

If your health insurance plan will not help pay for your STELARA® (ustekinumab) prescription,

# GET SUPPORT

YOUR  
voice.  
treatment.  
choice.

## LEARN ABOUT RESOURCES THAT MAY BE ABLE TO HELP YOU

If your doctor has prescribed STELARA® for you, and you have learned that your health insurance plan will not help pay for your treatment with STELARA®, know that you can challenge that decision. You do not have to go through this process alone. Your healthcare team may be able to help you.

**This guide will introduce you to organizations that may be able to help you find patient support or better understand how to challenge your health insurance plan's decision.**

## YOU CAN TAKE ACTION

If your coverage for STELARA® has been changed by your health insurance plan, consider the following steps you can take:

- Talk to your healthcare team about next steps for getting STELARA®  
**See *discussion guide at stelarainfo.com/mychoice***
- Sign up for STELARA withMe (if you haven't already)  
**See *STELARA withMe information on page 2***
- Request that your health insurance plan make an exception for you  
**See *sample letter of exception template at stelarainfo.com/mychoice***
- Appeal your health insurance plan's decision  
**See *appeals resources on page 3***

**Talk to your healthcare team about next steps for getting STELARA® or visit [stelarainfo.com](http://stelarainfo.com) for additional information about resources and support that may be available to you.**

## SELECTED IMPORTANT SAFETY INFORMATION

STELARA® is not for everyone; only your doctor can decide if it's right for you. STELARA® is a prescription medicine that affects your immune system. It can increase your chances of having serious side effects including serious infections, cancer, serious allergic reactions, lung inflammation, and a rare condition—posterior reversible encephalopathy syndrome. Talk to your doctor if you need a vaccine. **Please read the Important Safety Information on pages 5-7 and the Medication Guide for STELARA® to learn more about these and other risks for STELARA®. Discuss any questions you have with your doctor.**

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ONCE YOU AND YOUR DOCTOR HAVE DECIDED  
STELARA® (ustekinumab) IS RIGHT FOR YOU

## STELARA withMe—a patient support program for patients prescribed STELARA®

### DEDICATED SUPPORT—EVERY STEP OF THE WAY

Having a positive treatment journey starts with getting the right support. That's why STELARA withMe is here with you for the important steps.



#### **Nurse Navigator\***

When you enroll in STELARA withMe, you'll be contacted by a dedicated Nurse Navigator, a registered nurse who's just a phone call away. Your Nurse Navigator is ready to offer support and answer your questions about STELARA®.



#### **Prescription & Cost Support**

You'll receive support to help you: verify your insurance coverage, understand how to fill your prescriptions, and look for options that could make your treatment more affordable.



#### **Treatment Support**

Your Nurse Navigator can help provide infusion support and additional self-injection training. They can also offer support to help you stay on track throughout your treatment journey.

\*Nurse Navigators do not provide medical advice. Please ask your doctor any questions you might have about your disease and treatment.

The support and resources provided by STELARA withMe are not intended to provide medical advice, replace a treatment plan you receive from your doctor or nurse, or serve as a reason for you to start or stay on treatment.

Eligibility for program components may vary.

**Talk to your healthcare team about next steps for getting STELARA® or visit [stelarainfo.com](http://stelarainfo.com) for additional information about resources and support that may be available to you.**



## Appeals Resources

If your health insurance plan has denied your coverage for STELARA® (ustekinumab), your first step will be talking to your healthcare team. You may also choose to sign up for STELARA withMe to get access to dedicated support every step of the way or visit [stelarainfo.com](http://stelarainfo.com).

In addition to these resources, there are other organizations that may be able to help you understand what actions you can take if your health insurance plan has denied your coverage for STELARA®. This resource list may help you find additional information specific to your state, your type of health insurance coverage, or the conditions STELARA® is used to treat.

## KNOW YOUR OPTIONS

### Coverage Rights

<https://coveragerights.org>

Get helpful information to guide you if you are denied coverage for your treatment. Select your state to learn more about how to appeal your health insurance plan's decision based on the rules and regulations in your state.

### Consumer Assistance Program (CAP)

<https://www.cms.gov/CCIIO/Resources/Consumer-Assistance-Grants>

Get direct assistance with insurance-related issues for all coverage types, available by phone or email, or at walk-in locations, through your state's CAP.

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## LEARN HOW MEDICARE MAY HELP

### Centers for Medicare & Medicaid Services (CMS) Coverage Determinations

<https://www.cms.gov/medicare/appeals-grievances/prescription-drug/coverage-determinations>

Understand what coverage determination is and the steps you can take to request one.

### Medicare Prescription Drug Coverage Appeals

<https://www.medicare.gov/medicare-prescription-drug-coverage-appeals>

Learn about the steps you can take if Medicare has denied coverage for your medication, information on requesting an exception and filing an appeal if your exception request is denied, and answers to important frequently asked questions.

## FIND SUPPORT FOR YOUR CONDITION

### Crohn's and Colitis Foundation

<https://www.crohnscolitisfoundation.org/managing-the-cost-of-ibd/what-to-do-if-denied-coverage>

If your exception request has been denied, get detailed explanations of common coverage denial reasons and helpful information on how you can appeal.

### National Psoriasis Foundation: Paying for Treatment

<https://www.psoriasis.org/paying-for-treatment/>

Learn about cost support options for treatment and tips on how to navigate health insurance plans to help you choose fair and affordable options.

Talk to your healthcare team about next steps for getting STELARA® (ustekinumab) or visit [stelara.info](http://stelara.info) for additional information about resources and support that may be available to you.

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## IMPORTANT SAFETY INFORMATION

### WHAT IS STELARA® (ustekinumab)?

STELARA® is a prescription medicine used to treat:

- adults and children 6 years and older with moderate to severe psoriasis who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills).
- adults and children 6 years and older with active psoriatic arthritis.
- adults 18 years and older with moderately to severely active Crohn's disease.
- adults 18 years and older with moderately to severely active ulcerative colitis.

### IMPORTANT SAFETY INFORMATION

STELARA® is a prescription medicine that affects your immune system. STELARA® can increase your chance of having serious side effects including:

#### Serious Infections

STELARA® may lower your ability to fight infections and may increase your risk of infections. While taking STELARA®, some people have serious infections, which may require hospitalization, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses.

- Your doctor should check you for TB before starting STELARA® and watch you closely for signs and symptoms of TB during treatment with STELARA®.
- If your doctor feels that you are at risk for TB, you may be treated for TB before and during treatment with STELARA®. You should not start taking STELARA® if you have any kind of infection unless your doctor says it is okay.

#### Before starting STELARA®, tell your doctor if you:

- think you have an infection or have symptoms of an infection such as:
  - o fever, sweats, or chills
  - o muscle aches
  - o cough
  - o shortness of breath
  - o blood in phlegm
  - o weight loss
  - o warm, red, or painful skin or sores on your body
  - o diarrhea or stomach pain
  - o burning when you urinate or urinate more often than normal
  - o feel very tired
- are being treated for an infection or have any open cuts.
- get a lot of infections or have infections that keep coming back.
- have TB, or have been in close contact with someone with TB.

**After starting STELARA®, call your doctor right away** if you have any symptoms of an infection (see above). These may be signs of infections such as chest infections, or skin infections or shingles that could have serious complications. STELARA® can make you more likely to get infections or make an infection that you have worse. People who have a genetic problem where the body does not make any of the proteins interleukin 12 (IL-12) and interleukin 23 (IL-23) are at a higher risk for certain serious infections that can spread throughout the body and cause death. People who take STELARA® may also be more likely to get these infections.



## IMPORTANT SAFETY INFORMATION (cont'd)

### Cancers

STELARA® may decrease the activity of your immune system and increase your risk for certain types of cancer. Tell your doctor if you have ever had any type of cancer. Some people who had risk factors for skin cancer developed certain types of skin cancers while receiving STELARA®. Tell your doctor if you have any new skin growths.

### Posterior Reversible Encephalopathy Syndrome (PRES)

PRES is a rare condition that affects the brain and can cause death. The cause of PRES is not known. If PRES is found early and treated, most people recover. Tell your doctor right away if you have any new or worsening medical problems including: headache, seizures, confusion, and vision problems.

### Serious Allergic Reactions

Serious allergic reactions can occur. Stop using STELARA® and get medical help right away if you have any symptoms of a serious allergic reaction such as: feeling faint, swelling of your face, eyelids, tongue, or throat, chest tightness, or skin rash.

### Lung Inflammation

Cases of lung inflammation have happened in some people who receive STELARA® and may be serious. These lung problems may need to be treated in a hospital. Tell your doctor right away if you develop shortness of breath or a cough that doesn't go away during treatment with STELARA®.

### Before receiving STELARA®, tell your doctor about all of your medical conditions, including if you:

- have any of the conditions or symptoms listed above for serious infections, cancers, or PRES.
- ever had an allergic reaction to STELARA® or any of its ingredients. Ask your doctor if you are not sure.
- are allergic to latex. The needle cover on the prefilled syringe contains latex.
- have recently received or are scheduled to receive an immunization (vaccine). People who take STELARA® should not receive live vaccines. Tell your doctor if anyone in your house needs a live vaccine. The viruses used in some types of live vaccines can spread to people with a weakened immune system, and can cause serious problems. **You should not receive the BCG vaccine during the one year before receiving STELARA® or one year after you stop receiving STELARA®.**
- have any new or changing lesions within psoriasis areas or on normal skin.
- are receiving or have received allergy shots, especially for serious allergic reactions.
- receive or have received phototherapy for your psoriasis.
- are pregnant or plan to become pregnant. It is not known if STELARA® can harm your unborn baby. You and your doctor should decide if you will receive STELARA®.
- received STELARA® while you were pregnant. It is important that you tell your baby's healthcare provider before any vaccinations are given to your baby.
- are breastfeeding or plan to breastfeed. STELARA® can pass into your breast milk.
- talk to your doctor about the best way to feed your baby if you receive STELARA®.



## IMPORTANT SAFETY INFORMATION (cont'd)

**Tell your doctor about all the medicines you take**, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Know the medicines you take. Keep a list of them to show your doctor and pharmacist when you get a new medicine.

### **When prescribed STELARA®:**

- Use STELARA® exactly as your doctor tells you to.
- STELARA® is intended for use under the guidance and supervision of your doctor. In children 6 years and older, it is recommended that STELARA® be administered by a healthcare provider. If your doctor decides that you or a caregiver may give your injections of STELARA® at home, you should receive training on the right way to prepare and inject STELARA®. Your doctor will determine the right dose of STELARA® for you, the amount for each injection, and how often you should receive it. Do not try to inject STELARA® yourself until you or your caregiver have been shown how to inject STELARA® by your doctor or nurse.

**Common side effects of STELARA® include:** nasal congestion, sore throat, and runny nose, upper respiratory infections, fever, headache, tiredness, itching, nausea and vomiting, redness at the injection site, vaginal yeast infections, urinary tract infections, sinus infection, bronchitis, diarrhea, stomach pain, and joint pain. These are not all of the possible side effects with STELARA®. Tell your doctor about any side effect that you experience. Ask your doctor or pharmacist for more information.

**Please click to read the full [Prescribing Information](#) and [Medication Guide](#) for STELARA® and discuss any questions you have with your doctor.**

**You are encouraged to report negative side effects of prescription drugs to the FDA.**

**Visit <https://www.fda.gov/medwatch> or call 1-800-FDA-1088.**

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