



Own the conversation with your doctor.

When your doctor has the complete picture of how plaque psoriasis affects your life, they can help find a treatment that is right for you.

The more specific you can be about your symptoms, experiences, and feelings, the better. The questions below can help you and your doctor explore other ways to manage your plaque psoriasis. Print this out and bring it with you to your next doctor's appointment.

Living with plaque psoriasis?

If you answer yes to any of these questions, it's important that you talk to your doctor. Check all that apply.

- Are your symptoms changing or getting worse in certain areas?
- Do you think about your plaque psoriasis symptoms often?
- Do you find yourself searching for creative ways to cover up your skin?
- Have your symptoms appeared in new areas and/or areas that are hard to manage (like your scalp, nails, or genitals)?
- Do you think you're managing your symptoms, but feel you may need something different?

APPROVED USES

Otezla® (apremilast) is a prescription medicine used to treat adult patients with:

- Plaque psoriasis for whom phototherapy or systemic therapy is appropriate.
- Active psoriatic arthritis.

IMPORTANT SAFETY INFORMATION

You must not take Otezla if you are allergic to apremilast or to any of the ingredients in Otezla.

Please see additional Important Safety Information on the last page

Are you experiencing any pain, stiffness, swelling, or tenderness in your joints?

Up to 40% of people with psoriasis develop psoriatic arthritis, so be sure to let your doctor know if you have any of these symptoms. It is important to also let your doctor know if your plaque psoriasis occurs in your scalp and/or nails.

Within the last year, did you feel your **plaque psoriasis was top of mind** during an important moment? Be as specific as possible, so your doctor has all the details.

Do any of these statements reflect your experience?
If so, it's important to tell your doctor. Check all that apply.

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| <input type="radio"/> I'm using topicals, but waiting for them to dry can be time-consuming. | <input type="radio"/> I wish a pill was available to me. |
| <input type="radio"/> I'm trying home remedies, but they're only a temporary fix. | <input type="radio"/> I want my treatment to fit better into my lifestyle/routine. |

Do you have doubts about starting a different treatment? If any of these are a concern, share them with your doctor. Check all that apply.

- | | |
|--|---|
| <input type="radio"/> I'm worried about dealing with potential side effects. | <input type="radio"/> I'm worried about the long-term effects of a different treatment. |
| <input type="radio"/> I want to try a different treatment, but am afraid of needles. | <input type="radio"/> I'm worried about frequent blood tests. |
| <input type="radio"/> I'd like to explore alternative treatment options, but I am worried about losing the progress I've already made. | <input type="radio"/> I don't want to rely on a treatment medication. |
| | <input type="radio"/> I'm concerned about my health in general. |

Talking to your doctor can be the first step to finding a treatment that's right for you.

Once you've helped your doctor get a better idea of your experience, here are a few questions you can ask to ensure you receive the best possible treatment:

- Now that you have a better understanding of how plaque psoriasis affects my life, what treatment option(s) could be best to consider?
- Will certain treatments fit into my lifestyle better than others?
- What options beyond topicals are appropriate for me?
- What can I expect if we change my treatment plan?

Is Otezla® (apremilast) right for me?

Use this space to take notes during your appointment.

IMPORTANT SAFETY INFORMATION (CONT'D)

Otezla can cause allergic reactions, sometimes severe. Stop using Otezla and call your healthcare provider or seek emergency help right away if you develop any of the following symptoms of a serious allergic reaction: trouble breathing or swallowing, raised bumps (hives), rash or itching, swelling of the face, lips, tongue, throat or arms.

Please see additional Important Safety Information on the last page.

IMPORTANT SAFETY INFORMATION (CONT'D)

Otezla can cause severe diarrhea, nausea, and vomiting, especially within the first few weeks of treatment. Use in elderly patients and the use of certain medications with Otezla appears to increase the risk of complications from having severe diarrhea, nausea, or vomiting. Tell your doctor if any of these conditions occur.

Otezla is associated with an increase in depression. In clinical studies, some patients reported depression, or suicidal behavior while taking Otezla. Some patients stopped taking Otezla due to depression. Before starting Otezla, tell your doctor if you have had feelings of depression, or suicidal thoughts or behavior. Be sure to tell your doctor if any of these symptoms or other mood changes develop or worsen during treatment with Otezla.

Some patients taking Otezla lost body weight. Your doctor should monitor your weight regularly. If unexplained or significant weight loss occurs, your doctor will decide if you should continue taking Otezla.

Some medicines may make Otezla less effective and should not be taken with Otezla. Tell your doctor about all the medicines you take, including prescription and nonprescription medicines.

The most common side effects of Otezla include diarrhea, nausea, upper respiratory tract infection, tension headache, and headache. These are not all the possible side effects with Otezla. Ask your doctor about other potential side effects. Tell your doctor about any side effect that bothers you or does not go away.

Tell your doctor if you are pregnant, planning to become pregnant or planning to breastfeed.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-332-1088.

Please [click here](#) for the Full Prescribing Information.