MSLifeLines®

Rebif® administration support and treatment tracker

INDICATION

Rebif® (interferon beta-1a) is a prescription medicine used to treat relapsing forms of multiple sclerosis, to include clinically isolated syndrome, relapsing-remitting disease, and active secondary progressive disease, in adults. It is not known if Rebif is safe and effective in children.

IMPORTANT SAFETY INFORMATION

Do not take Rebif if you are allergic to interferon beta, human albumin, or any of the ingredients in Rebif.

Please see **Important Safety Information** throughout and on pages 41-42. Please see full **Prescribing Information** and **Medication Guide** and discuss with your healthcare provider.

Rebif®
(interferon beta-1a)
subcutaneous injection

Explore the power of a routine

Keeping track of your therapy can help you maintain your Rebif® (interferon beta-1a) routine.

It's important to stay with the treatment plan your doctor prescribes because staying on therapy gives you the best chance to get the most out of your treatment.

One important thing you can do is establish a routine and get into the habit of taking Rebif **3 times a week, at least 48 hours apart**, as prescribed.

Think about which routine would work best for you.

EXAMPLES: Taking an injection...

...right after dinner

...after you feed your pet

...before you go to bed

...when you get home from work

It's also very important to **rotate (change) the injection site** you choose with each injection. This will help decrease the chance that you will have an injection-site reaction. Do not inject Rebif into an area of the body where the skin is irritated, reddened, bruised, infected, or scarred in any way.

Tips for choosing an injection site

The recommended areas for subcutaneous injections of Rebif include the thigh, the outer surface of the upper arm, the stomach, and the buttocks.

- **DO NOT** use the area near your waistline
- **DO NOT** inject within 2 inches of your navel
- **DO NOT** inject Rebif where your skin is irritated, reddened, bruised, infected, or abnormal in any way
- **DO** use a different site each time you inject

Refer to the Rebif Medication Guide included in the package for full details.

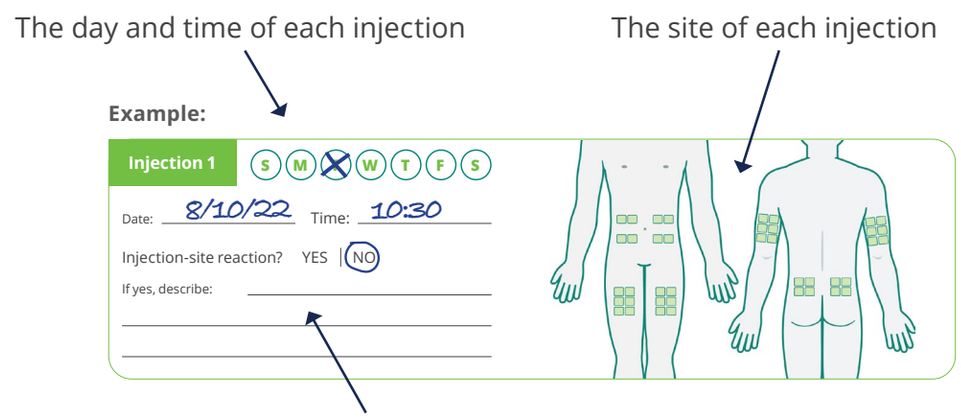
IMPORTANT SAFETY INFORMATION (continued)

Rebif can cause serious side effects. Tell your healthcare provider right away if you have any of the symptoms listed below while taking Rebif.

- **Behavioral health problems including depression and suicidal thoughts.** You may have mood problems including depression (feeling hopeless or feeling bad about yourself), and thoughts of hurting yourself or suicide.
- **Liver problems or worsening of liver problems including liver failure.** Symptoms may include nausea, loss of appetite, tiredness, dark colored urine and pale stools, yellowing of your skin or the white part of your eye, bleeding more easily than normal, confusion, and sleepiness. During your treatment with Rebif you will need to see your healthcare provider regularly and have regular blood tests to check for side effects.

How can this tracker help?

Once you've decided on when you will take Rebif each week, then you can use this tool to keep track of:



The highlighted areas above show common injection sites. Be sure to talk to your doctor about the best areas for you to use.

At the end of this book, you'll find tips for dealing with common side effects (page 32) and doctor visit checklists (page 34) that may be helpful, too.

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Rebif® (interferon beta-1a) subcutaneous injection

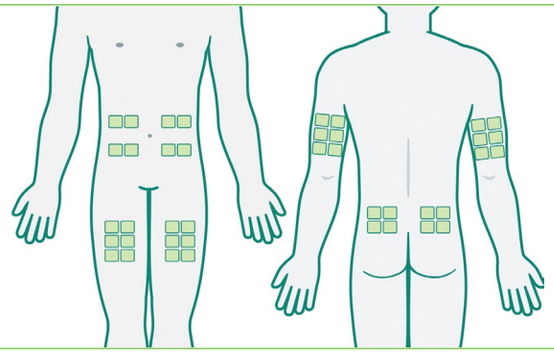
Record information about each injection, and click the box to mark where the injection was placed.

Injection 1 S M T W T F S

Date: _____ Time: _____

Injection-site reaction? ☐ YES | ☐ NO

If yes, describe:



Injection 2 S M T W T F S

Date: _____ Time: _____

Injection-site reaction? ☐ YES | ☐ NO

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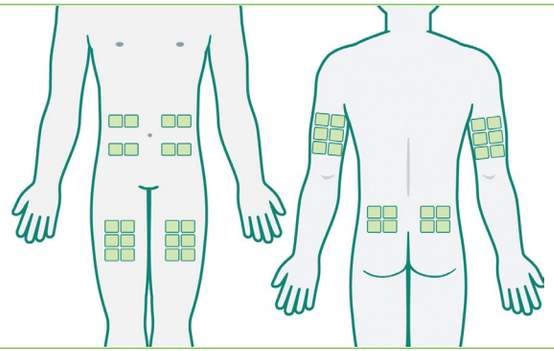

Injection 3 S M T W T F S

Date: _____ Time: _____

Injection-site reaction? ☐ YES | ☐ NO

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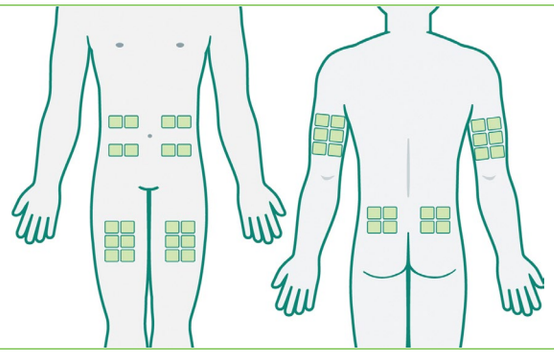

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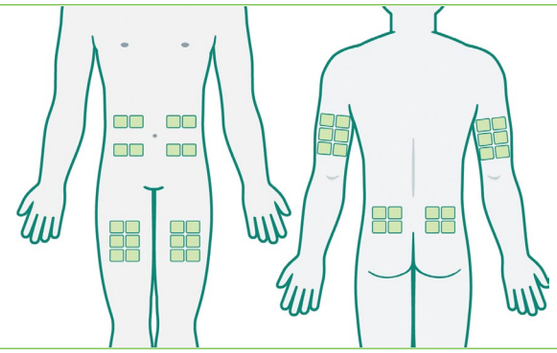

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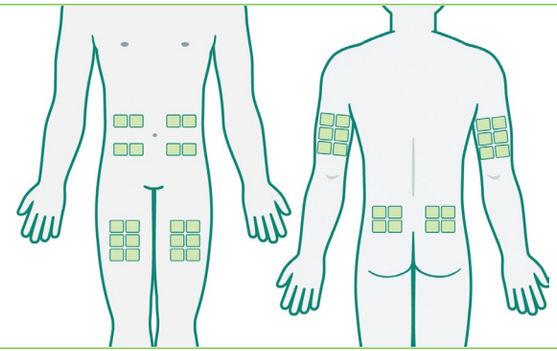

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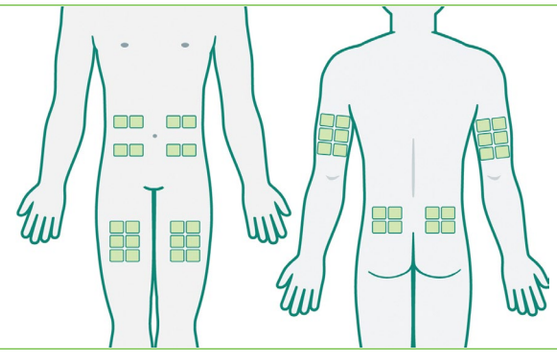

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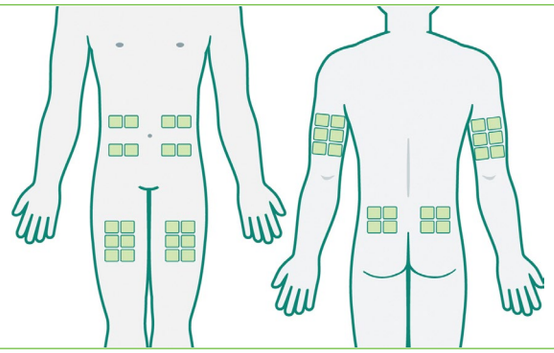

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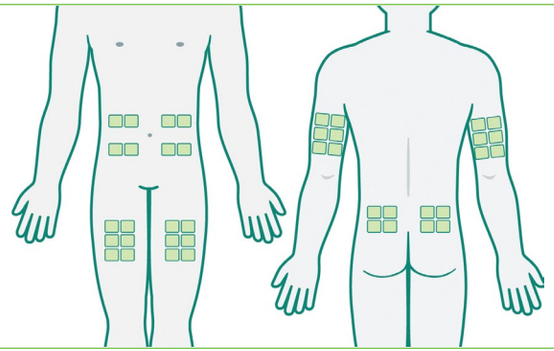

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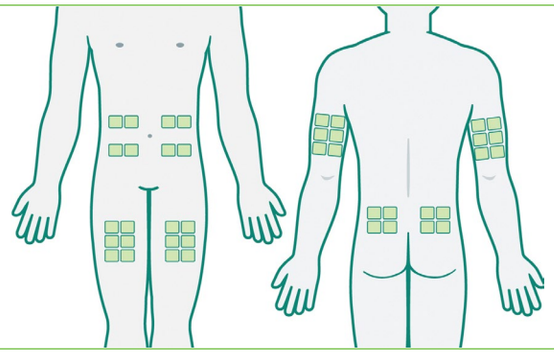

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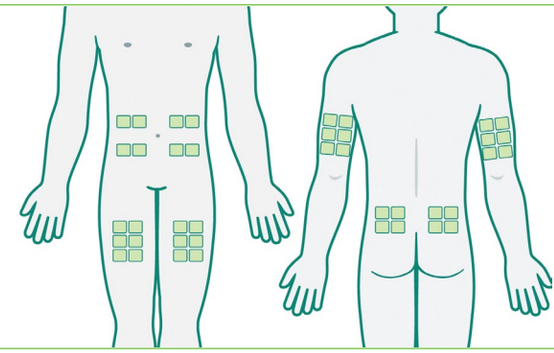

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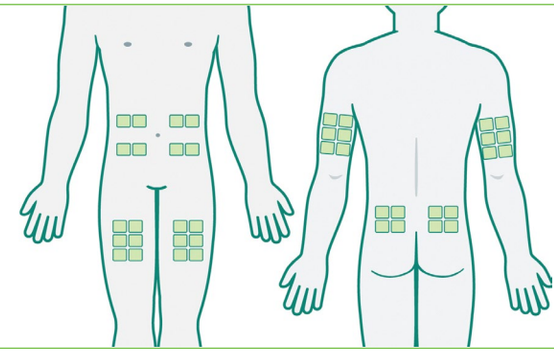

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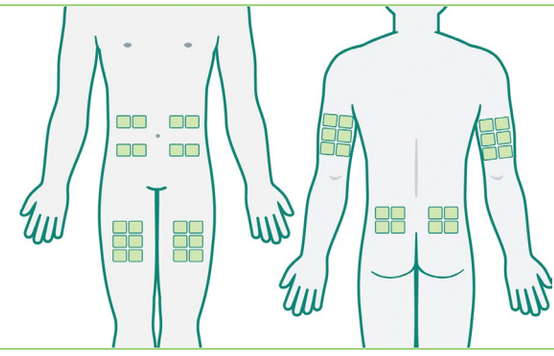

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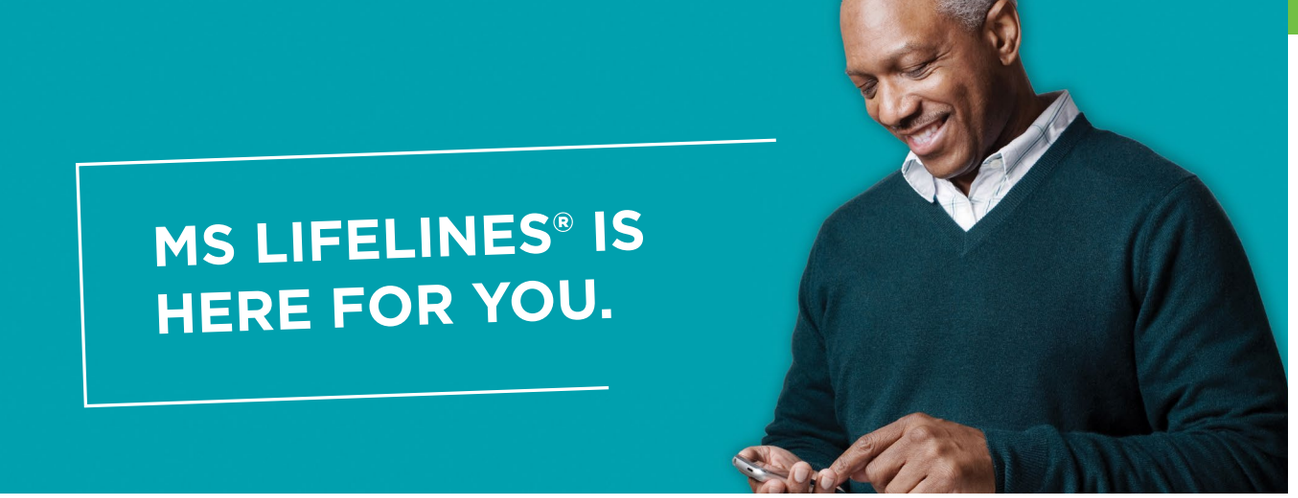

MS LIFELINES® IS HERE FOR YOU.

Now that you've made it through 4 weeks of treatment, you may have some questions that we can answer.

Our team of MS-certified nurses can support you throughout your Rebif treatment by:

- Providing educational materials
- Giving guidance and information for caregivers
- Helping you find motivation to stay on therapy

1-877-447-3243

Call us Monday through Friday, 8am–8pm ET, or Saturday, 9am–5pm ET.

Visit us online at **MSLifeLines.com**.

IMPORTANT SAFETY INFORMATION (continued)

- **Serious allergic and skin reactions.** Symptoms may include itching, swelling of your face, eyes, lips, tongue or throat, trouble breathing, anxiousness, feeling faint, skin rash, hives, sores in your mouth, or skin blisters and peels.
- **Injection site problems.** Rebif may cause redness, pain, itching or swelling at the place where your injection was given. Call your healthcare provider right away if an injection site becomes swollen and painful or the area looks infected. You may have a skin infection or an area of severe skin damage (necrosis) requiring treatment by a healthcare provider.

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Injection-site reaction? ☐ YES | ☐ NO

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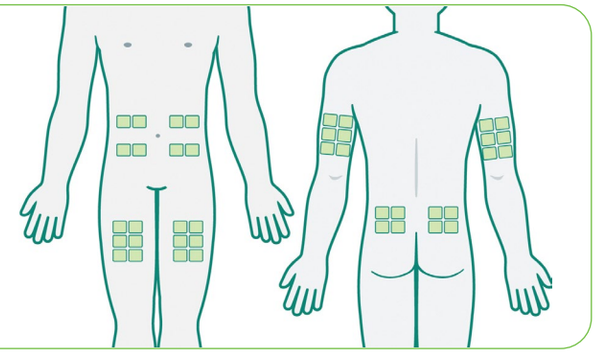

Injection 2 (S M T W T F S)

Date: _____ Time: _____

Injection-site reaction? ☐ YES | ☐ NO

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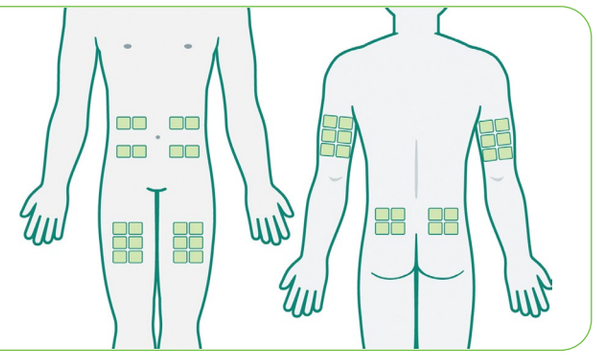

Injection 3 (S M T W T F S)

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Injection-site reaction? ☐ YES | ☐ NO

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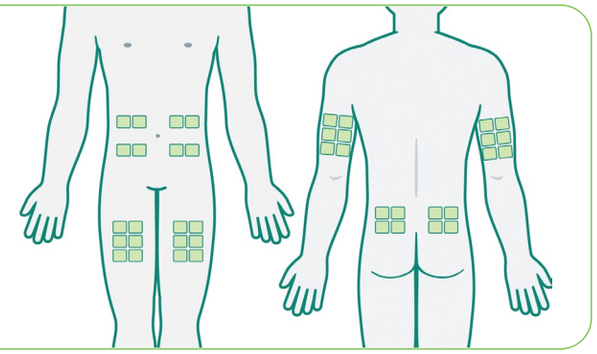

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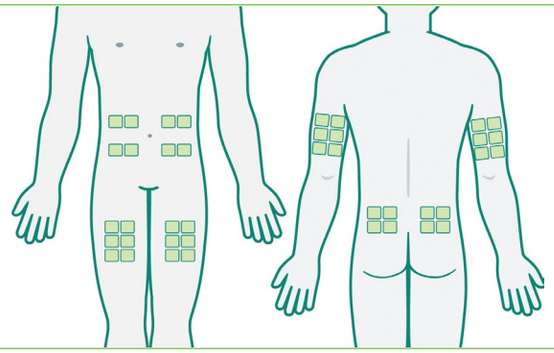

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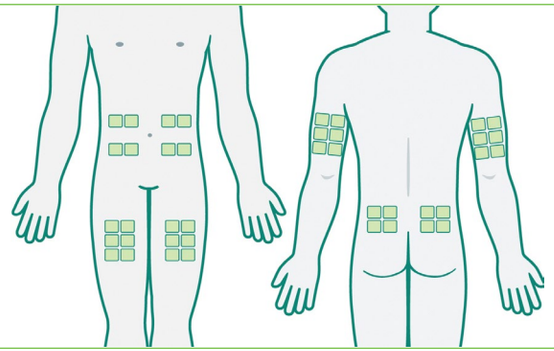

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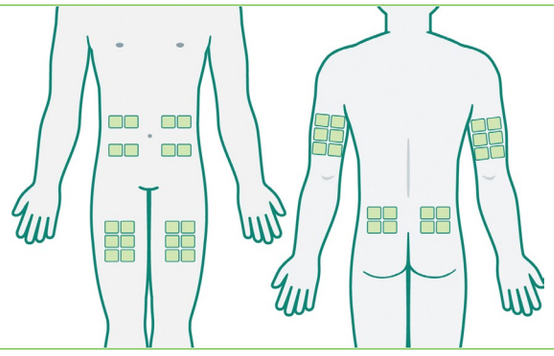

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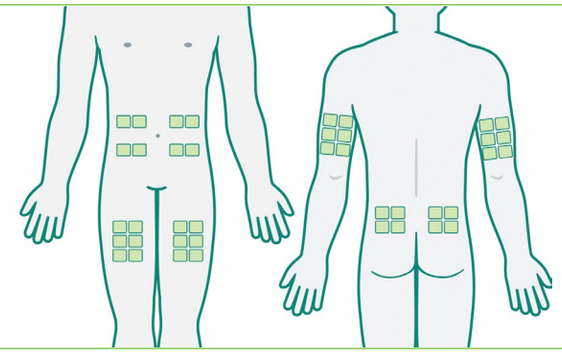

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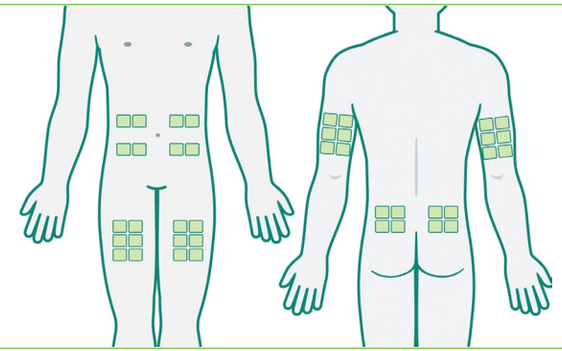

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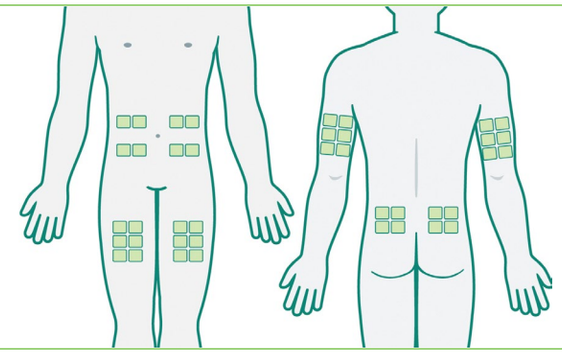

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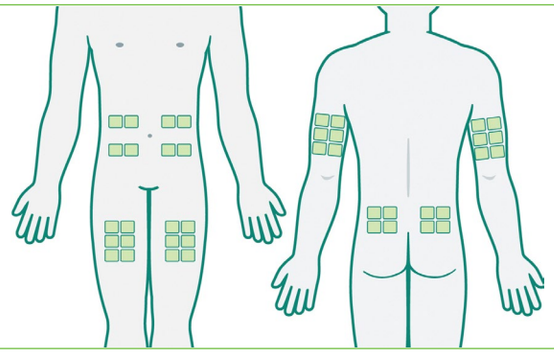

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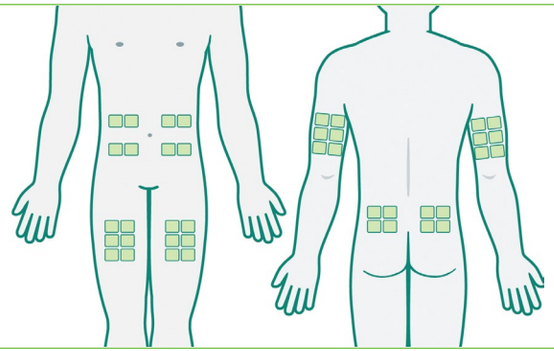

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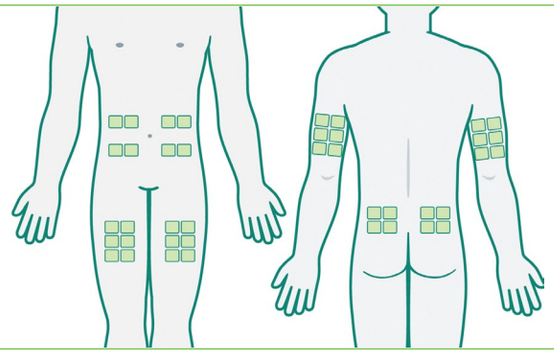

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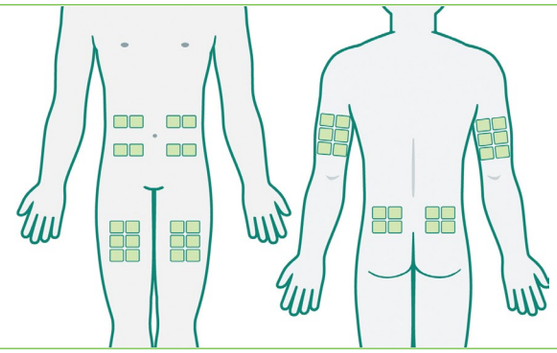

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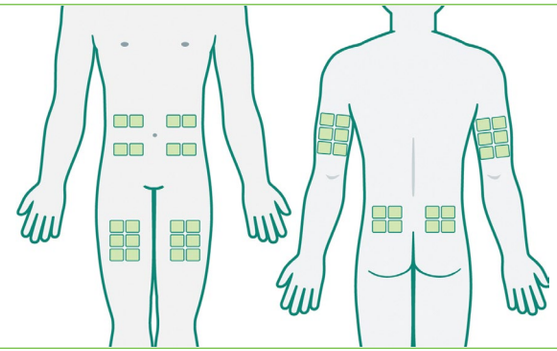

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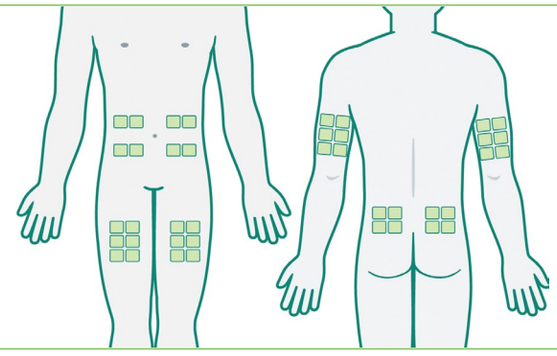

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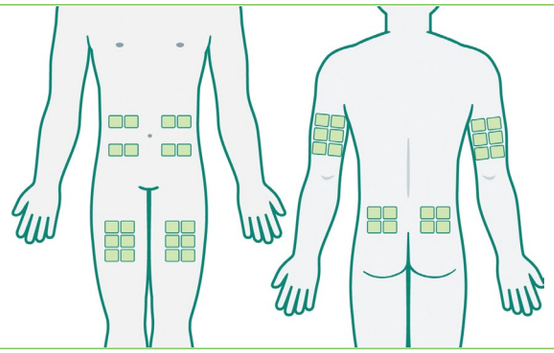

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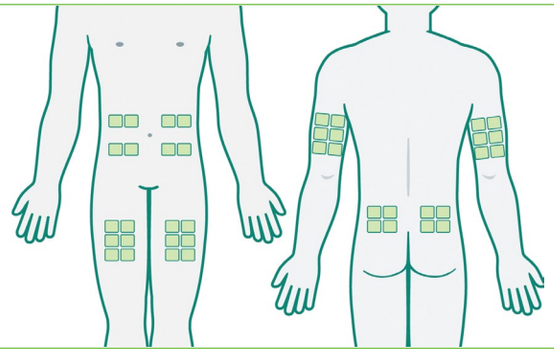

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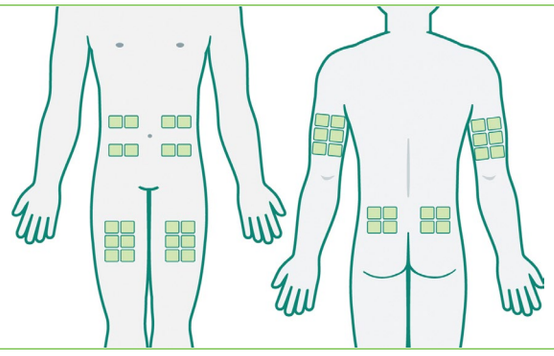

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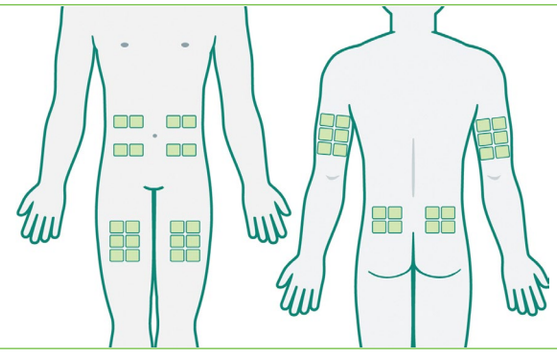

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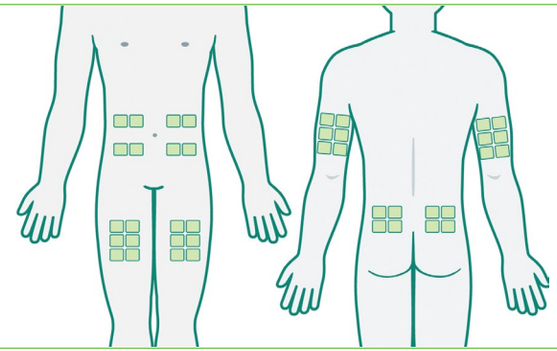

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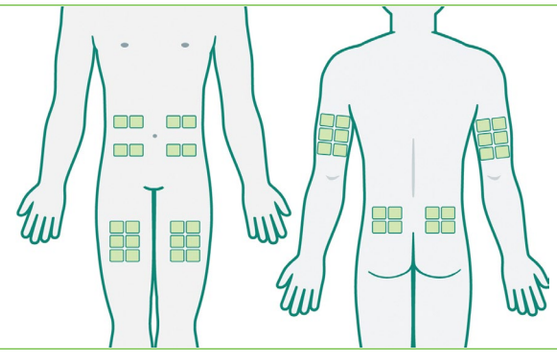

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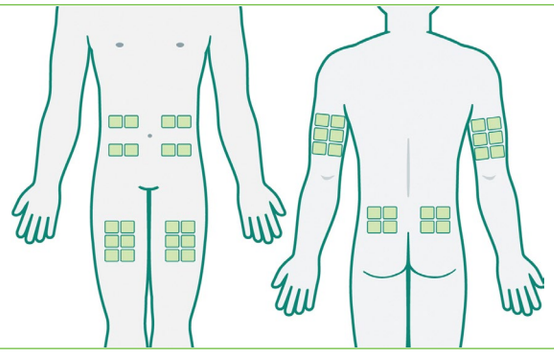
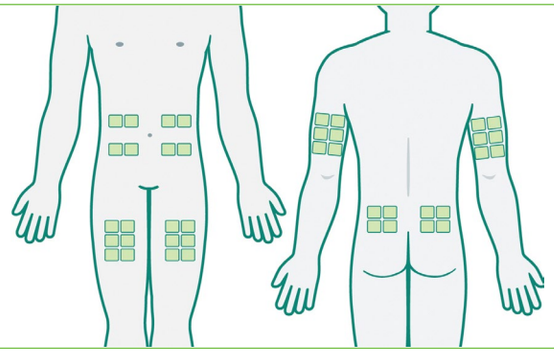


Injection 2 S M T W T F S

Date: _____ Time: _____

Injection-site reaction? ☐ YES | ☐ NO

If yes, describe:



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Date: _____ Time: _____

Injection-site reaction? ☐ YES | ☐ NO

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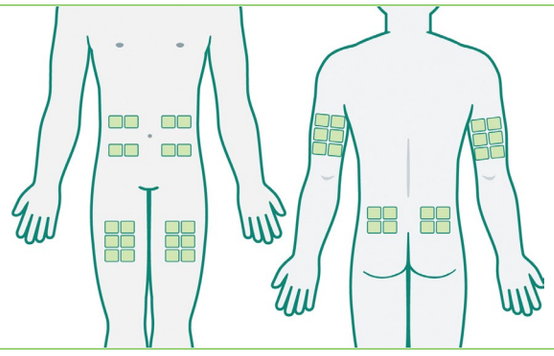

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Injection 1 S M T W T F S

Date: _____ Time: _____

Injection-site reaction? ☐ YES | ☐ NO

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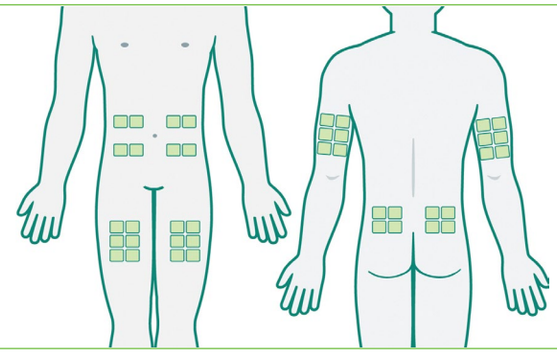

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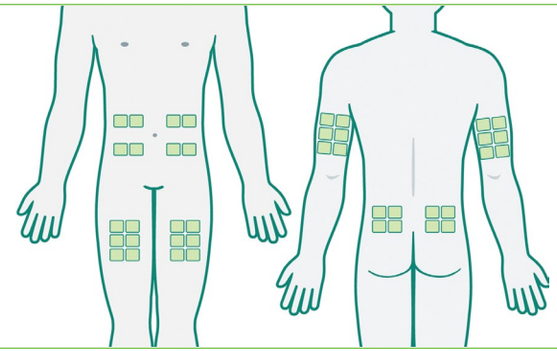

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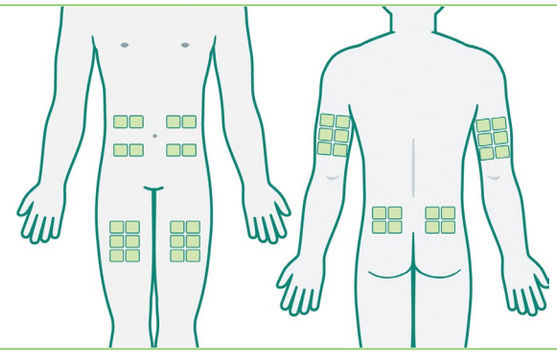

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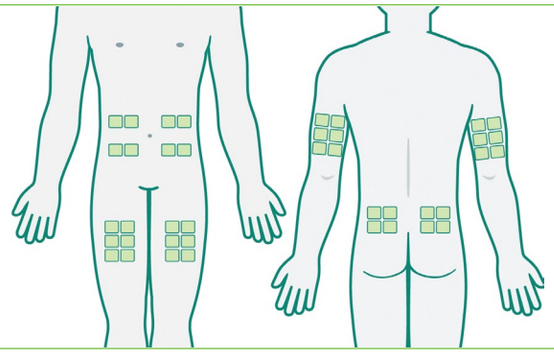

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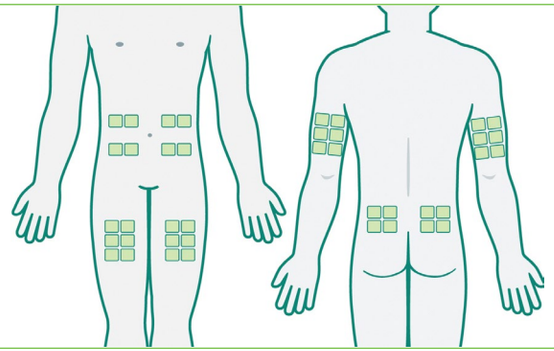

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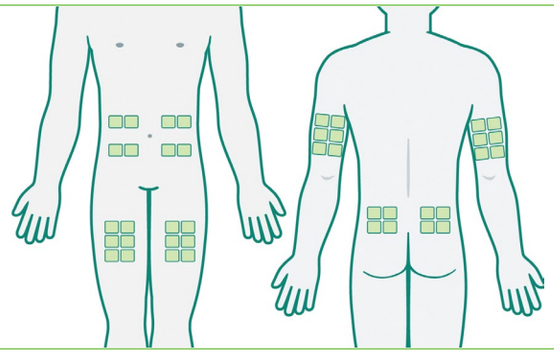

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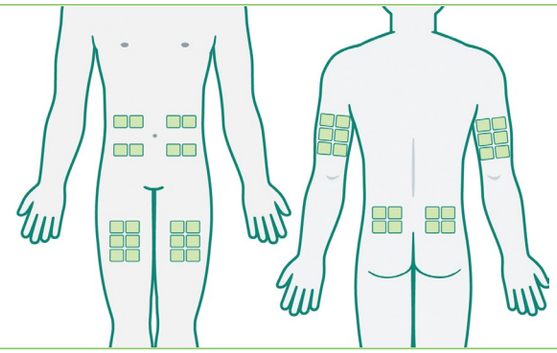

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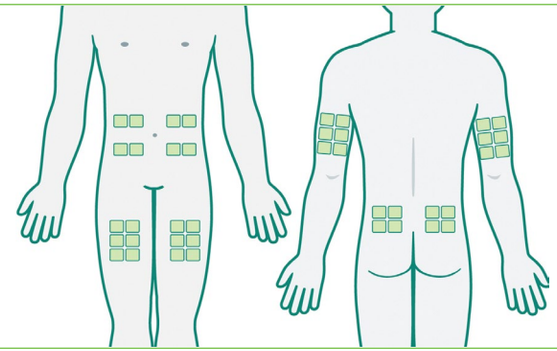

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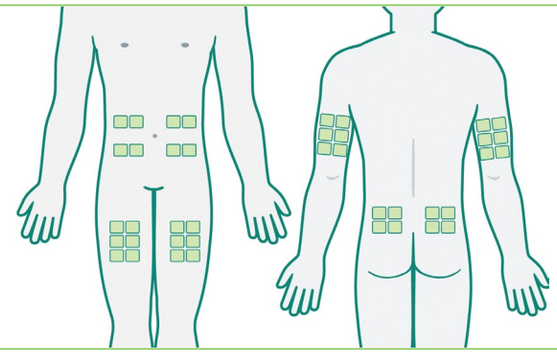

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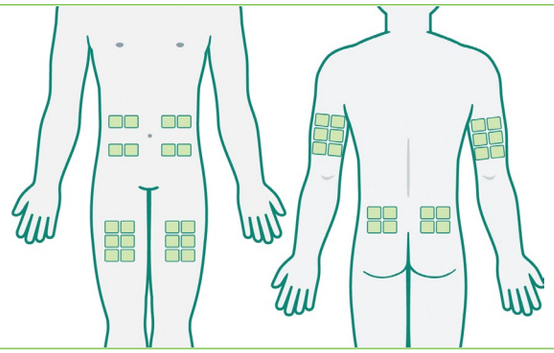

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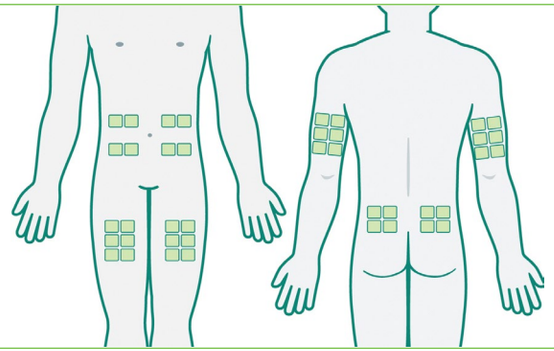

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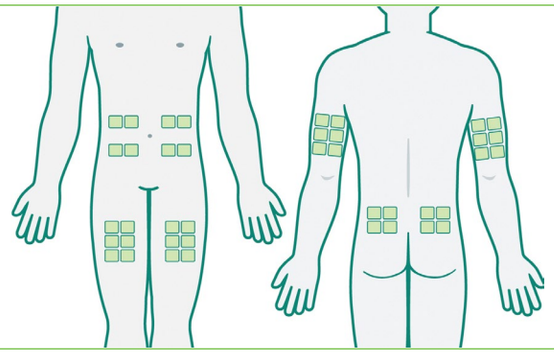

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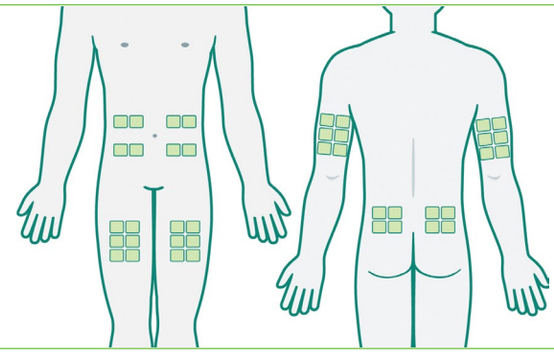
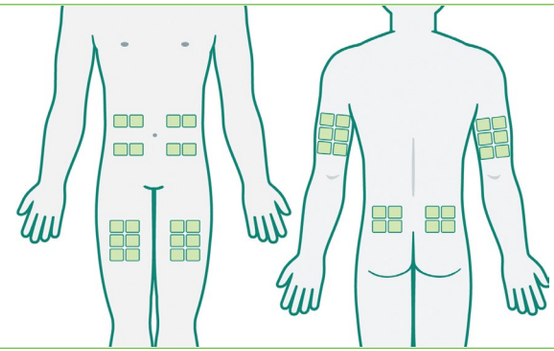


Injection 2 S M T W T F S

Date: _____ Time: _____

Injection-site reaction? ☐ YES | ☐ NO

If yes, describe:



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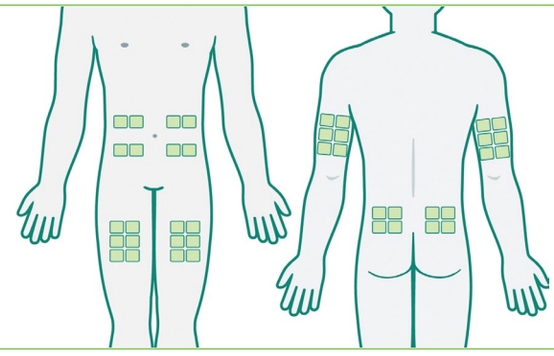

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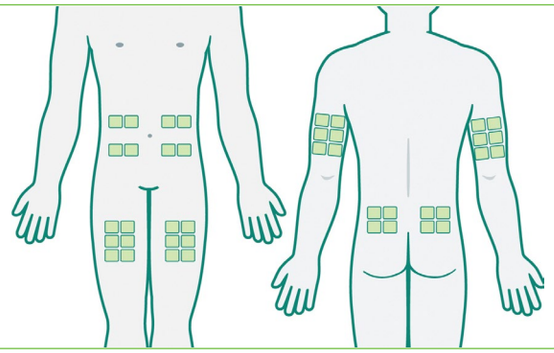

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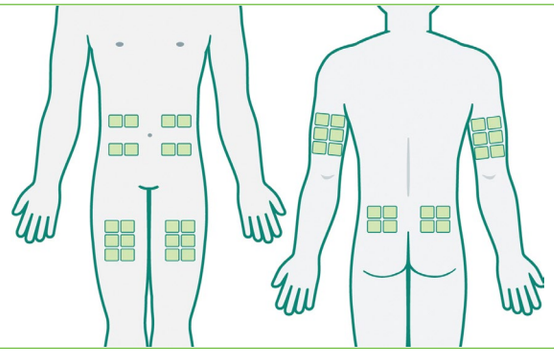

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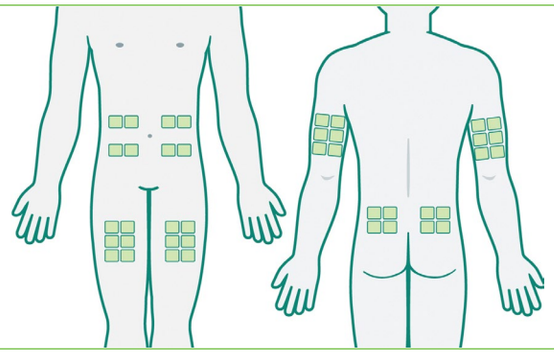

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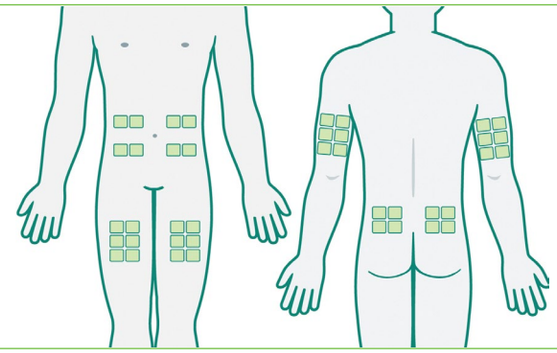

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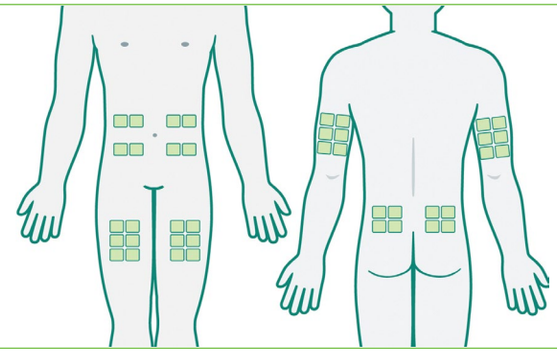

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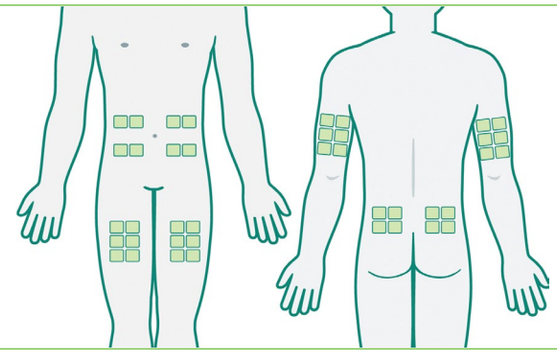

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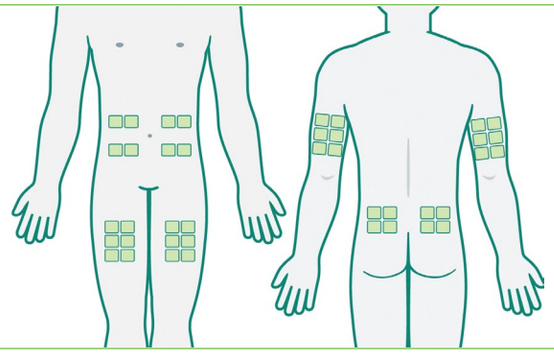

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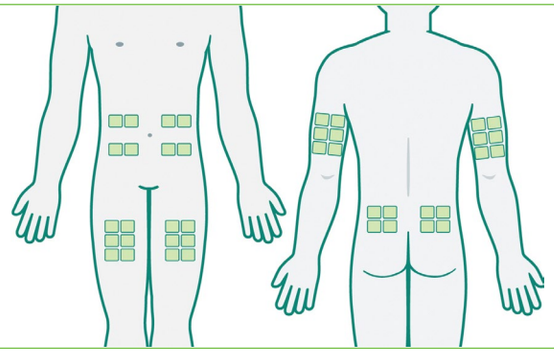

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Date: _____ Time: _____

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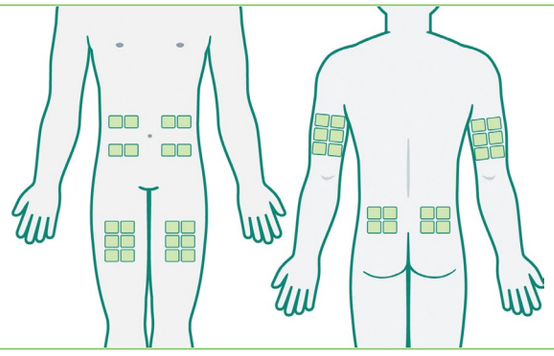

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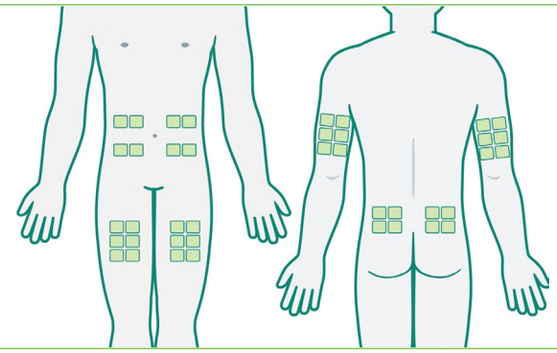

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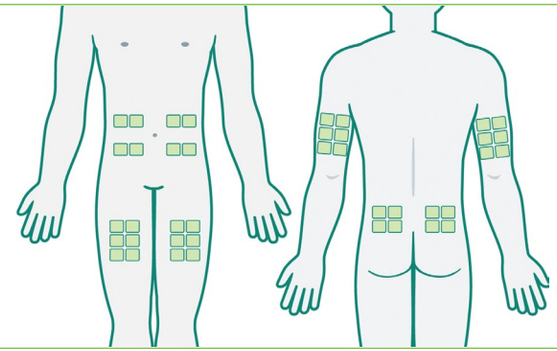

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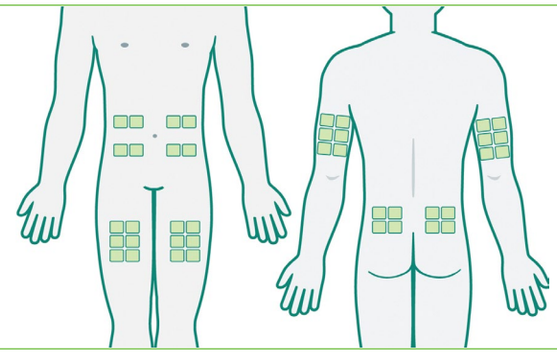

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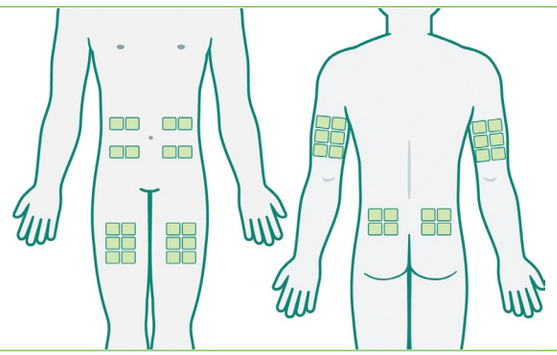
Injection 1 (S) (M) (T) (W) (T) (F) (S)

Date: _____ Time: _____

Injection-site reaction? ☐ YES | ☐ NO

If yes, describe:



Injection 2 (S) (M) (T) (W) (T) (F) (S)

Date: _____ Time: _____

Injection-site reaction? ☐ YES | ☐ NO

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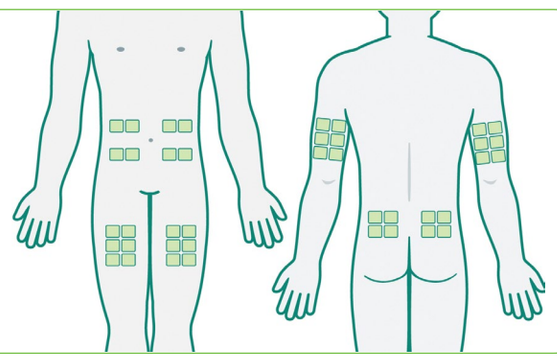

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Date: _____ Time: _____

Injection-site reaction? ☐ YES | ☐ NO

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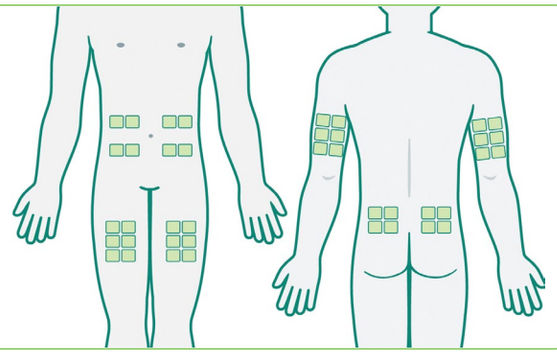

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Get your next treatment tracker for FREE

You are still on track—let's keep it that way. Call us to get your next treatment tracker notebook sent to you before this one runs out.

While you are at it, talk to a member of our MS-certified nursing team about how your treatment is going. We are here for you!

1-877-447-3243

Call MS LifeLines Monday through Friday, 8am–8pm ET, or Saturday, 9am–5pm ET.

IMPORTANT SAFETY INFORMATION (continued)

- **Blood problems.** Rebif can affect your bone marrow and cause low red and white blood cell and platelet counts. In some people, these blood cell counts may fall to dangerously low levels. If your blood cell counts become very low, you can get infections and problems with bleeding and bruising. Your healthcare provider may ask you to have regular blood tests to check for blood problems.
- **Pulmonary arterial hypertension.** Pulmonary arterial hypertension can occur with interferon beta products, including Rebif. Symptoms may include new or increasing fatigue or shortness of breath. Contact your healthcare provider right away if you develop these symptoms.
- **Seizures.** Some people have had seizures while taking Rebif.

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Date: _____ Time: _____

Injection-site reaction? ☐ YES | ☐ NO

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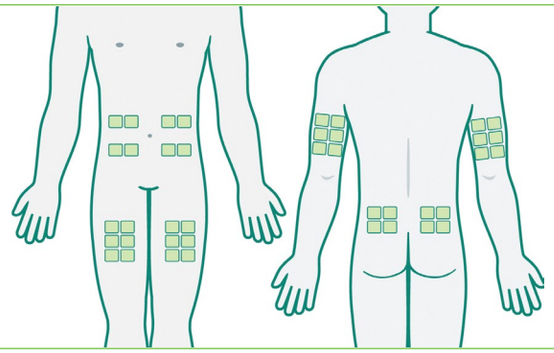

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Date: _____ Time: _____

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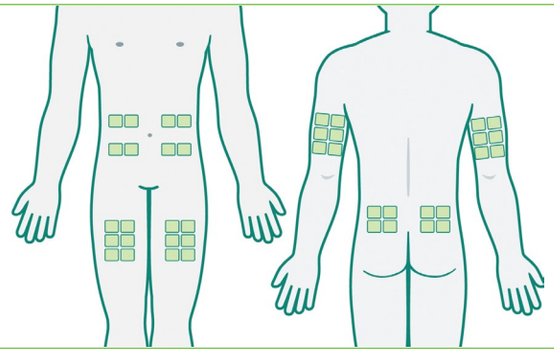

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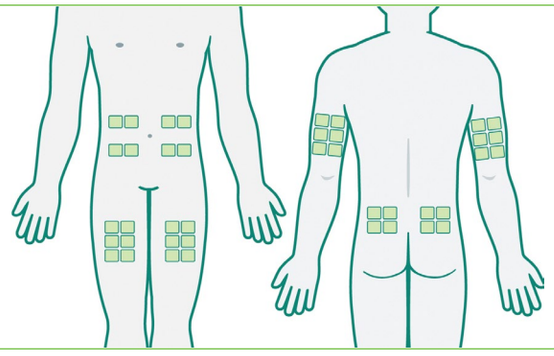

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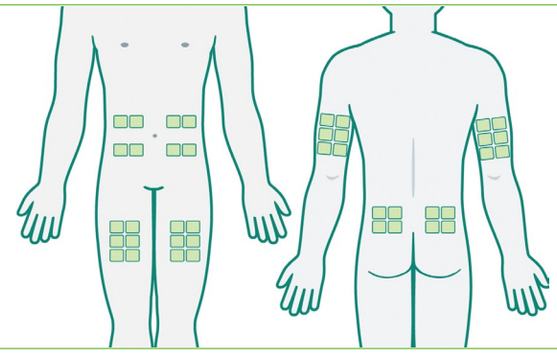

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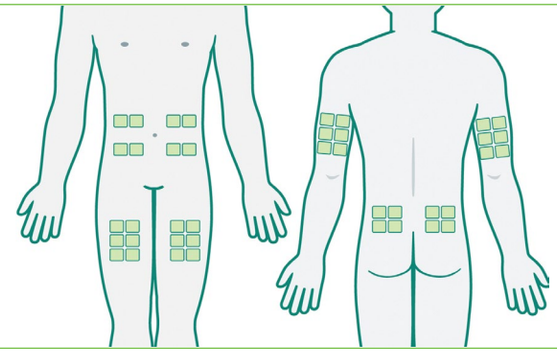

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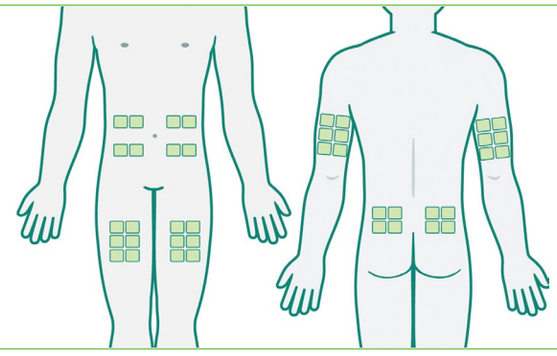

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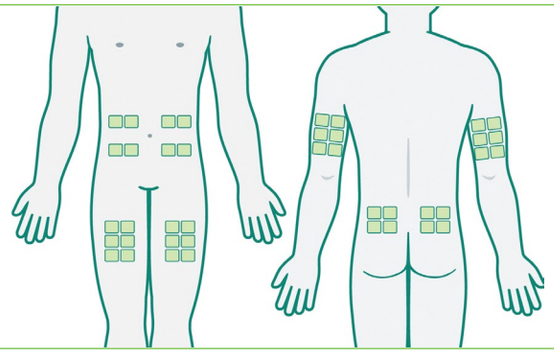
Injection-site reaction? ☐ YES | ☐ NO

If yes, describe:

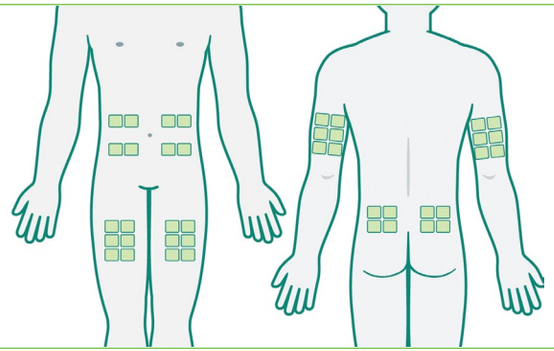


Injection 2 S M T W T F S

Date: _____ Time: _____

Injection-site reaction? ☐ YES | ☐ NO

If yes, describe:

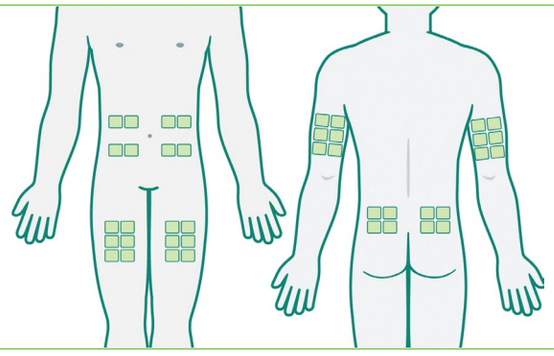


Injection 3 S M T W T F S

Date: _____ Time: _____

Injection-site reaction? ☐ YES | ☐ NO

If yes, describe:



Notes

List any side effects, MS symptoms you experience, and/or anything you would like to talk about with your healthcare provider.

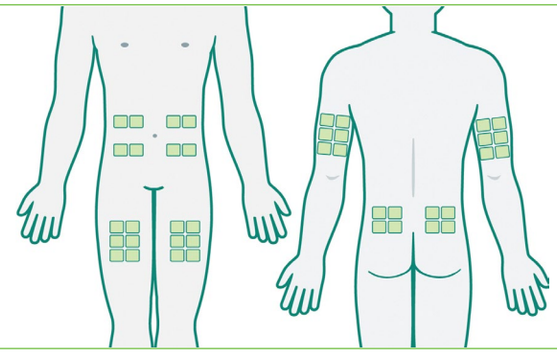
Record information about each injection, and click the box to mark where the injection was placed.

Injection 1 S M T W T F S

Date: _____ Time: _____

Injection-site reaction? ☐ YES | ☐ NO

If yes, describe:

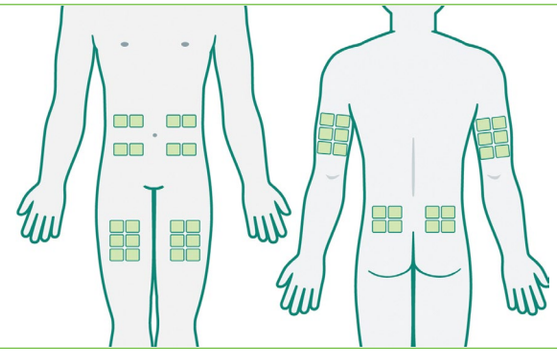


Injection 2 S M T W T F S

Date: _____ Time: _____

Injection-site reaction? ☐ YES | ☐ NO

If yes, describe:

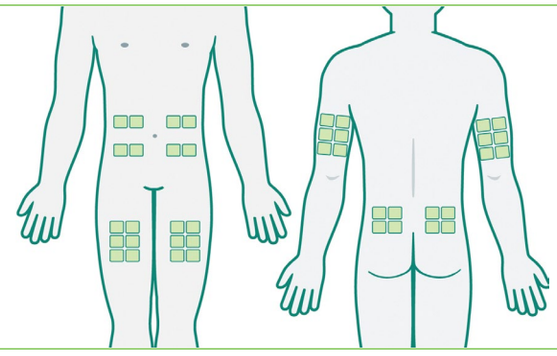


Injection 3 S M T W T F S

Date: _____ Time: _____

Injection-site reaction? ☐ YES | ☐ NO

If yes, describe:



Notes

List any side effects, MS symptoms you experience, and/or anything you would like to talk about with your healthcare provider.

Please see **Important Safety Information** throughout and on pages 41-42.
Please see full **Prescribing Information** and **Medication Guide** and discuss with your healthcare provider.

Tips to help with common side effects

Injection-site reactions

One of the most common side effects of Rebif® (interferon beta-1a), injection-site reactions, refers to any redness, pain, irritation, swelling, color changes, infection, or drainage of fluid that may occur at the site of your injection.

You can receive tips for proper injection technique that may help with injection-site reactions from an MS LifeLines® Nurse. MS LifeLines Nurse Support Specialists are available Monday through Friday, 8am-8pm ET, and Saturday, 9am-5pm ET.

Call MS LifeLines, toll-free, at 1-877-447-3243.

Tips that may help reduce injection-site reactions

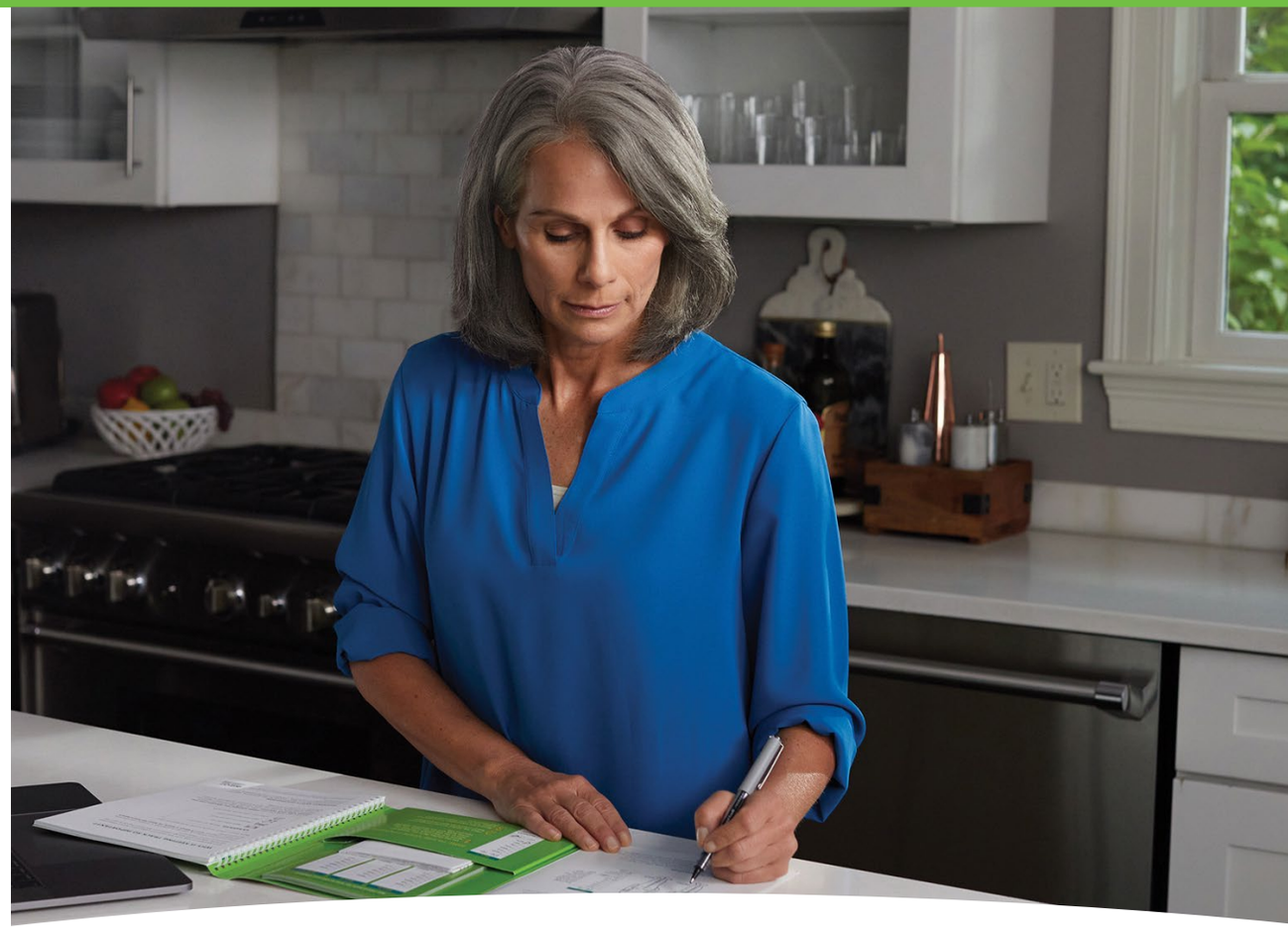
- Before injecting, you should allow Rebif to reach room temperature. It is recommended that you remove Rebif from the refrigerator at least 30 minutes prior to use. Never heat or microwave Rebif
- Use proper injection technique as instructed by your healthcare provider. Please see the enclosed Rebif Medication Guide
- Thoroughly clean the injection site with an alcohol swab or cotton ball with rubbing alcohol prior to injection. To avoid stinging, you should let your skin dry before you inject Rebif
- To minimize discomfort, apply an ice pack or cold compress for no more than 2 minutes to the area before and after the injection
- Rotate the injection site and inject only into healthy tissue. Wait at least 7 days before using the same spot again
- Do not inject Rebif into an area of your body where the skin is irritated, reddened, bruised, infected, or abnormal in any way
- Monitor your injection site for redness, swelling, or tenderness. Call your healthcare provider right away if an injection site becomes swollen and painful or the area looks infected

Flu-like symptoms

One of the most common side effects of Rebif is flu-like symptoms. These can range from fever, chills, and sweating to muscle aches and tiredness. These symptoms are not actually flu and they are not caused by a viral infection. Nor do they include vomiting or diarrhea.

IMPORTANT SAFETY INFORMATION (continued)

Before you take Rebif, tell your healthcare provider if you have or have had any of the following conditions: mental illness, including depression and suicidal behavior; liver problems; bleeding problems or blood clots.



It is common for people to experience flu-like symptoms when they are first starting Rebif. For many people, these symptoms lessen or go away over time.

The following tips may help you deal with flu-like symptoms:

- Consider taking an over-the-counter pain reliever or fever reducer as directed by your healthcare provider. These are medicines that you can buy at your local pharmacy without a prescription. They may also have their own side effects, so read the instructions carefully. Talk to your healthcare provider or an MS LifeLines Nurse about using over-the-counter pain relievers or fever reducers before or after injecting
- Stay hydrated. Drinking plenty of water throughout the day is important
- Find a time of day that works for you. Some people inject Rebif around bedtime to help them sleep through some flu-like symptoms they may have. Others find that injecting earlier in the day works best for them. Remember to keep injections at least 48 hours apart, on the same 3 days each week

Please see **Important Safety Information** throughout and on pages 41-42. Please see full **Prescribing Information** and **Medication Guide** and discuss with your healthcare provider.

Rebif® (interferon beta-1a) subcutaneous injection

Making the most of visits with your healthcare providers

In addition to keeping track of your injections, it's important to keep your healthcare providers up to date with how you're doing throughout treatment. Using the **doctor visit checklists** on the following pages will help you have a thorough conversation about your experiences and address any specific issues you may have had.

Your feelings and experiences are important to share. Try not to downplay your symptoms when you talk to your healthcare providers. Remember, the people on your healthcare team are experts in helping people living with RMS–the more information you give, the better your team will be able to help you.

While you are with your healthcare provider, don't forget to make sure your prescription refill order is up to date.

IMPORTANT SAFETY INFORMATION (continued)

Before you take Rebif, tell your healthcare provider if you have or have had any of the following conditions: low blood cell counts; seizures (epilepsy); thyroid problems; drink alcohol; are pregnant or plan to become pregnant. It is not known if Rebif will harm your unborn baby. Tell your healthcare provider if you become pregnant during your treatment with Rebif; are breastfeeding or plan to breastfeed. Rebif may pass into your breastmilk. Talk to your healthcare provider about the best way to feed your baby if you take Rebif.

Please see **Important Safety Information** throughout and on pages 41-42.
Please see full **Prescribing Information** and **Medication Guide** and discuss with your healthcare provider.

Questions to discuss with your doctor

Have you had any life changes since your last visit?
(ie, family considerations, new diagnoses or medications, location)

Do you have any concerns about your Rebif treatment?

What parts of treatment are going well for you?

Has anything changed with treatment since your last visit?

Top 3 things to discuss with your doctor

Doctor Visit Checklist

Date: _____

You may want to use this checklist to get organized for healthcare provider visits and bring it with you to your appointments.

Symptom	Is it old or new?	Is it worse?	Description and how long it lasted
Issues with memory, attention, or problem-solving			
Depression or mood swings			
Vision problems			
Muscle stiffness or spasms (spasticity)			
Weakness			
Fatigue			
Pain			
Abnormal feelings and sensations			
Walking and balance problems			
Bowel or bladder problems			
Sexual issues			
Heat sensitivity			

1-877-447-3243
Call **MS LifeLines** Monday through Friday, 8am–8pm ET, or Saturday, 9am–5pm ET.

Questions to discuss with your doctor

Have you had any life changes since your last visit?
(ie, family considerations, new diagnoses or medications, location)

Do you have any concerns about your Rebif treatment?

What parts of treatment are going well for you?

Has anything changed with treatment since your last visit?

Top 3 things to discuss with your doctor

Doctor Visit Checklist

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Top 3 things to discuss with your doctor

Doctor Visit Checklist

Date: _____

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Abnormal feelings and sensations			
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Bowel or bladder problems			
Sexual issues			
Heat sensitivity			

1-877-447-3243
Call **MS LifeLines** Monday through Friday, 8am–8pm ET, or Saturday, 9am–5pm ET.

INDICATION AND IMPORTANT SAFETY INFORMATION for Rebif® (interferon beta-1a) subcutaneous injection

INDICATION

Rebif® (interferon beta-1a) is a prescription medicine used to treat relapsing forms of multiple sclerosis, to include clinically isolated syndrome, relapsing-remitting disease, and active secondary progressive disease, in adults. It is not known if Rebif is safe and effective in children.

IMPORTANT SAFETY INFORMATION

Do not take Rebif if you are allergic to interferon beta, human albumin, or any of the ingredients in Rebif.

Rebif can cause serious side effects. Tell your healthcare provider right away if you have any of the symptoms listed below while taking Rebif.

- **Behavioral health problems including depression and suicidal thoughts.** You may have mood problems including depression (feeling hopeless or feeling bad about yourself), and thoughts of hurting yourself or suicide.
- **Liver problems or worsening of liver problems including liver failure.** Symptoms may include nausea, loss of appetite, tiredness, dark colored urine and pale stools, yellowing of your skin or the white part of your eye, bleeding more easily than normal, confusion, and sleepiness. During your treatment with Rebif you will need to see your healthcare provider regularly and have regular blood tests to check for side effects.
- **Serious allergic and skin reactions.** Symptoms may include itching, swelling of your face, eyes, lips, tongue or throat, trouble breathing, anxiousness, feeling faint, skin rash, hives, sores in your mouth, or skin blisters and peels.
- **Injection site problems.** Rebif may cause redness, pain, itching or swelling at the place where your injection was given. Call your healthcare provider right away if an injection site becomes swollen and painful or the area looks infected. You may have a skin infection or an area of severe skin damage (necrosis) requiring treatment by a healthcare provider.
- **Blood problems**. Rebif can affect your bone marrow and cause low red and white blood cell and platelet counts. In some people, these blood cell counts may fall to dangerously low levels. If your blood cell counts become very low, you can get infections and problems with bleeding and bruising. Your healthcare provider may ask you to have regular blood tests to check for blood problems.
- **Pulmonary arterial hypertension**. Pulmonary arterial hypertension can occur with interferon beta products, including Rebif. Symptoms may include new or increasing fatigue or shortness of breath. Contact your healthcare provider right away if you develop these symptoms.
- **Seizures.** Some people have had seizures while taking Rebif.

Rebif® (interferon beta-1a) subcutaneous injection

IMPORTANT SAFETY INFORMATION (continued)

Before you take Rebif, tell your healthcare provider if you have or have had any of the following conditions:

- mental illness including depression and suicidal behavior
- liver problems
- bleeding problems or blood clots
- low blood cell counts
- seizures (epilepsy)
- thyroid problems
- drink alcohol
- are pregnant or plan to become pregnant. It is not known if Rebif will harm your unborn baby. Tell your healthcare provider if you become pregnant during your treatment with Rebif
- are breastfeeding or plan to breastfeed. Refib may pass into your breastmilk. Talk with your healthcare provider about the best way to feed your baby if you take Rebif.

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

The most common side effects of Rebif include:

- flu-like symptoms. You may have flu-like symptoms when you first start taking Rebif. You may be able to manage these flu-like symptoms by taking over-the-counter pain and fever reducers. For many people, these symptoms lessen or go away over time. Symptoms may include muscle aches, fever, tiredness, and chills
- stomach pain
- change in liver blood tests

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of Rebif. For more information, ask your healthcare provider or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088 or visit **www.fda.gov/medwatch**.

Please see full **Prescribing Information** and **Medication Guide** and discuss with your healthcare provider.

NOTES

Rebif® (interferon beta-1a) subcutaneous injection

MS LifeLines®

MS LIFELINES® IS HERE TO HELP YOU.

Have questions? MS-certified Nurses and Financial Support Specialists are on call.

1-877-447-3243

Call us Monday through Friday, 8am–8pm ET, or Saturday, 9am–5pm ET.

Visit us online at **MSLifeLines.com**.

Please see **Important Safety Information** throughout and on pages 41-42.
Please see full **Prescribing Information** and **Medication Guide** and discuss with your healthcare provider.

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The people depicted in this brochure are not real patients and are not sponsored by EMD Serono, Inc.

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