

ALL DONE! HERE'S YOUR 5 POINT PROFILE



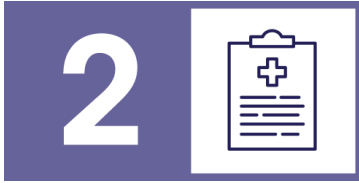
YOU'RE A GOAL GETTER!

Remember, diabetes may change over time. As you take care of your diabetes, keep in mind that it's important to be aware of your treatment options. Your 5 Point Profile can help:



YOU'RE ON YOUR WAY

Keeping track of your A1C level is just one way to see how you are doing. Remember, it's also important to track your blood sugar levels throughout the day.



CONSIDER YOUR OPTIONS

Based on your profile, Lantus (insulin glargine injection) 100 Units/mL or Toujeo® (insulin glargine injection) 300 Units/mL may be an option for you to talk with your doctor about. How can they help?

Both Lantus and Toujeo:

- Are once-daily, long-acting insulins
- Offer proven A1C reduction and blood sugar control
- Have demonstrated safety

Toujeo also provides a more gradual release, and the lowest injection volume of any long-acting insulin. [Learn more](#)



START THE CONVERSATION

Want to speak with your doctor and learn more about your treatment options? Here are some questions that may help.

[Download "Questions for Your Doctor"](#)

What is Lantus® (insulin glargine injection) 100 Units/mL?

Prescription Lantus® is a long-acting insulin used to treat adults with type 2 diabetes and adults and pediatric patients (children 6 years and older) with type 1 diabetes for the control of high blood sugar.

- Do not use Lantus® to treat diabetic ketoacidosis.

Important Safety Information for Lantus® (insulin glargine injection) 100 Units/mL

Do not take Lantus® during episodes of low blood sugar or if you are allergic to insulin or any of the inactive ingredients in Lantus®.

What is Toujeo® (insulin glargine injection) 300 Units/mL?

Prescription Toujeo® is a long-acting insulin used to control blood sugar in adults with diabetes mellitus.

- Toujeo® contains 3 times as much insulin in 1 mL as standard insulin (100 Units/mL)
- Toujeo® is not for use to treat diabetic ketoacidosis
- Toujeo® should not be used in children

Important Safety Information for Toujeo® (insulin glargine injection) 300 Units/mL

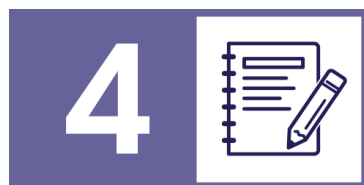
Do not take Toujeo® if you have low blood sugar or if you are allergic to insulin or any of the ingredients in Toujeo®.

Please see page 3 for Important Safety Information for Lantus®

Please [click here](http://products.sanofi.us/lantus/lantus.pdf) or visit <http://products.sanofi.us/lantus/lantus.pdf> for Full Prescribing Information

Please see page 4 for Important Safety Information for Toujeo®

Please [click here](http://products.sanofi.us/toujeo/toujeo.pdf) or visit <http://products.sanofi.us/toujeo/toujeo.pdf> for Full Prescribing Information



BE A TRACK STAR

As you know, keeping track of your A1C and daily blood sugar levels is important for your diabetes management. It can help you and your doctor see how well your diabetes treatment plan is working and if adjustments are needed.

[Get Blood Sugar Log](#)



TEAMINGUP IS HERE FOR YOU

Trying to track everything from eating right and staying active to your blood sugar levels? Learn from others like you and get handy tools and tips, including healthy recipes, at **teamingupfordiabetes.com**

Important Safety Information for Lantus® (insulin glargine injection) 100 Units/mL (continued)

Do not share needles, insulin pens, or syringes with others. Do NOT reuse needles.

Before starting Lantus®, tell your doctor about all your medical conditions, including if you have liver or kidney problems, if you are pregnant or planning to become pregnant or if you are breast-feeding or planning to breast-feed.

Heart failure can occur if you are taking insulin together with certain medicines called TZDs (thiazolidinediones), even if you have never had heart failure or other heart problems. If you already have heart failure, it may get worse while you take TZDs with Lantus®. Your treatment with TZDs and Lantus® may need to be changed or stopped by your doctor if you have new or worsening heart failure. Tell your doctor if you have any new or worsening symptoms of heart failure, including:

- Shortness of breath
- Sudden weight gain
- Swelling of your ankles or feet

Important Safety Information for Toujeo® (insulin glargine injection) 300 Units/mL (continued)

Do NOT share your pen(s) 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.

Before starting Toujeo®, tell your doctor about all your medical conditions, including if you have liver or kidney problems, if you are pregnant or planning to become pregnant, or if you are breastfeeding or planning to breastfeed.

Heart failure can occur if you are taking insulin together with pills called TZDs (thiazolidinediones), even if you have never had heart failure or other heart problems. If you have heart failure, it may get worse while you take TZDs with Toujeo®. Your treatment with TZDs and Toujeo® may need to be changed or stopped by your doctor if you have new or worsening heart failure. Tell your doctor if you have any new or worsening symptoms, including:

- Shortness of breath
- Swelling of your ankles or feet
- Sudden weight gain

Please see page 3 for Important Safety Information for Lantus®

Please **[click here](http://products.sanofi.us/lantus/lantus.pdf)** or visit <http://products.sanofi.us/lantus/lantus.pdf> for Full Prescribing Information

Please see page 4 for Important Safety Information for Toujeo®

Please **[click here](http://products.sanofi.us/toujeo/toujeo.pdf)** or visit <http://products.sanofi.us/toujeo/toujeo.pdf> for Full Prescribing Information

What is Lantus® (insulin glargine injection) 100 Units/mL?

Prescription Lantus® is a long-acting insulin used to treat adults with type 2 diabetes and adults and pediatric patients (children 6 years and older) with type 1 diabetes for the control of high blood sugar.

- Do not use Lantus® to treat diabetic ketoacidosis.

Important Safety Information for Lantus® (insulin glargine injection) 100 Units/mL

Do not take Lantus® during episodes of low blood sugar or if you are allergic to insulin or any of the inactive ingredients in Lantus®.

Do not share needles, insulin pens, or syringes with others. Do NOT reuse needles.

Before starting Lantus®, tell your doctor about all your medical conditions, including if you have liver or kidney problems, if you are pregnant or planning to become pregnant or if you are breast-feeding or planning to breast-feed.

Heart failure can occur if you are taking insulin together with certain medicines called TZDs (thiazolidinediones), even if you have never had heart failure or other heart problems. If you already have heart failure, it may get worse while you take TZDs with Lantus®. Your treatment with TZDs and Lantus® may need to be changed or stopped by your doctor if you have new or worsening heart failure. Tell your doctor if you have any new or worsening symptoms of heart failure, including:

- Shortness of breath
- Swelling of your ankles or feet
- Sudden weight gain

Tell your doctor about all the medications you take, including OTC medicines, vitamins, and supplements, including herbal supplements.

Lantus® should be taken once a day at the same time every day. Test your blood sugar levels while using insulin, such as Lantus®. Do not make any changes to your dose or type of insulin without talking to your healthcare provider. Any change of insulin should be made cautiously and only under medical supervision.

Do NOT dilute or mix Lantus® with any other insulin or solution. It will not work as intended

and you may lose blood sugar control, which could be serious. Lantus® must only be used if the solution is clear and colorless with no particles visible. Always make sure you have the correct insulin before each injection.

While using Lantus®, do not drive or operate heavy machinery until you know how Lantus® affects you. You should not drink alcohol or use other medicines that contain alcohol.

The most common side effect of insulin, including Lantus®, is low blood sugar (hypoglycemia), which may be serious and life threatening. It may cause harm to your heart or brain. Symptoms of serious low blood sugar may include shaking, sweating, fast heartbeat, and blurred vision.

Lantus® may cause serious side effects that can lead to death, such as severe allergic reactions. Get medical help right away if you have:

- A rash over your whole body
- Trouble breathing
- A fast heartbeat
- Sweating
- Swelling of your face, tongue, or throat
- Shortness of breath
- Extreme drowsiness, dizziness, or confusion

Other possible side effects may include swelling, weight gain, low potassium levels, injection site reactions, including changes in fat tissue at the injection site, and allergic reactions.

Lantus® SoloStar® is a disposable prefilled insulin pen. Please talk to your healthcare provider about proper injection technique and follow instructions in the Instruction Leaflet that accompanies the pen.

Please [click here](http://products.sanofi.us/lantus/lantus.pdf) or visit <http://products.sanofi.us/lantus/lantus.pdf> for Full Prescribing Information for Lantus®.

**LANTUS**
insulin glargine injection 100 Units/mL

What is Toujeo® (insulin glargine injection) 300 Units/mL?

Prescription Toujeo® is a long-acting insulin used to control blood sugar in adults with diabetes mellitus.

- Toujeo® contains 3 times as much insulin in 1 mL as standard insulin (100 Units/mL)
- Toujeo® is not for use to treat diabetic ketoacidosis
- Toujeo® should not be used in children

Important Safety Information for Toujeo® (insulin glargine injection) 300 Units/mL

Do not take Toujeo® if you have low blood sugar or if you are allergic to insulin or any of the ingredients in Toujeo®.

Do NOT share your pen(s) 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.

Before starting Toujeo®, tell your doctor about all your medical conditions, including if you have liver or kidney problems, if you are pregnant or planning to become pregnant, or if you are breastfeeding or planning to breastfeed.

Heart failure can occur if you are taking insulin together with pills called TZDs (thiazolidinediones), even if you have never had heart failure or other heart problems. If you have heart failure, it may get worse while you take TZDs with Toujeo®. Your treatment with TZDs and Toujeo® may need to be changed or stopped by your doctor if you have new or worsening heart failure. Tell your doctor if you have any new or worsening symptoms, including:

- Shortness of breath
- Sudden weight gain
- Swelling of your ankles or feet

Tell your doctor about all the medications you take, including OTC medicines, vitamins, supplements, and herbal supplements.

Toujeo® should be taken at the same time once a day. Test your blood sugar levels daily while using any insulin. Do not change your dose or type of insulin without talking to your doctor. Verify that you have the correct insulin before each injection. **Do NOT use a syringe to remove Toujeo® from your pen.** Your dose for Toujeo® may be different from other insulins

you have taken. Any change of insulin should be made cautiously and only under medical supervision.

Do NOT dilute or mix Toujeo® with any other insulin or solution. It will not work as intended and you may lose blood sugar control, which could be serious. Use Toujeo® only if the solution is clear and colorless with no particles visible.

While using Toujeo®, do not drive or operate heavy machinery until you know how Toujeo® affects you. Don't drink alcohol or use other medicines that contain alcohol.

The most common side effect of any insulin, including Toujeo®, is low blood sugar (hypoglycemia), which may be serious and life-threatening. Severe hypoglycemia may cause harm to your heart or brain. Symptoms of serious low blood sugar may include shaking, sweating, fast heartbeat, and blurred vision.

Toujeo® may cause severe allergic reactions that can lead to death. Get medical help right away if you have:

- A rash over your whole body
- Shortness of breath
- Swelling of your face, tongue, or throat
- Extreme drowsiness, dizziness, or confusion
- Trouble breathing
- Fast heartbeat
- Sweating

Toujeo® may have additional side effects including swelling, weight gain, low potassium, and injection site reactions, which may include change in fat tissue, skin thickening, redness, swelling, and itching.

Toujeo® SoloStar® and Toujeo® Max SoloStar® are disposable prefilled insulin pens. It is important to perform a safety test when using a new pen for the first time. Talk to your doctor about proper injection technique and follow instructions in the *Instruction Leaflet* that comes with the pen.

Please [click here](http://products.sanofi.us/toujeo/toujeo.pdf) or visit <http://products.sanofi.us/toujeo/toujeo.pdf> for Full Prescribing Information for Toujeo®.

