cause inflammation and damage to the joints and other parts of the body.

Biologic therapies are normally given as an injection, or as an infusion into a vein.

Regular blood tests are usually required during treatment to make sure the biologic therapy is working and to check for any unwanted side effects.

You may find it useful to speak to other people who have psoriatic arthritis to hear about their experiences.

Ask your doctor or nurse if there is a support group in your area. If there isn't a group near you, online organisations - such as Arthritis New Zealand (www.arthritis.org.nz) - may be helpful.

AN OVERVIEW OF ANKYLOSING SPONDYLITIS

What is ankylosing spondylitis?

Ankylosing spondylitis occurs when there is too much inflammation in different parts of the body.

Ankylosing spondylitis leads to pain and stiffness mainly in the spine, neck, and pelvis. Although the spine is most commonly affected, joints in other areas such as the hips and the shoulders can also become painful and stiff.

Ankylosing spondylitis can also affect other parts of the body, including the eyes, skin, heart, lungs, or the bowels.

Although there's no cure,
**ANKYLOSING SPONDYLITIS CAN
BE MANAGED IN MANY WAYS.**

What are the symptoms of ankylosing spondylitis?

The symptoms of ankylosing spondylitis, and their severity, vary from person to person. The most common symptoms are:



Pain and stiffness in the back, neck, pelvis or buttocks



Pain in tendons (which connect muscles to bones) and ligaments (which connect bones to each other) such as heels and shoulders



Pain that's worse in the morning and night time



Pain that doesn't improve or gets worse with rest



Pain that gets better with exercise



Pain and swelling in other joints, including the fingers, toes, back of the heel, or underneath the foot



Pain or tightness in the chest



Waking up during the night with a stiff and sore back



Painful, red eyes or blurry vision



Diarrhoea or bloating (caused by inflammation in the bowels)

It's important to remember that not everyone will experience all of these symptoms.

WHAT CAUSES ANKYLOSING SPONDYLITIS?

Although the cause is not known, we do know that ankylosing spondylitis is an autoimmune disease, which means the immune system isn't working properly.

Genes are also thought to play a role as a family history increases the likelihood of having ankylosing spondylitis.

An overactive immune system means more inflammation.

Our immune systems normally help to keep us healthy by fighting harmful things like bacteria and viruses. But in autoimmune diseases, the immune system mistakenly attacks the body's own healthy tissues and triggers an increase in inflammation.

More inflammation results in more severe symptoms. For people with ankylosing spondylitis, an overactive immune system produces symptoms that affect the bones and joints in the neck, spine and pelvis.

Over time, this long-term inflammation damages joints, causing pain and stiffness.

Left untreated, joints in the spine may fuse together, leading to permanent loss of mobility. However, there are treatments available that can effectively reduce the risk of long-term spinal and joint problems.

This is why it's important to reduce the levels of inflammation in the body, and that's where biologic treatments come in.



How does ankylosing spondylitis progress over time?

Ankylosing spondylitis can be unpredictable. There may be times when your symptoms are worse (flare-ups) and other times when your symptoms almost disappear. For some people, the symptoms may slowly worsen over time and lead to increasing disability.

If left untreated, the vertebrae in the spine can become fused together and no longer move freely, causing permanent stiffness in the spine. Other joints and parts of the body can also become damaged.

Treatment can help reduce the signs and symptoms of ankylosing spondylitis and minimise loss of mobility due to spine and joint problems. In fact, most people with ankylosing spondylitis are able to keep working and live full lives, but may need to make some lifestyle changes to manage any symptoms or stiffness.

See pages 13 and 14 for more information about what treatments can help with ankylosing spondylitis.

WHAT TREATMENTS CAN HELP WITH ANKYLOSING SPONDYLITIS?

There are a number of treatments that can help manage ankylosing spondylitis. Everyone is different, so your doctor will work closely with you to develop a treatment plan that's best for you.

In general, the aims of treatment are to:

- Reduce pain and stiffness
- Keep your spine mobile
- Limit spine or joint damage as much as possible
- Minimise the impact of ankylosing spondylitis on your everyday life



Physiotherapy and exercise

An exercise and stretching programme designed especially for you can help keep your spine flexible, improve movement and posture, prevent stiffness and relieve pain.

A physiotherapist can give you advice about suitable exercises, create a stretching programme and suggest suitable activities for you (e.g. exercises in water – hydrotherapy – that are less stressful on sore or swollen joints).



Pain relievers and anti-inflammatory medicines

Your doctor may recommend medications to help relieve pain and inflammation and may be useful if you have mild-to-moderate pain or mild symptoms between flare-ups. These medications include:

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Your doctor will work with you to find which pain relievers or anti-inflammatory medicines may help with your symptoms.



Biologic therapies

Biologic therapies, including Cosentyx, are medications that are used when other treatments have not improved your ankylosing spondylitis.

They work by targeting specific proteins that have been over produced by your immune system and as a result cause inflammation and damage to the joints and other parts of the body.

Biologic therapies are normally given as an injection, or as an infusion into a vein.

Regular blood tests are usually required during treatment to make sure the biologic therapy is working and to check for any unwanted side effects.

You might also find it useful to speak with other people who have ankylosing spondylitis to hear about their experiences and learn practical ways to deal with your condition.

Ask your doctor or nurse if there is a support group in your area. If there isn't a group near you, online organisations and groups – such as Arthritis New Zealand (www.arthritis.org.nz) – may be helpful. Ask your healthcare team for more information.

UNDERSTANDING MORE ABOUT COSENTYX

The following pages provide practical information about Cosentyx, including what it is, how it works, how often to take it, and possible side effects.

If you have any questions that aren't answered in this booklet, or would like to know more about your treatment, please speak to a member of your healthcare team.

What is Cosentyx and how does it work?

Cosentyx is a biologic therapy used to treat adults with inflammatory conditions, including psoriatic arthritis, ankylosing spondylitis and moderate to severe plaque psoriasis.

Cosentyx contains an ingredient called secukinumab which is a type of specially developed medicine called a monoclonal antibody.

Cosentyx has been developed to seek out and block a protein (called interleukin-17A) that causes inflammation of the skin and joints.

By blocking this protein, Cosentyx helps to reduce symptoms of inflammation.

Antibodies are part of your immune system that help to seek out specific substances.

ALWAYS USE COSENTYX EXACTLY AS YOUR DOCTOR HAS EXPLAINED.

Check with your doctor, nurse or pharmacist
if you aren't sure.

Before you start taking Cosentyx

Like all medications, there are some things to be aware of before you start taking Cosentyx.

Before starting treatment, be sure to tell your doctor or pharmacist if you:

- Have an allergy to secukinumab, latex or any other ingredients (ask your doctor if you think you may be allergic)
- Have any current infections or if you are prone to frequent infections
- Have tuberculosis, chronic inflammation of the intestines, ulcerative colitis or Crohn's disease
- Had any recent vaccinations or are due to have a vaccination (live vaccines should not be used with Cosentyx)
- Are taking any other medications (including prescription medications or those you buy without a prescription from a pharmacy, supermarket or health food shop)
- Are pregnant, think you may be pregnant or are planning to have a baby. Cosentyx should be avoided during pregnancy unless your doctor thinks that the benefits clearly outweigh any potential risks. Tell your doctor if you are breastfeeding or planning to breastfeed

HOW DO I USE COSENTYX?

Cosentyx is given by an injection into the fatty layer under the skin (a subcutaneous injection) using a special pen device (the SensoReady® Pen) designed to make giving the injection simple and quick. Your doctor or nurse will take you through the steps and provide training on how to inject.



It's normal to feel a little anxious about injecting yourself, but with the right training and support, most people quickly become comfortable and confident about giving their injections.

If you have difficulty injecting yourself, a caregiver or a family member can give your Cosentyx injections after they've been properly trained.

For an illustrated step-by-step guide on how to inject Cosentyx, see the Injecting Cosentyx guide on pages 21-24 of this booklet.

IF YOU'RE NOT SURE WHAT TO DO

ask your doctor or pharmacist.

How much Cosentyx should I take for psoriatic arthritis?

The recommended dose is 150 mg by injection under the skin using the SensoReady® Pen. When you first start taking Cosentyx, you'll inject your prescribed dose once a week for the first 5 weeks. After that, you'll only need to take your prescribed dose once a month for as long as your doctor recommends. Depending on how you are responding to treatment with Cosentyx, the dose can be increased to 300 mg if needed.

If you have not previously responded adequately to TNF inhibitor therapy or if you have concomitant moderate to severe plaque psoriasis, the recommended dose is 300 mg (two 150 mg pens) once a week for the first 5 weeks, followed by the same dose once a month.

Cosentyx can be taken with or without methotrexate.

How much Cosentyx should I take for ankylosing spondylitis?

The recommended dose is 150 mg by injection under the skin using the SensoReady® Pen. When you first start taking Cosentyx, you'll inject your prescribed dose once a week for the first 5 weeks. After that, you'll only need to take your prescribed dose once a month for as long as your doctor recommends.

Depending on how you are responding to treatment with Cosentyx, the dose can be increased to 300 mg (two 150 mg pens) if needed.

Please note, the 300mg dose is not currently funded in New Zealand for AS treatment - a prescription charge will apply.

Cosentyx is a convenient once-a-month dose.

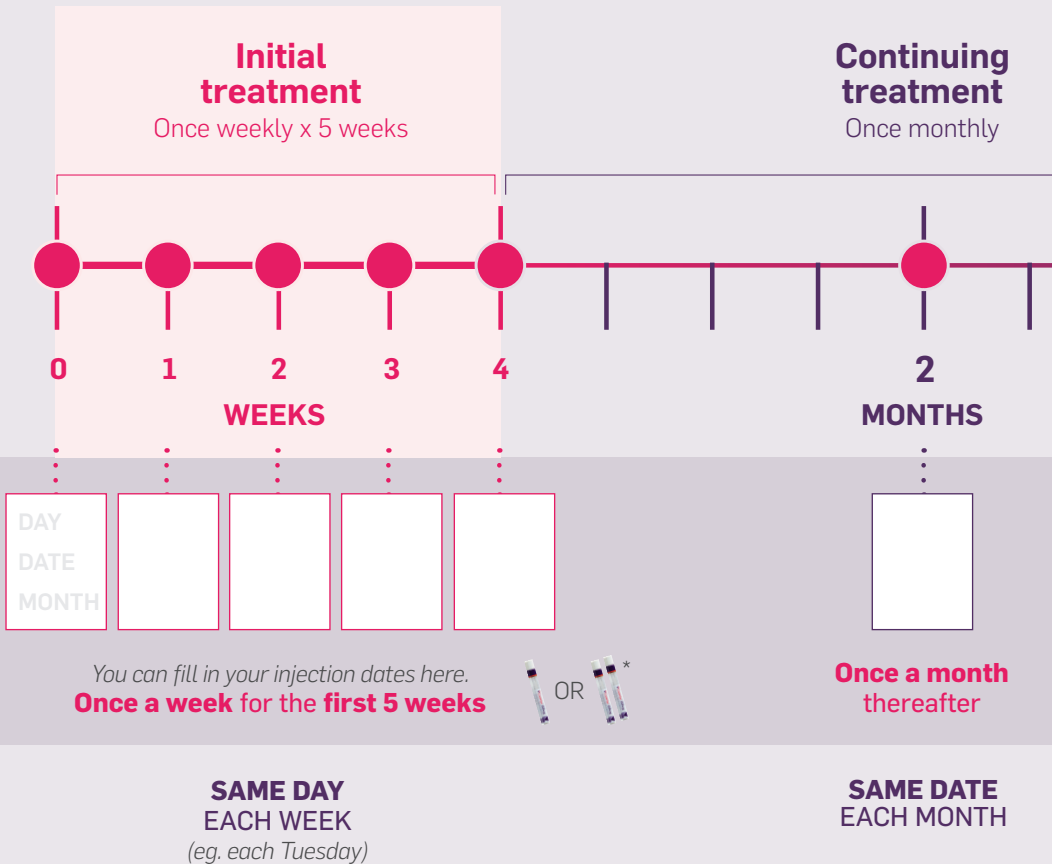
What if I forget to take a dose of Cosentyx?

If you forget to take your Cosentyx, take the dose as soon as you remember. Then speak to your doctor to discuss when you should take the next dose.

STARTING COSENTYX

Your doctor will decide how much Cosentyx you need and how long to take it. Your prescribed dose of Cosentyx will be either 150 mg (one pen) or 300 mg (two 150 mg pens).

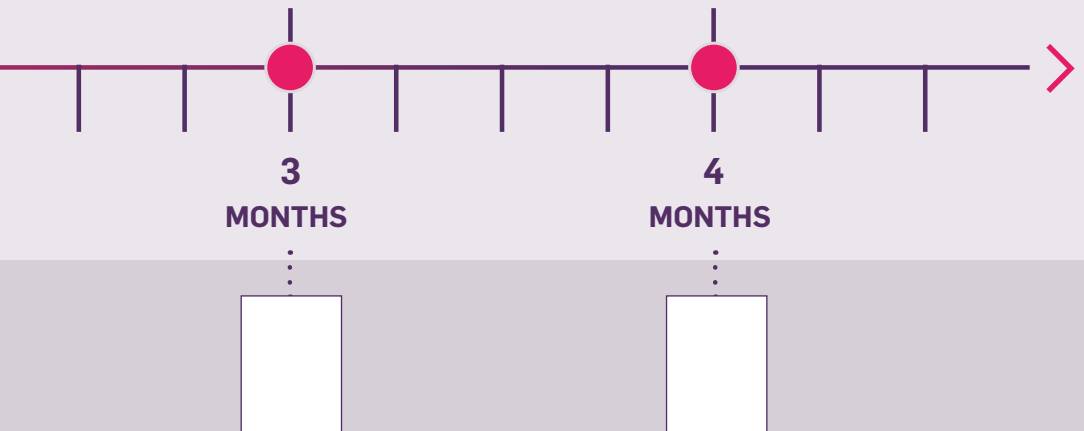
Speak to your nurse or doctor if you do not know your dose or are unsure about any part of your treatment with Cosentyx.



*Number of Cosentyx pens will differ dependent upon dose prescribed.

Ongoing review and prescriptions

Your doctor will see you regularly, order tests to check that Cosentyx is working for you, and give you prescriptions, as needed.



INJECTING COSENTYX? A STEP-BY-STEP GUIDE

This guide takes you through the steps of preparing for your injection, injecting Cosentyx, and tidying up afterwards.

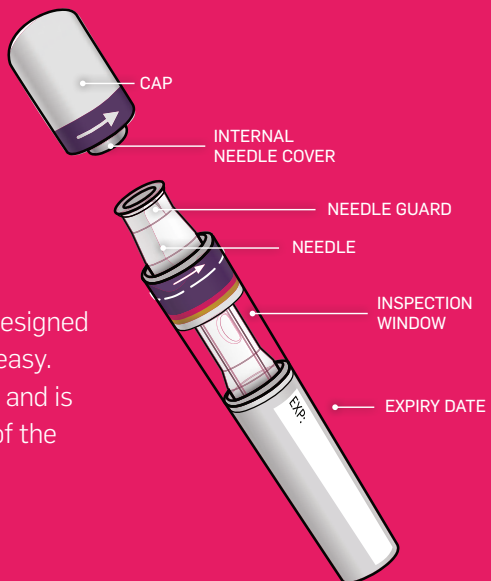
Before you inject Cosentyx, it's important that you understand how it works. Your doctor or another healthcare professional will be able to provide you with training. After this training, you and your doctor can decide whether you should inject Cosentyx yourself or whether a properly trained caregiver or family member can give your Cosentyx injections.

If you have any questions about injection technique, please contact your doctor, nurse or pharmacist.

The Cosentyx Consumer Medicine Information leaflet also contains important information that you should read before you use Cosentyx (you can download the most recent copy of this leaflet by visiting <https://www.medsafe.govt.nz/Consumers/CMI/c/cosentyx.pdf>).

Getting to know your Cosentyx SensoReady® Pen

The SensoReady® Pen is specially designed to make using Cosentyx quick and easy. Each pen is prefilled with Cosentyx and is designed for single use. The parts of the pen are labelled in the diagram.

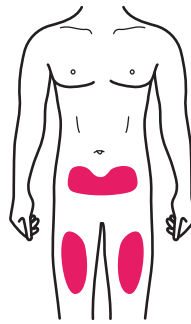


Choosing your injection site

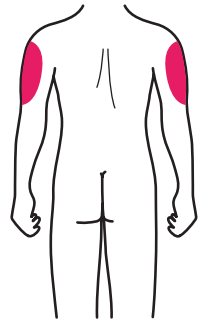
Before you inject, choose a place to inject (see diagram). **The best place to inject is the front of the thighs.** You can also use your stomach, but be careful to stay 5 cm away from your belly button.

Choose a different site each time you inject and avoid areas where the skin is tender, bruised, red, scaly or hard. Also avoid areas with scars or stretch marks.

If a caregiver or healthcare professional is giving your injection, they may also inject into the outer upper arm.



Best places for you to inject



Additional injection sites for caregivers or healthcare professionals



Important safety information

- Ensure you (or your caregiver) have been trained by your doctor, nurse or pharmacist before starting to self-inject
- Your Cosentyx SensoReady® Pen should be stored safely in the box, in the refrigerator between 2°C and 8°C, and out of reach of children
- You should not use your pen if it has been dropped after the cap has been removed, if it has been shaken, or frozen
- *Before your injection, there are a few important safety checks:*
The liquid within the pen should be clear, although its colour may vary from colourless to slightly yellow, and you may see a small air bubble

Contact your pharmacist if:

- The liquid in the pen contains easily visible particles, is cloudy or distinctly brown
- The expiry date has passed
- The safety seal has been broken

PREPARING FOR AND INJECTING COSENTYX

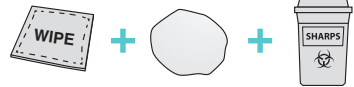
Visit www.altogetheryou.co.nz for an instructional video on how to administer Cosentyx.

1

To get started, you'll need a new and unused Cosentyx SensoReady® Pen.

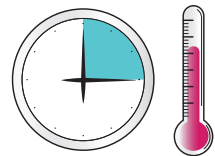


You will also need an alcohol wipe, cotton ball or gauze, and a sharps disposal container.



2

For a more comfortable injection, take the pen out of the refrigerator 15-30 minutes before injecting to allow it to reach room temperature.



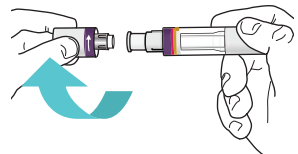
3

Wash your hands with soap and water. Then, using a circular motion, clean the injection site with the alcohol wipe. Leave it to dry and do not touch the cleaned area again before injecting.



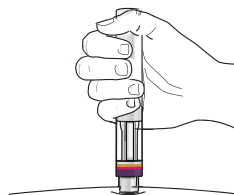
4

When you are ready to use the pen, remove the cap by twisting it off in the direction of the arrows. The cap cannot be reattached, so throw the cap away and use the pen within 5 minutes.



5

Hold the pen at 90 degrees to the cleaned injection site and **press the pen firmly against your skin** to start the injection.

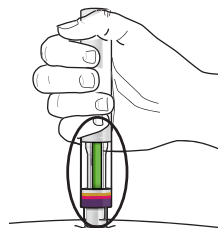


During the injection you will hear 2 clicks.

The first click means that the injection has started.

6

Keep holding the pen firmly against your skin and listen for the second click. The second click means that the injection is almost complete. **After the second click, check that the green indicator fills the window and has stopped moving.** This means that the medicine has been delivered and the pen can be removed.



Contact your doctor if the green indicator is not visible.

7

When you remove the pen, there may be a small amount of blood at the injection site.

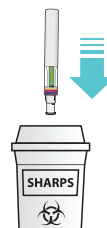
Press a cotton ball or gauze over the injection site and hold it for 10 seconds without rubbing. If you need to, you can cover the injection site with a small adhesive bandage.



8

Cosentyx SensoReady® Pens can only be used once.

Dispose of the used pen in a sharps disposal container.



**IF YOUR
PRESCRIBED
DOSE IS**

300 mg
(two 150 mg pens)

CHOOSE A DIFFERENT INJECTION SITE AND REPEAT STEPS 2 TO 8 WITH A SECOND, NEW AND UNUSED, COSENTYX SENSOREADY® PEN.

IMPORTANT COSENTYX INFORMATION

What if I use more Cosentyx than I should?

Contact your doctor immediately if you've used more Cosentyx than you should, or your dose has been given sooner than your doctor has recommended.

What if I stop using Cosentyx?

Stopping Cosentyx without talking to your doctor may have an impact on how and when you can restart treatment in the future. Always speak with your doctor before stopping Cosentyx.

It's not dangerous to stop using Cosentyx, but if you stop treatment, your psoriasis symptoms may come back or new symptoms may appear.

How should I store Cosentyx?

Your SensoReady® Pen should be stored safely in the box to protect it from light, in the refrigerator between 2°C and 8°C, and out of reach of children.

Cosentyx may be stored out of the fridge at room temperature (not above 30°C) for a single period up to a maximum of 4 days. You may find it helpful to write on the box the date that you removed it from the fridge.



YOU SHOULD NOT USE YOUR PEN IF IT'S BEEN DROPPED AFTER THE CAP HAS BEEN REMOVED, IF IT HAS BEEN SHAKEN, OR FROZEN

What are the possible side effects of Cosentyx?

Like many medications, Cosentyx may have side effects, some of which can be serious. However, not everybody will get them.

The most common side effects are upper respiratory tract infections, which means that you might have symptoms such as a sore throat, runny or stuffy nose (nasopharyngitis or rhinitis).

Two important side effects to be aware of are **allergic reactions** and **serious infections**, the signs of which are outlined below.

Possible signs of allergic reactions

Stop using Cosentyx and seek immediate medical help if you experience signs or symptoms of an allergic reaction, which may include:

- Difficulty breathing or swallowing
- Low blood pressure, which can cause dizziness or light-headedness
- Severe itching of the skin with a red rash or raised bumps
- Swelling of the face, lips, mouth or throat

Possible signs of serious infections

Stop using Cosentyx and tell your doctor or pharmacist immediately if you experience any signs or symptoms of a potentially serious infection, which may include:

- Fever, flu-like symptoms, night sweats
- Feeling tired or short of breath; cough which will not go away
- Warm, red and painful skin or a painful skin rash with blisters
- Burning sensation when passing urine

Tell your doctor or pharmacist as soon as possible if you don't feel well while you're taking Cosentyx.

For more information on side effects, please refer to the Cosentyx Consumer Medicine Information leaflet at <https://www.medsafe.govt.nz/Consumers/CMI/c/cosentyx.pdf>

TOP TIPS FOR FLYING WITH COSENTYX



Keep Cosentyx in your hand luggage

You should take your Cosentyx supplies with you in your carry-on luggage and keep it cool during the flight using the Cosentyx insulated travel bag provided.

Cosentyx is damaged by temperatures outside of 2-8° C, so should never be stored with luggage in the cargo hold.



Bring your Cosentyx prescription and letter from your doctor

This is to explain to Customs and Airport Security why you need to carry the medication and ice packs on board the aircraft.

The amount of medicine that may be carried on board an aircraft must be reasonable for the duration of your flight(s). Aviation Security requires that you keep the medicine in its original packaging with a pharmacy label attached.



Plan ahead for arriving at your destination

Before you travel, contact your accommodation to ensure there's a fridge to store your Cosentyx in during your stay.

Check if you need travel vaccinations. Ask your doctor well in advance of your travel date if there are any recommended vaccinations for your destination.



Keep Cosentyx cool

The ice packs in the insulated travel bag are designed to keep Cosentyx cool for a period of 8 hours.

If you require a travel pack, please visit the Altogether You website at www.altogetheryou.co.nz or call the Cosentyx Nurse on 0800 267 368.



Check that Cosentyx is permitted in the countries you are travelling to

Different countries have different rules on the types of medications you can bring with you into the country when you travel.

Check the regulations that apply in the country you are travelling to by contacting the Embassy or High Commission of that country well in advance of travel.

For further information about travelling with medications, visit:

The New Zealand government website – Staying Healthy While Travelling.

<https://www.safetravel.govt.nz/staying-healthy-while-travelling> (last accessed April 2024).

Medication Travel Letter

To Whom It May Concern

Please be advised that I have prescribed Cosentyx® (secukinumab) for medical reasons to:

(insert patient name)

Cosentyx is supplied in the form of a single-use prefilled pen for sub-cutaneous administration. Each Cosentyx pen contains 1ml of solution and a needle for injection.

Cosentyx needs to be refrigerated at all times

Cosentyx is a cold-chain medication, which means that it must be stored between 2° and 8° degrees Celsius at all times. The medication is damaged by temperature outside of this range. It should never be stored with luggage in the cargo hold. Consequently, my patient's Cosentyx supplies need to be kept as carry-on luggage and kept cool during the flight in the insulated Cosentyx travel bag.

Cosentyx travel packs

Insulated Cosentyx travel bags are designed to keep the product cool for a period of up to 8 hours. For longer flights, I have advised my patient to contact the airline about whether refrigeration space may be available on the flight.

If you would like me to confirm this information, please contact my office directly.

Yours sincerely

.....

Physician Details

Complete details or use the box on the right hand side for your stamp:

Title:

First Name:

Last Name:

Phone:

Please insert practice stamp

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Altogether You is a free, dedicated support programme for everyone taking Cosentyx.

Living with a long-term condition can affect you in many ways, including physically and emotionally.¹⁻⁴ So for extra support, you can sign up for the Altogether You programme to help you get started and stay on track.

Through Altogether You, you'll have access to:



Nurse support

Over the phone or via virtual meeting. Talk to your dedicated nurse about your condition, treatment and personal health goals, such as your diet and quitting smoking.



Online and telephone support

You can now enrol in the Altogether You programme online. Visit our website at www.altogetheryou.co.nz for information on how to enrol, how to use the Cosentyx pen, FAQs about Cosentyx and lots more. Just use the last 4 digits of the barcode on the Cosentyx pack to gain access. Support is also available via telephone on 0800 267 238.



Free patient resources

Access to educational materials as well as other resources such as a sharps bin, coolbag and antiseptic wipes.

You can sign up using the enrolment form attached or via:

Email support@altogetheryou.com.au or

Phone **0800 COSENTYX (0800 267 368)**



SUPPORT PROGRAMME ENROLMENT FORM

Please complete this form and send to the team at support@altogetheryou.com.au

Patient Details

First name: _____ Last name: _____ Gender: **M / F / Other**
Date of birth: _____ Telephone: _____ Mobile: _____
Address: _____
Suburb: _____ Postcode: _____
Email: _____
Previous biologic/injection use: **Y / N** NHI (optional): _____

Details

Education Review before next injection Follow up only
Starter kit required: **Y / N**
Condition (please circle): **PsO / AS / PsA**
Date of first Cosentyx dose: _____ Dose (please circle): **300 mg / 150 mg**
Prescriber name: _____
Phone: _____ Email: _____
Prescriber address: _____
Referrer: _____

Patient Consent *(Please read and sign)*

As a consumer participating in this activity sponsored by Novartis, I have read and understood the Privacy and Patient Safety Statement overleaf and I agree with it.

I understand that information relating to any adverse event with a Novartis product identified during this activity will be forwarded to Novartis' Patient Safety department for safety reporting.

Patient signature: _____ Date: _____

If you have any questions, please call the programme coordinator on **0800 COSENTYX (0800 267 368)**

Cosentyx Support Programme

This support programme is for people who have been prescribed Cosentyx. When you join, you'll be able to choose from a range of services to help you get the most out of treatment, including:

- Regular contact with a dedicated nurse over the phone or via virtual meeting. Talk to your dedicated nurse about your condition, treatment and personal health goals, such as your diet and quitting smoking.
- Injection training (via phone or video).
- Free delivery of supplies you'll need, including alcohol wipes, sharps container, and a travel kit.
- Useful information about your condition and treatment with Cosentyx.

Participation in the Cosentyx patient programme is voluntary, and you can opt out of the programme at any time by contacting the programme administrator:

Phone: 0800 Cosentyx Email: support@altogetheryou.com.au

Privacy and Patient Safety Statement

By providing your personal information to Novartis New Zealand Ltd or its related bodies corporate (Novartis), you consent to Novartis collecting, storing and using your personal information in accordance with the Novartis Privacy Policy at <https://www.novartis.com/au-en/privacy-policy>. In particular, you consent to Novartis using your personal information to communicate with you about Novartis products and/or to support your use of those products, and you consent to Novartis using your personal information for audit or inspection purposes. Novartis reserves the right to use aggregated and deidentified data collected through this Activity for ongoing assessment of the program and to develop future programs. De-identified data may be published and/or presented in a variety of forms. You also consent to Novartis using your personal information to (where applicable) invite you to, or arrange your participation in, activities managed by (or on behalf of) Novartis.

Novartis has engaged a third-party service provider (Approved Contractor), Medical Safety Systems Corporate Pty Ltd trading as RxMx Australia for the purposes of administering the Altogether You Program (Activity). You consent to the Approved Contractors collecting, storing and using your personal information in connection with the Activity, including to organise your participation in the Activity or to communicate with you in relation to the Activity, in accordance with the Novartis Privacy Policy.

Novartis is committed to patient safety. In accordance with regulatory obligations for reporting safety information Novartis processes reports of adverse events experienced by patients on Novartis products when identified by a Novartis representative (or by a third party acting on behalf of Novartis). Novartis Patient Safety may contact you or your healthcare professional in order to collect further information on the adverse event. This information may be shared with health authorities or other pharmaceutical companies with whom Novartis has a license agreement, and third parties we work with for the purpose of safety reporting.

Your information may be stored on servers located in jurisdiction outside of New Zealand. Some of those countries may not offer the same level of privacy protection as in New Zealand. However, Novartis will enter into agreements with its third-party service providers to keep your information secure and provide adequate protection for your data.

You are not obliged to provide personal information. However, if you do not provide information, you may not, for example, be able to participate fully in activities managed by us.

You have the right to access, update or correct your personal information and/or decline to receive communications from Novartis. To find out how, please refer to our Privacy Policy at <https://www.novartis.com/au-en/privacy-policy> or contact our Privacy Officer at Novartis New Zealand Ltd, PO Box 99102, Newmarket 1149 New Zealand. Phone: +64 9 523 8500 Email: privacy.au@novartis.com.

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References: **1.** Armstrong AW *et al. Nutrition & Diabetes.* 2012; 2(12):e54. **2.** Cleveland Clinic. Guidance at last on managing comorbidities of psoriatic arthritis. Available at <https://consultqd.clevelandclinic.org/guidance-at-last-on-managing-comorbidities-of-psoriatic-arthritis/> Accessed April 2024. **3.** Kang J-H *et al. Annals of the Rheumatic Dis.* 2010; 69(6):1165-1168. **4.** WebMD. The emotional effects of psoriatic arthritis. Available at <https://www.webmd.com/arthritis/psoriatic-arthritis/cm/emotional-toll-of-psoriatic-arthritis> Accessed April 2024.

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NZ-01390. May 2024. TAPS MR10390. NVR13322.