

ConnectING with your doctor

Do you have uncontrollable body movements?
These movements may be tardive dyskinesia (TD).

Take an important first step right now by filling out our **Doctor Discussion Guide** for your next appointment in person, over the phone, or online.



Actor portrayals

1. Indicate where you have uncontrollable body movements. [check all that apply]

- | | |
|---------------------------------------|-------------------------------------|
| <input type="checkbox"/> Face/Jaw | <input type="checkbox"/> Arms/Hands |
| <input type="checkbox"/> Mouth/Tongue | <input type="checkbox"/> Legs |
| <input type="checkbox"/> Torso | <input type="checkbox"/> Feet/Toes |

2. How long have you been taking medication(s) for your mental health condition?

- Less than 3 months
- 3 months to 1 year
- 1 year or longer

3. When did you or a loved one first notice your uncontrollable body movements?

- Less than 3 months ago
- 3 months to 1 year ago
- 1 year ago or longer

4. How impactful are uncontrollable body movements on your daily routine?

- Not impactful
- Somewhat impactful
- Very impactful

5. Please note all of the ways in which uncontrollable body movements have impacted your life.

Physical impact (eg, household activities, sleeping, writing, typing)

Social impact (eg, personal relationships, employment)

Emotional impact (eg, frustration, anxiety, worry)

6. How likely are you to consider treatment for uncontrollable body movements with a one-capsule, once-daily treatment that allows you to stay on most mental health medicines?

- Very likely
- Somewhat likely
- Not likely at all

What is INGREZZA?

INGREZZA® (valbenazine) capsules is different. It's the only treatment proven to reduce TD that's **always one capsule, once daily**. And it's #1 prescribed.

Important Information

Approved Uses

INGREZZA® (valbenazine) capsules is a prescription medicine used to treat adults with:

- movements in the face, tongue, or other body parts that cannot be controlled (tardive dyskinesia).
- involuntary movements (chorea) of Huntington's disease. INGREZZA does not cure the cause of 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 INGREZZA is safe and effective in children.

IMPORTANT SAFETY INFORMATION

INGREZZA can cause serious side effects in people with Huntington's disease, including: depression, suicidal thoughts, or suicidal actions. Tell your healthcare provider before you start taking INGREZZA if you have Huntington's disease and 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 INGREZZA 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 hurting yourself.

Please see additional Important Safety Information on the following page and full [Prescribing Information](#), including Boxed Warning.

This questionnaire is not a validated assessment tool, nor a diagnostic tool for TD. TD must be diagnosed by a medical professional.



7. TD is unlikely to get better on its own, but you can take control by talking with your healthcare provider. Use this space to write any additional questions you may have.

Filled out the guide? Here's what to do next:

Use this guide to have a discussion with your healthcare provider about TD and INGREZZA® (valbenazine) capsules at your next appointment in person, over the phone, or online.

This questionnaire is not a validated assessment tool, nor a diagnostic tool for TD. TD must be diagnosed by a medical professional.

IMPORTANT SAFETY INFORMATION (cont.)

Do not take INGREZZA if you:

- are allergic to valbenazine, or any of the ingredients in INGREZZA.

INGREZZA may cause serious side effects, including:

- **Sudden swelling from an allergic reaction (angioedema).** Sudden swelling has happened after the first dose or after many doses of INGREZZA. Signs and symptoms of angioedema include: swelling of your face, lips, throat, and other areas of your skin, difficulty swallowing or breathing, and raised, red areas on your skin (hives). Swelling in the throat can be life-threatening and can lead to death. Go to the nearest emergency room right away if you develop these signs and symptoms. Your healthcare provider should stop your treatment with INGREZZA.
- **Heart rhythm problems (QT prolongation).** INGREZZA may cause a heart problem known as QT prolongation. **Symptoms of QT prolongation may include:** fast, slow, or irregular heartbeat, dizziness or fainting, or shortness of breath.

Tell your healthcare provider right away if you have a change in your heartbeat (a fast or irregular heartbeat), or if you faint.

- **Neuroleptic Malignant Syndrome (NMS):** NMS is a serious condition that can lead to death. Call a healthcare provider right away or go to the nearest emergency room if you develop these symptoms and they do not have another obvious cause: high fever, stiff muscles, problems thinking, very fast or uneven heartbeat, or increased sweating.
- **Abnormal movements (Parkinson-like).** Symptoms include: shaking, body stiffness, trouble moving or walking, or keeping your balance.

Before taking INGREZZA, tell your healthcare provider about all of your medical conditions including if you: have liver or heart problems, are pregnant or plan to become pregnant, or are breastfeeding or plan to breastfeed.

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

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

The most common side effect of INGREZZA in people with tardive dyskinesia is sleepiness (somnolence).

The most common side effects of INGREZZA in people with Huntington's disease are sleepiness (somnolence), allergic itching, rash, and trouble getting to sleep or staying asleep.

These are not all of the possible side effects of INGREZZA. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit MedWatch at www.fda.gov/medwatch or call **1-800-FDA-1088**.

Please see full **Prescribing Information**, including **Boxed Warning**.

