JOIN THE MOVEMENT

Living with adult upper limb spasticity can be challenging. Patients and physicians around the world have been turning to the latest neurotoxin for the treatment of this clinical problem—from a company that is committed to helping achieve a better patient experience.

UPPER LIMB SPASTICITY IN ADULTS

Read this brochure and talk to your doctor to find out what’s right for you.

Ruben, upper limb spasticity patient*

*Not treated with XEOMIN.

Please see pages 20-23 for Important Safety Information. Please see accompanying full Prescribing Information, including BOXED WARNING.
Merz is committed to helping you achieve a better patient experience.

XEOMIN® (incobotulinumtoxinA) is an upper limb spasticity treatment option for adults that may make a difference.

Merz, the maker of XEOMIN (Zeo-min), understands the struggles and the unique needs of adult patients with upper limb spasticity. XEOMIN was developed to help meet these unique needs. We want to help you focus on your next adventure, next achievement, or next opportunity—not your symptoms.

**USE**

XEOMIN® (incobotulinumtoxinA) is a prescription medicine that is injected into muscles and used to treat increased muscle stiffness in the arm of adults with upper limb spasticity.¹

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**SELECT IMPORTANT SAFETY INFORMATION**

**Warnings**

XEOMIN® may cause serious side effects that can be life threatening. Call your doctor or get medical help right away if you have any of these problems anytime (hours to week) after treatment with XEOMIN®:

- Problems with swallowing, speaking, or breathing can happen within hours to weeks after an injection of XEOMIN® if the muscles that you use to breathe and swallow become weak. Death can happen as a complication if you have severe problems with swallowing or breathing after treatment with XEOMIN®.

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*Not treated with XEOMIN.*
Living with adult upper limb spasticity

When you are an adult with upper limb spasticity, it can often feel like your arm or hand is no longer under your control. But you are not alone. Twelve million adults worldwide suffer from spasticity, and it's important to know that, when it comes to treatment for adult upper limb spasticity, you have options. By talking with your doctor, together you can decide on the treatment that's right for you.

Symptoms

Adult upper limb spasticity is a clinical problem in which muscles become overactive and tense, leading to difficulty in movement and limits on your ability to perform daily activities. People with upper limb spasticity may experience symptoms including but not limited to:

- Muscle stiffness (known as hypertonia)
- Limited range of movement
- Reduced ability to relax muscles
- Muscle spasms
- Changes in limb position
- Pain

Symptoms may have an impact on activities of daily living. The severity of symptoms varies among patients from mild to severe.

There are 5 common patterns seen in adult upper limb spasticity

Poststroke upper limb spasticity in adults

One of the most common causes of upper limb spasticity in adults is a stroke. After a stroke, signals from the brain to the muscles may not work correctly. Signs of spasticity may develop within weeks or over a longer period of time.

Other causes of upper limb spasticity in adults

Even if you haven’t had a stroke, there are other conditions (listed below) that may cause your brain to send the wrong signals to your muscles and cause adult upper limb spasticity.

- Traumatic brain injury
- Multiple sclerosis
- Spinal cord problems (such as lesions)
- Cerebral palsy in adults

SELECT IMPORTANT SAFETY INFORMATION (CONTINUED)

- People with certain breathing problems may need to use muscles in their neck to help them breathe and may be at greater risk for serious breathing problems with XEOMIN.

For additional Important Safety Information, see pages 20-23. Please see accompanying full Prescribing Information, including BOXED WARNING.
Discover XEOMIN (incobotulinumtoxinA)

Treatment for upper limb spasticity in adults is often a combination of physical therapy (including range-of-motion exercises, stretching, and splints or casts), occupational therapy, and medicines. Neurotoxin injections are a treatment option recommended by the American Academy of Neurology.

The XEOMIN difference—A highly purified neurotoxin

The active ingredient in XEOMIN® is a type of botulinum toxin called incobotulinumtoxinA. Merz, the maker of XEOMIN, uses a proprietary manufacturing process to remove accessory proteins from botulinum toxin type A to create XEOMIN.

What are accessory proteins?

Accessory proteins are proteins that accompany the active neurotoxin and do not play an active role in treatment.

State-of-the-art, proprietary manufacturing refines botulinum toxin type A into XEOMIN

Converting botulinum toxin type A into XEOMIN

SELECT IMPORTANT SAFETY INFORMATION (CONTINUED)

- Spread of toxin effects. In some cases, the effect of botulinum toxin may affect areas of the body away from the injection site and cause symptoms of a serious condition called botulism. The symptoms of botulism include: loss of strength and muscle weakness all over the body, double vision, blurred vision and drooping eyelids, hoarseness or change or loss of voice, trouble saying words clearly, loss of bladder control, trouble breathing, trouble swallowing.

These problems could make it unsafe for you to drive a car or do other dangerous activities.

Do not take XEOMIN® if you: are allergic to XEOMIN® or any of the ingredients in XEOMIN® (see the end of this Guide for a list of ingredients in XEOMIN®), had an allergic reaction to any other botulinum toxin product such as rimabotulinumtoxinB (Myobloc®), onabotulinumtoxinA (Botox®, Botox® Cosmetic), or abobotulinumtoxinA (Dysport®) or have a skin infection at the planned injection site.
What to expect

Treatment with XEOMIN® (incobotulinumtoxinA)

It is important to recognize that XEOMIN and other neurotoxins can only treat the muscles involved with the symptoms of adult upper limb spasticity. It is not prescribed to treat the root cause of those symptoms. To be specific, XEOMIN does not address the neurological damage caused by a stroke or a brain injury, nor is it a cure for multiple sclerosis or adult cerebral palsy. However, it can be a valuable treatment to decrease muscle stiffness and reduce spasticity symptoms.\(^1\)

Your response to XEOMIN treatment may vary based on the severity of your symptoms, previous treatment history, or a variety of other factors.\(^1\)

**SELECT IMPORTANT SAFETY INFORMATION (CONTINUED)**

Ask a doctor before use if you
- have a disease that affects your muscles and nerves (such as amyotrophic lateral sclerosis [ALS or Lou Gehrig’s disease], myasthenia gravis or Lambert-Eaton syndrome)
- have had any side effect from any other botulinum toxin in the past
- have a breathing problem such as asthma or emphysema
- have a history of swallowing problems or inhaling food or fluid into your lungs (aspiration)

Talk to your doctor about neurotoxin treatment with XEOMIN and find out if it can help you manage your symptoms of adult upper limb spasticity.

Studied in a wide range of muscles

- Elbow flexors
- Wrist flexors
- Finger flexors
- Forearm pronators
- Thumb/palm muscles

SELECT IMPORTANT SAFETY INFORMATION (CONTINUED)

- have bleeding problems
- have drooping eyelids
- have plans to have surgery
- have had surgery on your face
- are pregnant or plan to become pregnant. It is not known if XEOMIN® can harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if XEOMIN® passes into breast milk.
**XEOMIN for upper limb spasticity in adults**

XEOMIN® (incobotulinumtoxinA) is approved for the treatment of upper limb spasticity in adults.¹

**How XEOMIN works**

In adults with upper limb spasticity there is an imbalance of signals from the brain to the muscles, which causes stiffness and spasms. This can lead to abnormal arm or hand positions, uncomfortable movement, and pain.²

XEOMIN is injected into muscles to help interfere with these signals. This helps decrease muscle stiffness and improve your ability to function using the affected muscles.¹

Some stiffness and spasms may still occur, but less severely.

**SELECT IMPORTANT SAFETY INFORMATION (CONTINUED)**

Tell your doctor about all of your medical conditions and all of the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements. Using XEOMIN® with certain other medicines may cause serious side effects. Do not start any new medicines until you have told your doctor that you have received XEOMIN in the past.

**Merz understands that a patient’s ability to manage symptoms is an important factor in the treatment of adult upper limb spasticity.**

In clinical studies, XEOMIN significantly improved muscle tone compared with a nontherapeutic injection, known as a placebo, within 4 weeks of initiating treatment.¹

When investigators rated how much overall change they saw in each patient's symptoms following treatment with XEOMIN¹:

- 3 out of 4 patients showed at least “minimal improvement” in function with XEOMIN¹
- 43% of patients were rated as “much improved” (40%) or “very much improved” (3%) with Xeomin¹

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XEOMIN is injected into muscles to help interfere with these signals. This helps decrease muscle stiffness and improve your ability to function using the affected muscles.¹

Some stiffness and spasms may still occur, but less severely.

**MY LIFE. MY XEOMIN.**

“I hope that treatment can provide more flexibility. Then maybe I could get back to doing more of the things that I did before. Especially in a work capacity.”

*Ruben, 40*

*Not treated with XEOMIN.

For more of Ruben’s story, visit xeomin.com

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For additional Important Safety Information, see pages 20-23. Please see accompanying full Prescribing Information, including BOXED WARNING.
The movement is growing

XEOMIN® (incobotulinumtoxinA)—over one million patients treated around the world

Patients who have started treatment with XEOMIN or made the switch to XEOMIN from another neurotoxin are part of a growing movement in the treatment of upper limb spasticity, cervical dystonia, and blepharospasm in adults.

XEOMIN is well established worldwide

- FDA approved in 2010 for use in the United States to treat adults with cervical dystonia and blepharospasm—and now approved for treatment of upper limb spasticity in adults
- Approved since 2005 in Europe and has been used in 49 countries worldwide
- Studied in 2 clinical trials in more than 400 patients with adult upper limb spasticity
  - Included patients who had been treated previously with another neurotoxin therapy and patients who were being treated for the first time

Side effects of XEOMIN in the treatment of adult upper limb spasticity are seizure, dry mouth, nasopharyngitis and upper respiratory tract infection. Talk to your doctor if you experience these or any other side effects.

Remember that there are risks with neurotoxin therapy

Especially tell your doctor if you

- have received any other botulinum toxin product in the last four months
- have received injections of botulinum toxin such as rimabotulinumtoxinB (MYOBLOC®), onabotulinumtoxinA (BOTOX®, BOTOX® COSMETIC) and abobotulinumtoxinA (DYSPORT®) in the past. Be sure your doctor knows exactly which product you received. The dose of XEOMIN® may be different from other botulinum toxin products that you have received.
- have recently received an antibiotic by injection
- take muscle relaxants
- take an allergy or cold medicine
- take a sleep medicine
- take a blood thinner medicine

Ask your doctor if you are not sure if your medicine is one that is listed above.

Possible Side Effects

XEOMIN® can cause serious side effects that can be life threatening. See “Warnings.”

The most common side effects of XEOMIN® include:

- dry mouth
- discomfort or pain at the injection site
- tiredness
- headache
- neck pain
- muscle weakness
- eye problems, including double vision, blurred vision, drooping eyelids, swelling of your eyelids, and dry eyes. Reduced blinking can also occur. Tell your doctor or get medical help right away if you have eye pain or irritation following treatment.

For additional Important Safety Information, see pages 20-23. Please see accompanying full Prescribing Information, including BOXED WARNING.
A treatment that meets your needs

Every person’s treatment needs are different, and the therapy you and your doctor choose should reflect that. Treatment with XEOMIN® (incobotulinumtoxinA) is individualized by your doctor based on your condition and symptoms. That means that your dose may not be the same as that for another patient with the same diagnosis.

Flexible dosing and scheduling

XEOMIN is delivered by a doctor as an intramuscular injection or series of injections. Your doctor will decide how many muscles need to be injected and the dose per muscle, and he or she may adjust that dose over time so that it is right for you. If repeated XEOMIN treatments are needed, your doctor will determine a schedule that is right for you based on your clinical response. In general, XEOMIN can be used no more frequently than every 12 weeks.

Making the switch to XEOMIN

If you have previously received neurotoxin therapy for adult upper limb spasticity, your doctor will consider your prior dose, response, and any side effects you may have experienced when determining if XEOMIN is right for you.

The potency of XEOMIN is different from that of other neurotoxin therapies, so they are not interchangeable.

For most people, XEOMIN starts to work within 7 days after treatment

Most patients in clinical studies were retreated 12-14 weeks after their first injection. The effects may last longer, or shorter in individual patients.

Everyone is different, so you should talk to your doctor if you have any questions or concerns about your treatment process.

SELECT IMPORTANT SAFETY INFORMATION (CONTINUED)

XEOMIN® may cause other serious side effects including allergic reactions. Symptoms of an allergic reaction to XEOMIN® may include: itching, rash, redness, swelling, wheezing, asthma symptoms, dizziness or feeling faint. Tell your doctor or get medical help right away if you have wheezing or asthma symptoms, or if you get dizzy or faint.

SELECT IMPORTANT SAFETY INFORMATION (CONTINUED)

These are not all the possible side effects of XEOMIN®. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.
XEOMIN Patient Co-pay Program

As part of our commitment to patients, Merz, the maker of XEOMIN® (incobotulinumtoxinA), created the XEOMIN Patient Co-pay Program.

For patients who qualify, Merz will reimburse their out-of-pocket costs for medication and related administration fees when they are enrolled in the program.

Eligible participants may receive up to $500 reimbursement for out-of-pocket costs for co-pays per XEOMIN treatment session.*

To be eligible, you must:
- Be an appropriate patient for XEOMIN treatment, as determined by your physician
- Be at least 18 years of age
- Have commercial insurance that covers XEOMIN treatment costs
- Not be enrolled in or eligible for Medicare, Medicare Advantage, Medicaid, Managed Medicaid, TRICARE (i.e., CHAMPUS), or other state or federally funded insurance plans

*Restrictions apply to eligibility and reimbursable expenses. Please see full terms and conditions at XEOMIN.com or call 1-888-4-XEOMIN (1-888-493-6646).

To apply, call 1-888-4-XEOMIN (1-888-493-6646) between 8 AM and 8 PM ET or speak to your health care provider.

Patient advocacy groups

As you continue on your treatment journey, you may find it helpful to reach out to advocacy groups to connect with others who have had similar experiences.

**Alliance for Patient Access**
1-202-499-4114
allianceforpatientaccess.org

**American Stroke Association**
1-888-4-STROKE (1-888-478-7653)
strokeassociation.org

**Brain Injury Association of America**
1-800-444-6443
biausa.org

**Caregiver Action Network**
1-202-454-3970
caregiveraction.org

**Multiple Sclerosis Association of America**
1-800-532-7667
mymsaa.org

**National Stroke Association**
1-800-STROKES (1-800-787-6537)
stroke.org

**National Multiple Sclerosis Society**
1-800-344-4867
nationalmssociety.org

**United Spinal Association**
1-800-404-2898
unitedspinal.org

Visit XEOMIN.com for additional tools and resources

The Ask My Doctor tool will help you have a meaningful discussion with your doctor about your symptoms and if XEOMIN might be the right treatment option for you.

Additional resources are available, including a symptom tracker and treatment journal, to help you monitor your symptoms or your treatment progress.

For additional Important Safety Information, see pages 20-23. Please see accompanying full Prescribing Information, including BOXED WARNING.
Questions to ask your doctor

Find out if XEOMIN® (incobotulinumtoxinA) is right for you

When talking to your doctor about treatments for upper limb spasticity in adults, it’s helpful to come prepared with questions. The suggested questions below will help you have a meaningful discussion about XEOMIN.

- Is XEOMIN right for me?
- How can I make the switch to XEOMIN from my current treatment?
- What can I expect from treatment with XEOMIN?
- Who can I talk to about the co-pay program or other programs that may support my treatment with XEOMIN?

Use this space to write additional questions of your own:

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SELECT IMPORTANT SAFETY INFORMATION (CONTINUED)

Directions
- XEOMIN® is a shot (injection) that your doctor will give you.
- XEOMIN® is injected into your affected muscles.
- Your doctor may change your dose of XEOMIN® until you and your doctor find the best dose for you.

For additional Important Safety Information, see pages 20-23. Please see accompanying full Prescribing Information, including BOXED WARNING.
**XEOMIN® IMPORTANT SAFETY INFORMATION**

**Uses**
XEOMIN® is a prescription medicine that is injected into muscles and used to treat:
- increased muscle stiffness in the arm of adults with upper limb spasticity
- abnormal head position and neck pain in adults with cervical dystonia (CD)
- abnormal spasm of the eyelids (blepharospasm) in adults who have had prior treatment with onabotulinumtoxinA (BOTOX®)

It is not known whether XEOMIN® is safe or effective in children.

**Warnings**
XEOMIN® may cause serious side effects that can be life threatening. Call your doctor or get medical help right away if you have any of these problems anytime (hours to week) after treatment with XEOMIN®:

- **Problems with swallowing, speaking, or breathing** can happen within hours to weeks after an injection of XEOMIN® if the muscles that you use to breathe and swallow become weak. Death can happen as a complication if you have severe problems with swallowing or breathing after treatment with XEOMIN®.
- People with certain breathing problems may need to use muscles in their neck to help them breathe and may be at greater risk for serious breathing problems with XEOMIN®.
- Swallowing problems may last for several months, and during that time you may need a feeding tube to receive food and water. If swallowing problems are severe, food or liquids may go into your lungs. People who already have swallowing or breathing problems before receiving XEOMIN® have the highest risk of getting these problems.
- **Spread of toxin effects.** In some cases, the effect of botulinum toxin may affect areas of the body away from the injection site and cause symptoms of a serious condition called botulism. The symptoms of botulism include: loss of strength and muscle weakness all over the body, double vision, blurred vision and drooping eyelids, hoarseness or change or loss of voice, trouble saying words clearly, loss of bladder control, trouble breathing, trouble swallowing.

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**Ask a doctor before use if you**
- have a disease that affects your muscles and nerves (such as amyotrophic lateral sclerosis [ALS or Lou Gehrig’s disease], myasthenia gravis or Lambert-Eaton syndrome)
- have had any side effect from any other botulinum toxin in the past
- have a breathing problem such as asthma or emphysema
- have a history of swallowing problems or inhaling food or fluid into your lungs (aspiration)
- have bleeding problems
- have drooping eyelids
- have plans to have surgery
- have had surgery on your face
- are pregnant or plan to become pregnant. It is not known if XEOMIN® can harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if XEOMIN® passes into breast milk.

**Tell your doctor about** all of your medical conditions and all of the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements. Using XEOMIN® with certain other medicines may cause serious side effects. Do not start any new medicines until you have told your doctor that you have received XEOMIN® in the past.

Please see additional Important Safety Information on the following pages.
Please see accompanying full Prescribing Information, including BOXED WARNING.
Merz is committed to helping you achieve a better patient experience. Ask your doctor if XEOMIN (incobotulinumtoxinA) is right for you.

Visit XEOMIN.com to learn more about treatment with XEOMIN and take advantage of additional patient resources:

- Ask My Doctor tool
- Symptom Journal
- Treatment Journal

Start your experience.
Sign up to receive the XEOMIN Xperience Kit at XEOMIN.com

Ruben, upper limb spasticity patient*

*Not treated with XEOMIN.