

For the treatment of **Huntington's disease (HD) chorea in adults**

***Your Tracking Guide for AUSTEDO® XR will help you start and stay on treatment for HD chorea by setting treatment goals, tracking progress, and discussing treatment with your healthcare provider.***



### **APPROVED USE**

AUSTEDO® XR (deutetrabenazine) extended-release tablets and AUSTEDO® (deutetrabenazine) tablets are prescription medicines that are used to treat the involuntary movements (chorea) of Huntington's disease. AUSTEDO XR and AUSTEDO do not cure the cause of the involuntary movements, and it does not treat other symptoms of Huntington's disease, such as problems with thinking or emotions.

It is not known if AUSTEDO XR and AUSTEDO are safe and effective in children.

### **IMPORTANT SAFETY INFORMATION**

**AUSTEDO XR and AUSTEDO® (deutetrabenazine) tablets can cause serious side effects in people with Huntington's disease, including: depression, suicidal thoughts, or suicidal actions. Do not start taking AUSTEDO XR or AUSTEDO if you are depressed (have untreated depression or depression that is not well controlled by medicine) or have suicidal thoughts.** Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts or feelings. This is especially important when AUSTEDO XR or AUSTEDO is started and when the dose is changed. Call your healthcare provider right away if you become depressed, have unusual changes in mood or behavior, or have thoughts of suicide.

Please read **Important Safety Information** on pages 8-9 and click [here](#) or visit [www.AUSTEDO.com](http://www.AUSTEDO.com) to read or print the **Medication Guide** for AUSTEDO XR.

# HD CHOREA TREATMENT GOALS

You and your healthcare team have worked together to develop a plan to treat your HD chorea that includes one pill, once-daily AUSTEDO® XR (deutetrabenazine) extended-release tablets. **To help you stay on track with your treatment plan, it's important to first define your goals.**

***Here are a few questions to get you started.***

Write answers in the spaces provided and share them with your healthcare team, family members, and/or care partners:

**1** *What uncontrollable movements are you hoping may improve with treatment?*

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**2** *What other personal treatment goals have you and/or your healthcare team set?*

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**3** *What steps have you, your healthcare team, family members, and/or care partners identified to help you achieve your treatment goals?*

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**4** *If you were to achieve your treatment goals, what would be different?*

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## **IMPORTANT SAFETY INFORMATION (CONTINUED)**

**Do not take AUSTEDO® XR (deutetrabenazine) extended-release tablets or AUSTEDO® (deutetrabenazine) tablets if you:**

- have Huntington's disease and are depressed or have thoughts of suicide.
- have liver problems.

## TAKE YOUR MEDICATION AS PRESCRIBED

Life can get busy, and it's not always easy to remember all of your healthcare provider's instructions. **However, it is important that you continue to take one pill, once-daily AUSTEDO® XR (deutetrabenazine) extended-release tablets exactly as prescribed.**

### **AUSTEDO® XR (deutetrabenazine) extended-release tablets should be taken:**



Once daily



With water



Whole (do not crush or break)



With or without food

If you cannot swallow AUSTEDO XR tablets whole, tell your healthcare provider. You may need a different medicine.

## SWITCHING FROM TETRABENAZINE

***You can start AUSTEDO® XR the day after you stop tetrabenazine. This means you can continue treating your HD chorea without missing a dose.***

**Be sure to ask your doctor or pharmacist if you have any questions about prescription instructions**

### **IMPORTANT SAFETY INFORMATION (CONTINUED)**

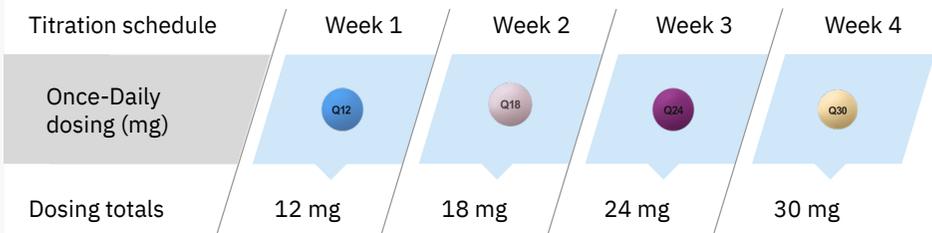
**Do not take AUSTEDO XR or AUSTEDO® (deutetrabenazine) tablets if you:**

- are taking reserpine. **Do not** take medicines that contain reserpine with AUSTEDO XR or AUSTEDO. If your healthcare provider plans to switch you from taking reserpine to AUSTEDO XR or AUSTEDO, you must wait at least 20 days after your last dose of reserpine before you start taking AUSTEDO XR or AUSTEDO.

# A PERSONALIZED APPROACH TO DOSING

Your healthcare provider will start you at a low dose of AUSTEDO® XR (deutetrabenazine) extended-release tablets and gradually increase your dose over time. This approach allows your body to get used to the medication and can help with side effects as movements are reduced. This way, your doctor can find a dose that works for you. This process is called titration.

This is the dosing schedule for the Titration Kit.



Pills are for illustration only and not actual size or likeness.

As you begin treatment, be sure to track your progress and talk to your healthcare provider if you have questions

## IMPORTANT SAFETY INFORMATION (CONTINUED)

**Do not take AUSTEDO® XR (deutetrabenazine) extended-release tablets or AUSTEDO® (deutetrabenazine) tablets if you:**

- are taking a monoamine oxidase inhibitor (MAOI) medicine. **Do not** take an MAOI within 14 days after you stop taking AUSTEDO XR or AUSTEDO. **Do not** start AUSTEDO XR or AUSTEDO if you stopped taking an MAOI in the last 14 days. Ask your healthcare provider or pharmacist if you are not sure.

# STAYING ON TRACK

**It's important to take one pill, once-daily AUSTEDO® XR (deutetrabenazine) extended-release tablets as prescribed. Use these tips to help you stay on track:**



## **Have a plan**

- Before starting AUSTEDO XR, talk to your healthcare provider about what to do if you miss a dose
- Add your dosing schedule to your other daily routines so you will be less likely to miss a dose
- Tell your doctor if you stop taking AUSTEDO XR for more than 1 week. Do not take another dose until you talk to your doctor



## **Set a routine**

- Follow the dosing schedule exactly as prescribed by your doctor
- Set an alarm as a treatment reminder
- Keep your AUSTEDO XR tablets in the same place so you know where they are



## **Record your treatment**

- Use the Progress Tracker and Activity Log included in this guide to record when AUSTEDO XR is taken and any questions you have for your doctor



## **Reach your appropriate dose**

- Work with your doctor to find the dose of AUSTEDO XR that works for you
- It's important to take AUSTEDO XR exactly as your doctor prescribes it
- Your doctor may adjust your dose up or down in the first few weeks of treatment based on reduction of movements and how well the medicine is tolerated

## **IMPORTANT SAFETY INFORMATION (CONTINUED)**

**Do not take AUSTEDO XR or AUSTEDO® (deutetrabenazine) tablets if you:**

- are taking tetrabenazine. If your healthcare provider plans to switch you from tetrabenazine to AUSTEDO XR or AUSTEDO, take your first dose of AUSTEDO XR or AUSTEDO on the day after your last dose of tetrabenazine.
- are taking valbenazine.

# ANSWERING YOUR QUESTIONS

**It's normal to have questions when starting a new medication. Here are some questions from people living with HD chorea and care partners, with answers provided by a healthcare professional:**

**Q: Why was AUSTEDO® XR (deutetrabenazine) extended-release tablets prescribed for me?**

**A:** Your healthcare provider likely considered the impact HD chorea was having on your life and prescribed AUSTEDO XR. In a clinical study, AUSTEDO® (deutetrabenazine) tablets were effective for the treatment of HD chorea. People taking AUSTEDO demonstrated more than a 2x reduction in movement severity after 12 weeks versus placebo.\*

**Q: How will I know if AUSTEDO XR is working?**

**A:** HD chorea affects everyone differently, so treatment results may vary from person to person. While some people may start to experience treatment benefits sooner, it may take up to 12 weeks to see the effects of AUSTEDO XR.

**Q: What happens if I miss a dose?**

**A:** Before starting AUSTEDO XR, talk to your healthcare provider about what to do if you/the person you're caring for forget(s) a dose. Also, tell your healthcare provider if you/they stop taking AUSTEDO XR for more than 1 week. Do not take another dose until you talk to your healthcare provider. Using the Progress Tracker and Activity Log in this guide will help you remember to take your daily medication as prescribed.

\*Once-daily AUSTEDO XR extended-release tablets contain the same active ingredient as AUSTEDO tablets. Data on this page is based on twice-daily dosing.

## IMPORTANT SAFETY INFORMATION (CONTINUED)

**Other possible serious side effects include:**

- **Irregular heartbeat (QT prolongation).** AUSTEDO XR (deutetrabenazine) tablets and AUSTEDO (deutetrabenazine) tablets increases your chance of having certain changes in the electrical activity in your heart. These changes can lead to a dangerous abnormal heartbeat. Taking AUSTEDO XR or AUSTEDO with certain medicines may increase this chance.

**Q: Why might my healthcare provider adjust my dose?**

**A:** Your healthcare provider will start you at a low dose and gradually increase your dose over time. This approach allows your body to get used to the medication and can help with side effects as movements are reduced. This way, your healthcare provider can find a dose that works for you. This process is called titration.

**Q: What happens when I reach my appropriate dose?**

**A:** Once your healthcare provider determines the dose of AUSTEDO® XR (deutetrabenazine) extended-release tablets that's right for you, that amount will become your maintenance dose. It's important to track your progress (using the Progress Tracker included in this guide) both during the initial titration period and once your maintenance dose is established so your treatment plan can be adjusted if something changes.

**Q: Are there side effects?**

**A:** As with any medication, it's always important to discuss possible side effects with your healthcare provider before you start taking AUSTEDO XR. It's also important to keep your healthcare provider informed about how you're feeling throughout treatment. If something doesn't feel right, tell your healthcare provider so your treatment plan can be adjusted as necessary.

**IMPORTANT SAFETY INFORMATION (CONTINUED)**

**Other possible serious side effects include:**

- **Neuroleptic Malignant Syndrome.** Call your healthcare provider right away and go to the nearest emergency room if you develop these signs and symptoms that do not have another obvious cause: high fever, stiff muscles, problems thinking, very fast or uneven heartbeat, or increased sweating.



## APPROVED USE

AUSTEDO® XR (deutetrabenazine) extended-release tablets and AUSTEDO® (deutetrabenazine) tablets are prescription medicines that are used to treat the movements in the face, tongue, or other body parts that cannot be controlled (tardive dyskinesia).

It is not known if AUSTEDO XR and AUSTEDO are safe and effective in children.

## IMPORTANT SAFETY INFORMATION

**AUSTEDO XR and AUSTEDO® (deutetrabenazine) tablets can cause serious side effects in people with Huntington's disease, including: depression, suicidal thoughts, or suicidal actions. Do not** start taking AUSTEDO XR or AUSTEDO if you are depressed (have untreated depression or depression that is not well controlled by medicine) **or** have suicidal thoughts. Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts or feelings. This is especially important when AUSTEDO XR or AUSTEDO is started and when the dose is changed. Call your healthcare provider right away if you become depressed, have unusual changes in mood or behavior, or have thoughts of suicide.

### Do not take AUSTEDO XR or AUSTEDO if you:

- have Huntington's disease and are depressed or have thoughts of suicide.
- have liver problems.
- are taking reserpine. **Do not** take medicines that contain reserpine with AUSTEDO XR or AUSTEDO. If your healthcare provider plans to switch you from taking reserpine to AUSTEDO XR or AUSTEDO, you must wait at least 20 days after your last dose of reserpine before you start taking AUSTEDO XR or AUSTEDO.
- are taking a monoamine oxidase inhibitor (MAOI) medicine. **Do not** take an MAOI within 14 days after you stop taking AUSTEDO XR or AUSTEDO. **Do not** start AUSTEDO XR or AUSTEDO if you stopped taking an MAOI in the last 14 days. Ask your healthcare provider or pharmacist if you are not sure.
- are taking tetrabenazine. If your healthcare provider plans to switch you from tetrabenazine to AUSTEDO XR or AUSTEDO, take your first dose of AUSTEDO XR or AUSTEDO on the day after your last dose of tetrabenazine.
- are taking valbenazine.



## **IMPORTANT SAFETY INFORMATION (CONTINUED)**

### **Other possible serious side effects include:**

- **Irregular heartbeat (QT prolongation).** AUSTEDO® XR (deutetrabenazine) extended-release tablets and AUSTEDO® (deutetrabenazine) tablets increases your chance of having certain changes in the electrical activity in your heart. These changes can lead to a dangerous abnormal heartbeat. Taking AUSTEDO XR or AUSTEDO with certain medicines may increase this chance.
- **Neuroleptic Malignant Syndrome.** Call your healthcare provider right away and go to the nearest emergency room if you develop these signs and symptoms that do not have another obvious cause: high fever, stiff muscles, problems thinking, very fast or uneven heartbeat, or increased sweating.
- **Restlessness.** You may get a condition where you feel a strong urge to move. This is called akathisia.
- **Parkinsonism.** Symptoms include: slight shaking, body stiffness, trouble moving, trouble keeping your balance, or falls.

**Sleepiness (sedation) is a common side effect of AUSTEDO XR and AUSTEDO® (deutetrabenazine) tablets.** While taking AUSTEDO XR or AUSTEDO, do not drive a car or operate dangerous machinery until you know how AUSTEDO XR or AUSTEDO affects you. Drinking alcohol and taking other drugs that may also cause sleepiness while you are taking AUSTEDO XR or AUSTEDO may increase any sleepiness caused by AUSTEDO XR and AUSTEDO.

**The most common side effects of AUSTEDO in people with Huntington's disease include** sleepiness (sedation), diarrhea, tiredness, and dry mouth.

**The most common side effects of AUSTEDO in people with tardive dyskinesia include** inflammation of the nose and throat (nasopharyngitis) and problems sleeping (insomnia).

The most common side effects of AUSTEDO XR are expected to be similar to AUSTEDO in people with Huntington's disease or tardive dyskinesia.

These are not all the possible side effects of AUSTEDO XR or AUSTEDO. Call your doctor for medical advice about side effects. You are encouraged to report side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call **1-800-FDA-1088**.

Please read the accompanying **Medication Guide** [here](#).

# PROGRESS TRACKER AND ACTIVITY LOG

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**1 Use this progress tracker daily to help you achieve your treatment goals with one pill, once-daily AUSTEDO® XR (deutetrabenazine) extended-release tablets**

**a Write the Week #** (eg, week 1) and the month/day/year you start treatment.

**b Check the “Titrated” box** if you are still in the process of working with your healthcare provider to find the dose that’s effective for you.

**Check the “Maintenance” box** if you already found your effective dose so you’re able to track it over time to ensure it’s the most appropriate dose for your needs.

**c Note your prescribed dose for that week** given to you by your healthcare provider. Track progress both during the titration period and with the maintenance dose so your treatment plan can be adjusted if something changes.

**2 Record changes in movements in the activity log**

**Evaluate your movements** each week and the impact they’ve had on your daily life as compared to the previous week.

**3 Keep notes to discuss with your healthcare provider during your next visit**

## DON'T FORGET REFILLS

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Need additional Progress Tracker and Activity Log sheets? Download more at [www.AUSTEDO.com/huntingtons-chorea/resources](http://www.AUSTEDO.com/huntingtons-chorea/resources). Remember to bring your completed log sheets to upcoming appointments to help you discuss your progress with your healthcare provider.



1a



Week # 2

1b



Titrated:

Indicate your dose for the week

1c



Prescribed dose:

Dose selection grid with buttons: Q6, Q12, Q18 (selected), Q24, Q30, Q36, Q42, Q48.

Check each box after taking your daily dose

SUN	MON	TUES	WED	THURS	FRI	SAT
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>				

Rate your ability to do daily activities compared to last week

At the end of each week, take a few minutes to evaluate your involuntary movements and the impact of HD chorea on your ability to perform certain activities compared to last week

2



**Involuntary Movements**

Rating: better  same  worse   
Examples:  
• face • torso  
• mouth • legs  
• arms

**Personal Care**

Rating: better  same  worse   
Examples:  
• bathing  
• getting dressed  
• brushing your teeth

**Additional Daily Activities**

Rating: better  same  worse   
Examples:  
• eating and drinking  
• making phone calls  
• typing on the computer

3



This week I accomplished

Blank lines for notes under 'This week I accomplished'

Questions to discuss with my doctor

Blank lines for notes under 'Questions to discuss with my doctor'

Week # \_\_\_\_\_

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

*Indicate your dose for the week*

<b>Titrated:</b> <input type="checkbox"/>				
<b>Maintenance:</b> <input type="checkbox"/>				

**Check each box after taking your daily dose**

SUN	MON	TUES	WED	THURS	FRI	SAT

**Rate your ability to do daily activities compared to last week**

At the end of each week, take a few minutes to evaluate your involuntary movements and rate the impact of HD chorea on your ability to perform certain activities compared to last week.

*Involuntary Movements*

*Personal Care*

*Additional Daily Activities*

<input type="checkbox"/> better	<input type="checkbox"/> same	<input type="checkbox"/> worse	<input type="checkbox"/> better	<input type="checkbox"/> same	<input type="checkbox"/> worse	<input type="checkbox"/> better	<input type="checkbox"/> same	<input type="checkbox"/> worse
<b>Examples:</b>			<b>Examples:</b>			<b>Examples:</b>		
• face	• torso		• bathing			• eating and drinking		
• mouth	• legs		• getting dressed			• making phone calls		
• arms			• brushing your teeth			• typing on the computer		

*This week I accomplished*

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*Questions to discuss with my doctor*

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Week # \_\_\_\_\_

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

*Indicate your dose for the week*

<b>Titrated:</b> <input type="checkbox"/>				
<b>Maintenance:</b> <input type="checkbox"/>				

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SUN	MON	TUES	WED	THURS	FRI	SAT

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*Involuntary Movements*

*Personal Care*

*Additional Daily Activities*

<input type="checkbox"/> better <input type="checkbox"/> same <input type="checkbox"/> worse	<input type="checkbox"/> better <input type="checkbox"/> same <input type="checkbox"/> worse	<input type="checkbox"/> better <input type="checkbox"/> same <input type="checkbox"/> worse
<p style="text-align: center;"><b>Examples:</b></p> <ul style="list-style-type: none"> <li>face</li> <li>mouth</li> <li>arms</li> <li>torso</li> <li>legs</li> </ul>	<p style="text-align: center;"><b>Examples:</b></p> <ul style="list-style-type: none"> <li>bathing</li> <li>getting dressed</li> <li>brushing your teeth</li> </ul>	<p style="text-align: center;"><b>Examples:</b></p> <ul style="list-style-type: none"> <li>eating and drinking</li> <li>making phone calls</li> <li>typing on the computer</li> </ul>

*This week I accomplished*

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*Questions to discuss with my doctor*

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Week # \_\_\_\_\_

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*Personal Care*

*Additional Daily Activities*

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*This week I accomplished*

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*Questions to discuss with my doctor*

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Week # \_\_\_\_\_

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<b>Titrated:</b> <input type="checkbox"/>				
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*This week I accomplished*

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*Questions to discuss with my doctor*

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Week # \_\_\_\_\_

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

*Indicate your dose for the week*

<b>Titrated:</b> <input type="checkbox"/>				
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*Involuntary Movements*

*Personal Care*

*Additional Daily Activities*

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
better	same	worse
<b>Examples:</b>		
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• mouth	• legs	
• arms		

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<b>Examples:</b>		
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• brushing your teeth		

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
better	same	worse
<b>Examples:</b>		
• eating and drinking		
• making phone calls		
• typing on the computer		

*This week I accomplished*

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*Questions to discuss with my doctor*

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Week # \_\_\_\_\_

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

*Indicate your dose for the week*

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<b>Maintenance:</b> <input type="checkbox"/>				

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<input type="checkbox"/> better	<input type="checkbox"/> same	<input type="checkbox"/> worse	<input type="checkbox"/> better	<input type="checkbox"/> same	<input type="checkbox"/> worse	<input type="checkbox"/> better	<input type="checkbox"/> same	<input type="checkbox"/> worse
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*This week I accomplished*

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*Questions to discuss with my doctor*

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# MEDICAL INFORMATION

AUSTEDO® XR (deutetrabenazine) extended-release tablets start date:

**Primary care doctor** \_\_\_\_\_

Phone number \_\_\_\_\_

Address \_\_\_\_\_

**Neurologist** \_\_\_\_\_

Phone number \_\_\_\_\_

Address \_\_\_\_\_

**Hospital** \_\_\_\_\_

Phone number \_\_\_\_\_

Address \_\_\_\_\_

**Pharmacy** \_\_\_\_\_

Phone number \_\_\_\_\_

Address \_\_\_\_\_

**Insurance carrier** \_\_\_\_\_

Phone number \_\_\_\_\_

Health insurance member \_\_\_\_\_

**teva** | Shared Solutions

*Your go-to resource for financial assistance,  
nurse support, and benefits coverage.*



**1-800-887-8100**

Monday-Friday  
from 8 AM to 8 PM CT

# APPOINTMENT RECORD

Record your next appointment date in the space provided.

**My next appointment is:**

MONTH:

DAY:

TIME:

AM/PM

NOTES:

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**My next appointment is:**

MONTH:

DAY:

TIME:

AM/PM

NOTES:

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**My next appointment is:**

MONTH:

DAY:

TIME:

AM/PM

NOTES:

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**My next appointment is:**

MONTH:

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**My next appointment is:**

MONTH:

DAY:

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NOTES:

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**My next appointment is:**

MONTH:

DAY:

TIME:

AM/PM

NOTES:

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## REACH OUT TO US, WE'LL REACH FOR SOLUTIONS TOGETHER

*Teva Shared Solutions® patient support program is here to help you every step of the way.*



If you have any questions while you're setting goals and tracking progress with one pill, once-daily AUSTEDO® XR (deutetrabenazine) extended-release tablets, **Shared Solutions** can help achieve your treatment goals.

### *Sign up for Shared Solutions*

by phone Monday-Friday  
from 8 AM to 8 PM CT at  
**1-800-887-8100**

OR

through our website anytime  
at **MySharedSolutions.com**

### **IMPORTANT SAFETY INFORMATION**

**AUSTEDO XR and AUSTEDO® (deutetrabenazine) tablets can cause serious side effects in people with Huntington's disease, including: depression, suicidal thoughts, or suicidal actions. Do not** start taking AUSTEDO XR or AUSTEDO if you are depressed (have untreated depression or depression that is not well controlled by medicine) **or** have suicidal thoughts. Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts or feelings. This is especially important when AUSTEDO XR or AUSTEDO is started and when the dose is changed. Call your healthcare provider right away if you become depressed, have unusual changes in mood or behavior, or have thoughts of suicide.

Please read **Important Safety Information** on pages 8-9 and click [here](#) or visit [www.AUSTEDO.com](http://www.AUSTEDO.com) to read or print the **Medication Guide** for AUSTEDO XR.