FOR PEOPLE WITH DIABETES

A 2-in-1 Insulin
HELPS CONTROL BLOOD SUGAR BOTH AT MEALTIME AND THROUGHOUT THE DAY

INDICATIONS AND USAGE

What is NovoLog® Mix 70/30?

• NovoLog® Mix 70/30 is a man-made insulin used to control high blood sugar in adults with diabetes mellitus.

• It is not known if NovoLog® Mix 70/30 is safe or effective in children.

Please see Important Safety Information throughout brochure, and click here for Prescribing Information, which contains full Instructions For Use.
Introduction
For people with diabetes who want both long-acting and mealtime blood sugar control in 1 insulin.

YOUR GUIDE TO NOVOLOG® MIX 70/30
This guide will help you learn about NovoLog® Mix 70/30 and how it can help you control your blood sugar. Inside, you will find helpful information about the features and benefits of NovoLog® Mix 70/30 and ways to save and get ongoing support. With this guide, you’ll have the tools you need to help take control of your diabetes.

IMPORTANT SAFETY INFORMATION (cont’d)
Before taking NovoLog® Mix 70/30, tell your healthcare provider about all your medical conditions including, if you are:
• pregnant, planning to become pregnant, or are breastfeeding.
• taking new prescription or over-the-counter medicines, including supplements.
Talk to your health care provider about how to manage low blood sugar.

Please see Important Safety Information throughout brochure, and click here for Prescribing Information, which contains full Instructions For Use.
Blood sugar control up to 24 hours, including mealtimes

2-IN-1 INSULIN

NovoLog® Mix 70/30 is typically taken twice a day and works in 2 ways to help control blood sugar.

2 ways

Fast onset of action to treat the spikes in sugar levels that happen when you eat

Extended action that can last up to 24 hours to control blood sugar between meals

RECOMMENDED A1C GOALS

Your doctor may check your A1C—a measure of your average blood sugar levels over the past 2 to 3 months—to determine how well your levels have been controlled over time. The American Diabetes Association (ADA) recommends that an A1C of less than 7% is the goal. Make sure to talk to your doctor about the A1C goal you should be reaching.

<7%
The ADA recommends an A1C goal of <7%

It is important to keep your blood sugar under control to help reach your A1C treatment goal.

<table>
<thead>
<tr>
<th>A1C Level</th>
<th>Average Blood Sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>6%</td>
<td>126 mg/dL</td>
</tr>
<tr>
<td>7%</td>
<td>154 mg/dL</td>
</tr>
<tr>
<td>8%</td>
<td>183 mg/dL</td>
</tr>
<tr>
<td>9%</td>
<td>212 mg/dL</td>
</tr>
<tr>
<td>10%</td>
<td>240 mg/dL</td>
</tr>
<tr>
<td>11%</td>
<td>269 mg/dL</td>
</tr>
<tr>
<td>12%</td>
<td>298 mg/dL</td>
</tr>
</tbody>
</table>

Please see Important Safety Information throughout brochure, and click here for Prescribing Information, which contains full Instructions For Use.

IMPORTANT SAFETY INFORMATION (cont’d)

How should I take NovoLog® Mix 70/30?

• Read the Instructions for Use and take exactly as directed.

• NovoLog® Mix 70/30 starts acting fast. If you have type 1 diabetes, inject within 15 minutes before you eat a meal. If you have type 2 diabetes, inject within 15 minutes before or after starting your meal.

• Do not mix NovoLog® Mix 70/30 with other insulin products or use in an insulin pump.

• Know the type and strength of your insulin. Do not change your insulin type unless your health care provider tells you to.

• Check your blood sugar levels. Ask your health care provider what your blood sugar levels should be and when you should check them.

• Do not reuse or share your needles or syringes with other people. You may give other people a serious infection, or get a serious infection from them.
Types of premix insulins

There are 2 different types of premix insulin, sometimes referred to as human and analog.

**WHAT IS NOVOLOG® MIX 70/30?**

NovoLog® Mix 70/30 is a more recent type of insulin than human insulin.

NovoLog® Mix 70/30 more closely mimics the body’s natural release of insulin than human premix insulin.

**IMPORTANT SAFETY INFORMATION (cont’d)**

What should I avoid while using NovoLog® Mix 70/30?

- **Do not** drive or operate heavy machinery, until you know how NovoLog® Mix 70/30 affects you.
- **Do not** drink alcohol or use medicines that contain alcohol.

What are the possible side effects of NovoLog® Mix 70/30?

Serious side effects can lead to death, including:

**Low blood sugar.** Some signs and symptoms include:

- anxiety, irritability, mood changes, dizziness, sweating, confusion, and headache.
Features and Benefits of NovoLog® Mix 70/30

**Faster onset of action at mealtime**

<table>
<thead>
<tr>
<th></th>
<th>NovoLog® Mix 70/30</th>
<th>Human premix insulin</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Recommended to take it</strong></td>
<td>Up to 15 minutes before or after starting meals, for people with type 2 diabetes</td>
<td>30 minutes before meals</td>
</tr>
<tr>
<td><strong>It starts working</strong></td>
<td>In 10 to 20 minutes</td>
<td>In 30 minutes</td>
</tr>
</tbody>
</table>

**Fewer cases of very low blood sugar in a study**

Low blood sugar is the most common side effect of all insulin, including NovoLog® Mix 70/30. In a 2-year study, it was shown that people who took NovoLog® Mix 70/30 had fewer episodes of very low blood sugar (major hypoglycemia) compared with those taking human premix insulin.

<table>
<thead>
<tr>
<th>Major episodes of very low blood sugar</th>
<th>NovoLog® Mix 70/30</th>
<th>Human premix insulin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 1</td>
<td>3</td>
<td>11</td>
</tr>
<tr>
<td>Year 2</td>
<td>0</td>
<td>8</td>
</tr>
</tbody>
</table>

**Goes almost anywhere without refrigeration**

NovoLog® Mix 70/30 FlexPen® lasts up to 14 days at room temperature (below 86°F) without refrigeration once in use. Unopened NovoLog® Mix 70/30 FlexPen® can be stored in the refrigerator (36°F-46°F) until expiration date.

**Covered by most health insurance plans**

- NovoLog® Mix 70/30 FlexPen® is covered by most health insurance and Medicare plans
- You may be able to get FlexPen® for the same co-pay as a human premix insulin vial
- With 1 pack of 5 NovoLog® Mix 70/30 FlexPen® disposable pens containing 1500 units, you get 500 more units than in a vial

**IMPORTANT SAFETY INFORMATION (cont’d)**

What are the possible side effects of NovoLog® Mix 70/30? (cont’d)

Your insulin dose may need to change because of:
- weight gain or loss, increased stress, illness, or change in diet or level of physical activity.

Other common side effects may include:
- low potassium in your blood, injection site reactions, itching, rash, serious whole body allergic reactions, skin thickening or pits at the injection site, weight gain, and swelling of your hands and feet and if taken with thiazolidinediones (TZDs), possible heart failure.

Get emergency medical help if you have:
- trouble breathing, shortness of breath, fast heartbeat, swelling of your face, tongue, or throat, sweating, extreme drowsiness, dizziness, or confusion.
Insulin delivery that goes with you

FLEXPEN®: A DISCREET, PREFILLED, DIAL-A-DOSE INSULIN PEN

NovoLog® Mix 70/30 FlexPen® comes prefilled with NovoLog® Mix 70/30 premix insulin. It is ready to use in just a few steps, and you dial the exact dose of insulin you need. NovoLog® Mix 70/30 FlexPen® is about the size of a fountain pen and fits neatly in your pocket or purse. And it lasts up to 14 days without refrigeration, so it can be taken almost anywhere.

DESIGNED FOR ACCURATE DOSING

• Prefilled with 300 units of NovoLog® Mix 70/30 premix insulin
• Capable of delivering from 1 to 60 units of insulin
• Dose can be adjusted in 1-unit increments
• Dose can be corrected either up or down by turning the dose selector in either direction

Please click here for Prescribing Information, which contains full Instructions For Use.

USED WITH OUR THINNEST NEEDLE AVAILABLE IN THE UNITED STATES—NOVOFINE® PLUS:

• SuperFlow™ Technology: designed to enhance flow rates and reduce dosage force
• Universal: fits all currently available insulin pens
• Ultra-strong: designed to resist bending or breaking

GOES WHERE YOU GO WITHOUT REFRIGERATION

Unopened NovoLog® Mix 70/30 FlexPen® is stored in the refrigerator (36°F-46°F). Once in use, NovoLog® Mix 70/30 FlexPen® must be kept at room temperature below 86°F for up to 14 days. That means it can be

• Stored with your other supplies. You can keep your NovoLog® Mix 70/30 FlexPen® in the same places you store the rest of your diabetes supplies as long as it’s away from heat or light
• Taken almost anywhere. When you’re on the go or traveling, you can take NovoLog® Mix 70/30 FlexPen® with you almost anywhere

IMPORTANT SAFETY INFORMATION (cont’d)

Do not share your NovoLog® Mix 70/30 FlexPen® 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.

NovoFine® needles are sold separately and may require a prescription in some states. Needles and FlexPen® must not be shared.

Please see Important Safety Information throughout brochure, and click here for Prescribing Information, which contains full Instructions For Use.
Using your FlexPen®

YOUR DOSE
Your doctor will tell you how much NovoLog® Mix 70/30 you should be taking and how many times a day to take it. Different people have different needs, so you may not need to take the same amount of insulin as someone else. Your dose may be adjusted based on your blood sugar levels. When it is time to take your insulin, you can dial the exact dose of insulin you need and inject it by pressing the button. See complete Instructions For Use enclosed in this brochure before injecting NovoLog® Mix 70/30.

YOUR INJECTION SITE
NovoLog® Mix 70/30 premix insulin can be injected in:

![Injection Sites](image)

Make sure to change your injection site within the area you choose to use each time you inject. You should not inject into the exact same spot each time you take NovoLog® Mix 70/30. This helps reduce the risk of skin changes, such as thickening or pitting. Never inject NovoLog® Mix 70/30 into a vein or a muscle.

IMPORTANT SAFETY INFORMATION (cont’d)
Who should not take NovoLog® Mix 70/30?
Do not take NovoLog® Mix 70/30 if:
• your blood sugar is too low (hypoglycemia) or you are allergic to any of its ingredients.

Please see Important Safety Information throughout brochure, and click here for Prescribing Information, which contains full Instructions For Use.

STORING YOUR NOVOLOG® MIX 70/30 FLEXPEN®

Before use:
• Unopened NovoLog® Mix 70/30 FlexPen® should be kept in the refrigerator within a temperature range of 36°F to 46°F (2°C to 8°C) until expiration date
• Do not freeze NovoLog® Mix 70/30 FlexPen® or use if frozen
• Keep unopened NovoLog® Mix 70/30 FlexPen® in the carton to protect it from light

Once in use:
• NovoLog® Mix 70/30 FlexPen® should be kept at room temperature below 86°F (30°C) for up to 14 days
• Do not store NovoLog® Mix 70/30 FlexPen® you’re using in the refrigerator
• Keep NovoLog® Mix 70/30 FlexPen® away from direct heat or light
• Be sure to throw away your used NovoLog® Mix 70/30 FlexPen® after 14 days, even if there’s still insulin left in it

Visit PenInstructions.com to watch a video that shows you how to use NovoLog® Mix 70/30 FlexPen®.
Save on NovoLog® Mix 70/30

Sign up for Cornerstones4Care® to receive an Instant Savings Card. If you are eligible, you can use the card to pay as little as $25 a fill up to 2 years (maximum savings up to $100 per fill) when you start on NovoLog® Mix 70/30. You may pay as little as $20 a fill (maximum savings up to $100 per fill) for select other products if added to your care plan. You may also be eligible to receive a free box of Novo Nordisk needles. Offer only available to people with commercial insurance. Eligibility and other restrictions apply. See card for complete details.

When you activate your card, you’ll also get ongoing communications, including meal planning tools, interactive trackers, and access to free, downloadable e-books.

Support from Cornerstones4Care®

Join Cornerstones4Care® and learn about the 4 cornerstones of diabetes care:

- **Healthy eating:** Balancing what, when, and the amount you eat is key
- **Being active:** Getting active—or getting more active—can make a big difference
- **Medicine:** Keeping track of your medicine for diabetes
- **Tracking:** By writing your daily numbers in a diary, you’ll notice blood sugar patterns and you can plan for them

Once you register, you’ll get 24/7 access to an online diabetes support program designed to help manage both type 1 and type 2 diabetes. You will also have access to the Cornerstones4Care® Diabetes Health Coach, which offers a step-by-step, online, personalized learning and action plan to help you build the healthy habits and skills you need to manage your diabetes.


SUPPORT TO REACH YOUR GOALS

There are several organizations you can look to if you seek guidance and support when managing your diabetes. For more information, you can visit

- **American Association of Diabetes Educators** | diabeteseducator.org
- **American Diabetes Association** | diabetes.org
- **National Diabetes Education Program** | ndep.nih.gov
- **Taking Control of Your Diabetes** | tcoyd.org

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Indications and Usage
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Get emergency medical help if you have:
• trouble breathing, shortness of breath, fast heartbeat, swelling of your face, tongue, or throat, sweating, extreme drowsiness, dizziness, or confusion.

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You are encouraged to report negative side effects of prescription drugs to the FDA. Visit fda.gov/medwatch or call 1-800-FDA-1088.
Take a closer look at NovoLog® Mix 70/30 FlexPen®
NovoLogMix70-30.com

Please see Important Safety Information throughout brochure, and click here for Prescribing Information, which contains full Instructions For Use.

If you need assistance with prescription drug costs, help may be available. Visit pparx.org or call 1-888-4PPA-NOW.

Talk to your doctor about the importance of diet and exercise in your treatment plan.

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