

ONCE-WEEKLY
OZEMPic[®]
semaglutide injection 0.5mg, 1mg, 2mg



Real patients
and actor portrayals.

Getting started on Ozempic[®]

What you'll find inside:



How to use
your pen



Details on the
free support
program



How to save
on Ozempic[®]

You may pay as little as \$25 for up to a 3-month prescription.^a Text **BEGIN** to **21848**.^b See inside for more information.

^aCommercially insured patients only. Eligibility and other restrictions apply.

^bMessage and data rates may apply.

See more at StartingOzempic.com

Please see Important Safety Information throughout. Click for [Prescribing Information](#) and [Medication Guide](#).

Getting started on Ozempic®

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



Questions about Ozempic®?

- Text BEGIN to 21848 to sign up for a free text-based savings and support program^a
- Talk to a Diabetes Health Coach by calling 1-866-696-4090 Monday through Friday, 9:00 AM to 6:00 PM ET

^aMessage and data rates may apply.

What is Ozempic®?

Ozempic® (semaglutide) injection 0.5 mg, 1 mg, or 2 mg is an injectable prescription medicine used:

- along with diet and exercise to improve blood sugar (glucose) 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
- to reduce the risk of kidney disease worsening, kidney failure (end-stage kidney disease), and death due to cardiovascular disease in adults with type 2 diabetes and chronic kidney disease

It is not known if Ozempic® is safe and effective for use in children.

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.



Michael and Tanya, The War and Treaty.
Michael has type 2 diabetes and takes Ozempic®.
Paid spokespeople of Novo Nordisk.

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)

How to take Ozempic®

Here is the dosing schedule for the Ozempic® pen that delivers doses of 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. At 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® also comes in pens that deliver doses of 1 mg or 2 mg if your health care professional determines that you need additional blood sugar control.

Important Safety Information

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®. See symptoms of serious allergic reaction in "What are the possible side effects of Ozempic®?"

Please see additional Important Safety Information throughout. Click for [Prescribing Information](#) and [Medication Guide](#).

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Take Ozempic® once a week, on the same day, exactly as prescribed by your health care professional.



You can take Ozempic® with or without food.



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

How should I use Ozempic®?

- Ozempic® is injected under the skin (subcutaneously) into your stomach (abdomen), thigh, or upper arm. **Do not** inject Ozempic® into a muscle (intramuscularly) or vein (intravenously)
- **Do not** mix insulin and Ozempic® 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 professional about how to prevent, recognize, and manage low blood sugar (hypoglycemia), high blood sugar (hyperglycemia), and problems you have because of your diabetes

Important Safety Information

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
- have a history of diabetic retinopathy
- have severe problems with your stomach, such as slowed emptying of your stomach (gastroparesis) or problems with digesting food
- are scheduled to have surgery or other procedures that use anesthesia or deep sleepiness (deep sedation)

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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.



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.



Attach a new needle

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



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.



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).



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.



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

Before using Ozempic[®], tell your health care provider if you have any other medical conditions, including if you: (cont.)

- are pregnant or breastfeeding or plan to become pregnant or breastfeed. It is not known if Ozempic[®] will harm your unborn baby or pass into your breast milk. You should stop using Ozempic[®] at least 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.

Text PEN to 43967 to view a demonstration.^a

^aMessage and data rates may apply.

Please see additional Important Safety Information throughout. Click for Prescribing Information and Medication Guide.

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 general nausea tips that you might find helpful:



Eat bland, low-fat foods, like crackers, toast, and rice



Eat foods that contain water, like soups and gelatin



Avoid fried, greasy, or sweet foods



Avoid lying down after you eat



Go outdoors for fresh air



Eat more slowly



Drink clear or ice-cold drinks

You may report side effects to the FDA at 1-800-FDA-1088. Talk to your health care professional about any side effect that bothers you or does not go away.



Maria has type 2 diabetes and takes Ozempic®.
Paid spokesperson of Novo Nordisk.

Important Safety Information

What are the possible side effects of Ozempic®?

Ozempic® may cause serious side effects, including:

- **inflammation of your pancreas (pancreatitis).** Stop using Ozempic® 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®
- **low blood sugar (hypoglycemia).** Your risk for getting low blood sugar may be higher if you use Ozempic® 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

Please see additional Important Safety Information throughout. Click for [Prescribing Information](#) and [Medication Guide](#).

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How to store your Ozempic[®] pen



Pen shown delivers doses of 2 mg.

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.^a

^aMessage and data rates may apply.



Actor portrayal.

Important Safety Information

What are the possible side effects of Ozempic[®]? (cont.)

- **dehydration leading to kidney problems.** Diarrhea, nausea, and vomiting may cause a loss of fluids (dehydration), which may cause kidney problems. It is important for you to drink fluids to help reduce your chance of dehydration. Tell your health care provider right away if you have nausea, vomiting, or diarrhea that does not go away
- **severe stomach problems.** Stomach problems, sometimes severe, have been reported in people who use Ozempic[®]. Tell your health care provider if you have stomach problems that are severe or will not go away

Please see additional Important Safety Information throughout. Click for [Prescribing Information](#) and [Medication Guide](#).

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Support you need, when you need it

Ozempic® provides programs, like the Diabetes Health Coach, as well as a wide range of resources available on Ozempic.com to help you on your type 2 diabetes journey.



The Diabetes Health Coach

Get live, one-on-one communication with a live Diabetes Health Coach. Your Health Coach can:

- Answer questions about Ozempic® via text, phone call, or email
- Hand-select healthy meal and movement tips to support your needs
- Provide personalized motivation to help you set and reach your diabetes goals

Sign up today or call 1-866-696-4090
Monday through Friday, 9:00 AM to 6:00 PM ET, to get started.



Text2Connect

A text-based coaching program that gives you reminders, inspiration, and resources to help you start and stay on Ozempic®. Text **BEGIN** to **21848** to get started.^a

^aMessage and data rates may apply.

UP TO 2 MG DOSE



If additional blood sugar control is needed

Pen shown delivers dose of 2 mg.

Ozempic® comes in pens that deliver doses of 0.5 mg, 1 mg, or 2 mg.

To help control your blood sugar, your health care professional will determine the right dose for you.

For people who also have chronic kidney disease, after at least 4 weeks at 0.5 mg, your health care professional may recommend increasing the dose to 1 mg.

Important Safety Information

What are the possible side effects of Ozempic®? (cont.)

- **serious allergic reactions.** Stop using Ozempic® and get medical help right away if you have any symptoms of a serious allergic reaction, including swelling of your face, lips, tongue, or throat; problems breathing or swallowing; severe rash or itching; fainting or feeling dizzy; or very rapid heartbeat
- **gallbladder problems.** Gallbladder problems have happened in some people who take Ozempic®. Tell your health care provider right away if you get symptoms which may include: pain in your upper stomach (abdomen), fever, yellowing of the skin or eyes (jaundice), or clay-colored stools
- **food or liquid getting into the lungs during surgery or other procedures that use anesthesia or deep sleepiness (deep sedation).** Ozempic® may increase the chance of food getting into your lungs during surgery or other procedures. Tell all your health care providers that you are taking Ozempic® before you are scheduled to have surgery or other procedures

Please see additional Important Safety Information throughout. Click for [Prescribing Information](#) and [Medication Guide](#).

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Saving with Ozempic®



To get started with your Savings Card, text **BEGIN to 21848** or visit **OzempicSavings.com**.^a

With commercial insurance, you may be eligible to pay as little as \$25 when you receive a prescription for either a 1-, 2-, or 3-month supply.^b

^aMessage and data rates may apply. Check with your mobile service provider. See Terms and Conditions of Use at Ozempic.com.

^bApplies to eligible, commercially insured patients with coverage for Ozempic®. Month is defined as 28 days. Offer is good for up to 48 months. Maximum savings of \$100 for 1-month, \$200 for 2-month, or \$300 for 3-month supply. For full program details and eligibility requirements, visit OzempicSavings.com.

Important Safety Information

What are the possible side effects of Ozempic®? (cont.)

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

Please see additional Important Safety Information throughout. Click for [Prescribing Information](#) and [Medication Guide](#).



Maria has type 2 diabetes and takes Ozempic®. Paid spokesperson of Novo Nordisk.



**Scan this QR code with your phone
or visit StartingOzempic.com
for your Ozempic® Welcome Kit.**

By scanning, we may collect aggregate data for analytics,
but never any personal information.

Tom has type 2 diabetes and takes Ozempic®.
Paid spokesperson of Novo Nordisk.

**Please see Important Safety Information
throughout. Click for [Prescribing Information](#)
and [Medication Guide](#).**

Only Novo Nordisk manufactures FDA-approved semaglutide medicines,
like Ozempic®.

Ozempic® is a registered trademark of Novo Nordisk A/S.

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