

REACH FOR
THE **SKY**



Skyrizi[®]

risankizumab-rzaa

THIS COULD BE YOUR OPPORTUNITY TO
MOVE FORWARD
IN YOUR CLEARER SKIN JOURNEY

THIS IS YOUR SPACE

It's designed to help you take a closer look at where you've been, where you are now, and where you're going next in your journey with plaque psoriasis. Inside, you'll find thought-provoking exercises, interactive activities, and helpful tips.

We hope these pages help you have a clearer conversation with your dermatologist. And help you find the right treatment for you with the clearance goals you deserve.

For this journal to be the most effective, we suggest printing these pages and writing in your answers. Then, at your next dermatologist visit, bring them along for reference.

Print. Write. Talk.

SKYRIZI USES

SKYRIZI is a prescription medicine used to treat adults:

- with moderate to severe plaque psoriasis who may benefit from taking injections or pills (systemic therapy) or treatment using ultraviolet or UV light (phototherapy).
- with active psoriatic arthritis (PsA).

SAFETY CONSIDERATIONS

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Do not use SKYRIZI if you are allergic to risankizumab-rzaa or any of the ingredients in SKYRIZI.

Also, tell your doctor if you plan to or recently received a vaccine.

Please see additional Important Safety Information on pages 22-23.

Please click the links to see [Full Prescribing Information](#), including [Medication Guide](#), and discuss with your doctor.

START AT THE BEGINNING

Please fill in the blanks below to start your plaque psoriasis story.

When I was _____ years old,
I noticed _____
on my _____.

When I was finally diagnosed with plaque psoriasis,
I felt _____.

My plaque psoriasis makes me feel _____
_____.

I want to find a treatment that's right for me because

_____.

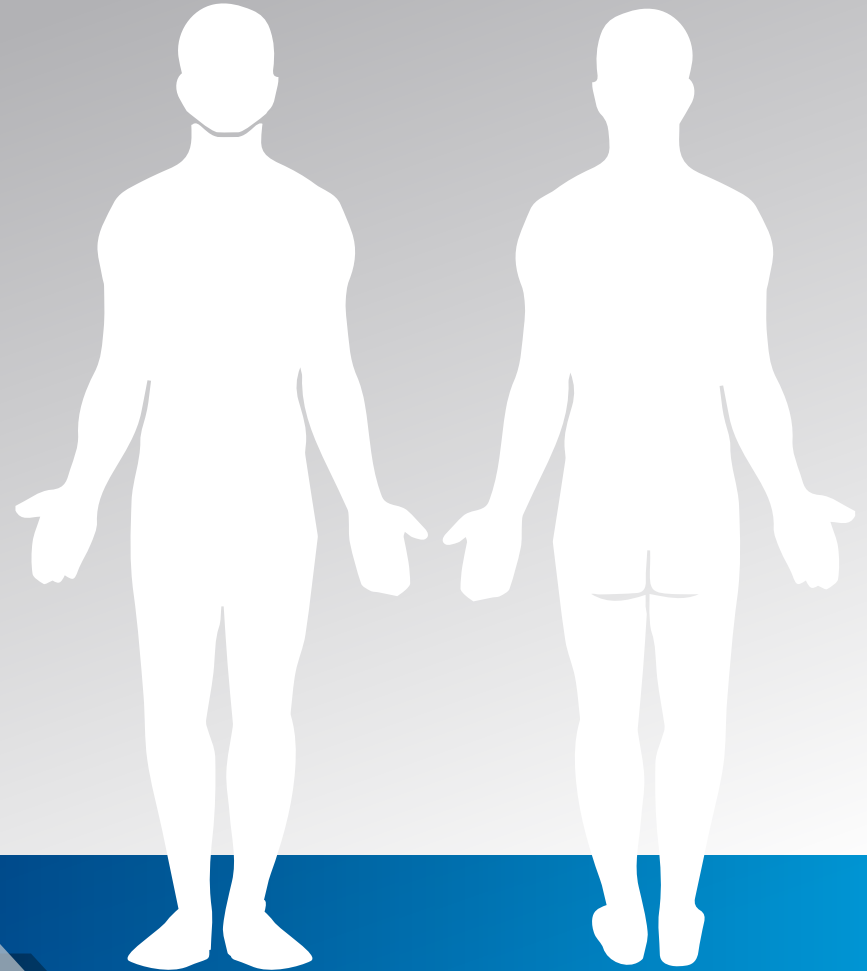
**ULTIMATELY, I WANT TO
MOVE MY STORY IN A DIFFERENT DIRECTION**

DID YOU KNOW?

Approximately **8 million** Americans have psoriasis. Of those people, **80%** have plaque psoriasis.

RED, ITCHY, FLAKY PATCHES CAN POP UP ANYWHERE

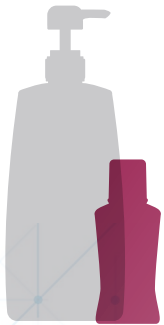
Circle where you typically experience plaques.



FRONT

BACK

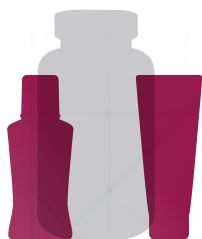
LOOKING BACK HELPS YOU LOOK **AHEAD**



WHAT I'VE TRIED AND HOW IT WORKED:

THIS MADE ME FEEL...

HERE'S WHAT I'M TAKING NOW:



I'M FEELING...

As you start to move ahead in your journey toward skin clearance, take the time to think back on all the different lotions and treatments you've tried. Consider how you felt about how they were working, **then record your responses in the spaces below.**

STILL LOOKING FOR THE RIGHT TREATMENT? I WANT A MEDICINE THAT WILL...



I WANT TO FEEL...



DISSATISFIED WITH TREATMENT?

If you're dissatisfied with your treatment, talk to your dermatologist about treatment options and your specific skin clearance goals.

YOUR DAILY MOTIONS AND EMOTIONS

.....

Having plaque psoriasis can affect not only how you look, but also how you feel. Using the prompts below, **reflect on the different ways plaque psoriasis impacts your day-to-day life.**

MY MORNING SKIN CARE ROUTINE TYPICALLY INCLUDES...

WHEN DECIDING WHAT TO WEAR, I CONSIDER...

MY NIGHTTIME SKIN CARE ROUTINE TYPICALLY INCLUDES...

WHEN OTHERS LOOK AT ME, I WONDER...

IF I HAVE AN UNEXPECTED FLARE-UP, I...

WHEN I LOOK IN THE MIRROR, I FEEL...



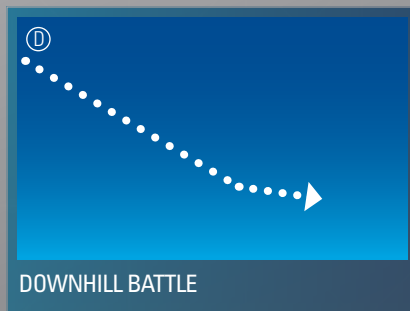
DID YOU KNOW?

In one study, most people spent almost 1.5 hours per week taking care of their plaque psoriasis.*

* Influence of Psoriasis on Household Chores and Time Spent on Skin Care at Home: A Questionnaire Study; Leino, 2015.

PROGRESS CAN HAVE ITS UPS AND DOWNS

Talk with your dermatologist. Which of the following best describes living with and treating your plaque psoriasis?



NOW LET'S DIG IN A LITTLE DEEPER

Look back on the chart you chose on the previous page and try to explain why you feel it best describes your experience.

DEAR DIARY



Journaling on a regular basis can help reveal your thoughts about plaque psoriasis. Try journaling regularly for the next week to see if it helps you during your next dermatologist appointment.

Hint: use the free space provided at the end of this journal to help keep your written thoughts all in one place.

DID YOU KNOW?



Approximately 30% of people living with plaque psoriasis may develop psoriatic arthritis. Some common symptoms may include swelling, stiffness, and pain around the joints. Talk to your dermatologist if you recognize any of these symptoms.

WHAT MOVES YOU?

Think of the things you love to do; now think of them with clearer skin.
Circle, color, or write in what you would wear and do.

GOING TO...



THE BEACH



THE GYM



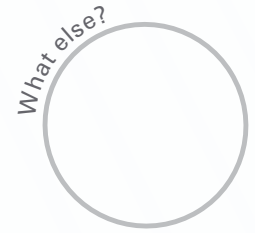
A NEW PLACE



A PARTY

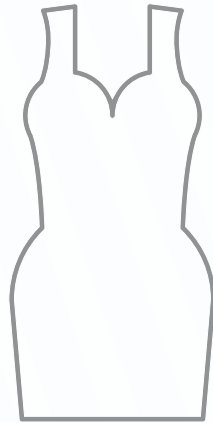


A CONCERT



WRITE OR DRAW IT HERE

WEARING...



WHAT ELSE? WRITE OR DRAW IT HERE

KEEP GOING...



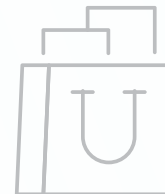
HIKING



SWIMMING



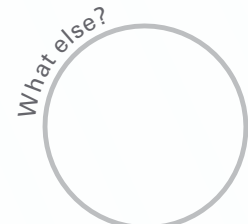
ON A DATE



SHOPPING



DANCING



WRITE OR DRAW IT HERE

KEEP MOVING

BREAKING UP IS HARD TO DO...UNLESS, OF COURSE, IT'S WITH YOUR PLAQUE PSORIASIS.

Write down what you'd say when telling your plaque psoriasis that you two are through.

Dear Plaque Psoriasis,

See you later,

“There’s hope for so many people that are willing and **bold enough to take those big steps.**”

ANNE
LIVING WITH PLAQUE PSORIASIS

I have moderate to severe plaque psoriasis.
THE OPPORTUNITY FOR NOTHING ON MY SKIN MEANS EVERYTHING TO ME.

NOTHING IS EVERYTHING

KEEP YOUR SKIN CLEARER **WITH 4 DOSES A YEAR**
AFTER 2 STARTER DOSES.

IN CLINICAL TRIALS, AT 4 MONTHS
3 OUT OF 4 PEOPLE ACHIEVED

90% CLEARER SKIN
WITH JUST 2 DOSES

OF THOSE, NEARLY
9 OUT OF 10 PEOPLE SUSTAINED IT

THROUGH 1 YEAR

NEARLY 4 OUT OF 10 ACHIEVED

100% CLEAR SKIN
AT 4 MONTHS

NEARLY 6 OUT OF 10 ACHIEVED IT AT 1 YEAR

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GET READY

WANT TO MOVE THE CONVERSATION FORWARD?
THESE TIPS MAY HELP.



GO EARLY

Up and at 'em! If you feel rushed, try asking for the first appointment of the day. This way, you may have more time to ask your questions. And your dermatologist can have more time to give answers.

				AM
				PM

Fill in your dermatologist's earliest appointment time above.



GET COMFORTABLE

Some aspects of plaque psoriasis can be tough to talk about, including intimacy. To help you feel more comfortable about opening up, try practicing what you want to say with a friend first.



SPEAK UP

If you ever feel overwhelmed by medical information, don't worry. It's OK to have questions—and to ask them! Don't be afraid to ask your doctor to explain anything you don't understand.

LOOKING FOR A DERMATOLOGIST?

Try the Dermatologist Locator to help you find a doctor who can help give you the answers that you need. Learn more at [SKYRIZI.COM/FIND-A-DERM](https://www.skyrizi.com/find-a-derm).



BE SPECIFIC

If you feel dissatisfied with how well your treatments have worked, be specific with your doctor about your clearance goals. **Hint:** use your answers from pages 4-5 to help express how you are feeling to your dermatologist.



TOUCH BASE

Routine checkups with your dermatologist should always be part of your plan for clearer skin. Think of your dermatologist as your partner rather than just your doctor. The more often you touch base with one another, the clearer your plan can be.



THINK AHEAD

Doing your research and preparing a list of things to discuss can go a long way toward having a focused conversation. In addition to this journal, you can also use the **Doctor Discussion Guide** to help you identify your symptoms and record changes since your last visit.

BE OPEN

STEP BY STEP, THESE QUESTIONS MAY HELP GET YOU CLOSER TO THE ANSWERS YOU'RE SEEKING.

It can sometimes be tough to talk about treatment options with your dermatologist. Try asking specific questions like the ones in the talk bubbles below.

Write your dermatologist's answers in the space provided so you can remember them after you've left your appointment.

HOW MIGHT SKYRIZI WORK TO HELP MY SKIN SYMPTOMS?

WHAT SHOULD I KNOW ABOUT THE BENEFITS AND RISKS OF SKYRIZI?

COULD SKYRIZI BE RIGHT FOR ME?

MORE TALKING POINTS TO CONSIDER...

Do you have other things you'd like to discuss with your dermatologist? **Use the space below to write any additional questions or talking points that come up before, during, or even after your next appointment.** Hint: Try using your reflections from [pages 8-9](#) to help build your list below.

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REAL PATIENTS. MOVING AHEAD.

“ I would say the biggest impact has been not having to worry about covering the plaques on my arms and legs.
It's almost impossible to try and convey that sense of freedom
when you don't have to worry about what you wear.”
TRE
SKYRIZI PATIENT

“ I've noticed that with clearer skin,
I rarely think about psoriasis anymore.”
ALLEN
SKYRIZI PATIENT

“ We were going out for dinner and it was hot. I went to grab a dress and the first thing that came to my head was, 'Oh no, grab a jacket,' and I was like, 'No,
there's nothing to cover up.'”
IRA
SKYRIZI PATIENT

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**ASK YOUR DERMATOLOGIST HOW
SKYRIZI MAY BE ABLE TO HELP YOU.**


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- with moderate to severe plaque psoriasis who may benefit from taking injections or pills (systemic therapy) or treatment using ultraviolet or UV light (phototherapy).
- with active psoriatic arthritis (PsA).

Important Safety Information

What is the most important information I should know about SKYRIZI® (risankizumab-rzaa)?

SKYRIZI is a prescription medicine that may cause serious side effects, including:

Serious allergic reactions:

- Stop using SKYRIZI and get emergency medical help right away if you get any of the following symptoms of a serious allergic reaction:
 - fainting, dizziness, feeling lightheaded (low blood pressure)
 - swelling of your face, eyelids, lips, mouth, tongue, or throat
 - trouble breathing or throat tightness
 - chest tightness
 - skin rash, hives
 - itching

Infections:

SKYRIZI may lower the ability of your immune system to fight infections and may increase your risk of infections. Your healthcare provider should check you for infections and tuberculosis (TB) before starting treatment with SKYRIZI and may treat you for TB before you begin treatment with SKYRIZI if you have a history of TB or have active TB. Your healthcare provider should watch you closely for signs and symptoms of TB during and after treatment with SKYRIZI.

- Tell your healthcare provider right away if you have an infection or have symptoms of an infection, including:
 - fever, sweats, or chills
 - cough
 - shortness of breath
 - blood in your mucus (phlegm)
 - muscle aches
 - warm, red, or painful skin or sores on your body different from your psoriasis
 - weight loss
 - diarrhea or stomach pain
 - burning when you urinate or urinating more often than normal

Do not use SKYRIZI if you are allergic to risankizumab-rzaa or any of the ingredients in SKYRIZI.

Before using SKYRIZI, tell your healthcare provider about all of your medical conditions, including if you:

- have any of the conditions or symptoms listed in the section “What is the most important information I should know about SKYRIZI?”
- have an infection that does not go away or that keeps coming back.
- have TB or have been in close contact with someone with TB.
- have recently received or are scheduled to receive an immunization (vaccine). Medications that interact with the immune system may increase your risk of getting an infection after receiving live vaccines. You should avoid receiving live vaccines right before, during, or right after treatment with SKYRIZI. Tell your healthcare provider that you are taking SKYRIZI before receiving a vaccine.
- are pregnant or plan to become pregnant. It is not known if SKYRIZI can harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if SKYRIZI passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

What are the possible side effects of SKYRIZI?

SKYRIZI may cause serious side effects. See “What is the most important information I should know about SKYRIZI?”

The most common side effects of SKYRIZI include upper respiratory infections, feeling tired, fungal skin infections, headache, and injection site reactions.

These are not all the possible side effects of SKYRIZI. Call your doctor for medical advice about side effects.

Use SKYRIZI exactly as your healthcare provider tells you to use it.

SKYRIZI is available in a 150 mg/mL prefilled syringe and pen.

Please click the links to see [Full Prescribing Information](#), including [Medication Guide](#), and discuss with your doctor.

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

If you are having difficulty paying for your medicine, AbbVie may be able to help. Visit AbbVie.com/myAbbVieAssist to learn more.

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US-SKZD-220253 March 2022


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KEEP MOVING

As you continue on your treatment path, use the following pages to look closely at your current situation. For each journal entry, think about what your typical day looks like, then consider the moments in which you really notice your plaque psoriasis. For the next week, keep those two scenarios in mind as you document your experience each day.

CLEARER SKIN MAY BE ON THE HORIZON

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DATE:

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