



Start**ING** your TD treatment

Your guide to taking the only treatment proven to reduce tardive dyskinesia (TD) that's **always one capsule, once daily—** and it's **#1** prescribed.



Learn more at
[INGREZZA.com](https://www.ingrezza.com)

Actor portrayals



Important Information

Approved Use

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).

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 Important Safety Information on page 38 and accompanying INGREZZA full [Prescribing Information](#), including Boxed Warning.



Welcome

Living with the uncontrollable movements of tardive dyskinesia (TD) can be challenging. Because TD is unlikely to get better on its own, you've taken an important step to take control by talking to your healthcare provider about treatment options. You're now beginning your treatment journey with INGREZZA® (valbenazine) capsules—the #1 most prescribed treatment for TD.



INGREZZA is the only treatment proven to reduce TD that's always one capsule, once daily—and it's #1 prescribed.

People taking INGREZZA for TD can stay on their current dose of most mental health medications.

You can use this guide to help stay the course with your treatment and for motivatING you on your treatment journey.

Select Important Safety Information

Do not take INGREZZA if you:

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

Please see Important Safety Information on page 38 and accompanying INGREZZA full [Prescribing Information](#), including Boxed Warning.

My INGREZZA Treatment Guide

Each page in this guide represents a week in your treatment journey. From week to week, track your movements, log your notes, and learn what to expect as you go.

Be sure to bring your guide to every appointment (in-person or online) to discuss any notes with your healthcare provider and talk about your progress.

YOUR INFO

Healthcare provider: _____

Healthcare provider address: _____

Healthcare provider phone #: _____

Insurance provider: _____

Pharmacy: _____

INGREZZA start date: _____

Upcoming appointments: _____

_____	_____
_____	_____
_____	_____



Prepar**ING** for your treatment journey

Here are some common questions patients have when taking INGREZZA:

How should I take INGREZZA?

INGREZZA® (valbenazine) capsules makes dosing simple from the start:

- Always one capsule, once a day
- Taken any time
- With or without food
- No complex dose adjustments
- Can be added to most stable mental health regimens

Take INGREZZA exactly as your healthcare provider tells you.

How does INGREZZA work?

Some mental health medicines (antipsychotics) can cause abnormal dopamine signaling in the brain. This abnormal signaling can lead to uncontrollable body movements called tardive dyskinesia (TD). Current research suggests that INGREZZA helps by correcting this abnormal dopamine signaling; however, how INGREZZA works to treat TD is not fully understood.



Visit the INGREZZA website through the link or by scanning the QR code for additional information
[INGREZZA.com/tardive-dyskinesia](https://www.ingrezza.com/tardive-dyskinesia)

Or call 1-84-INGREZZA (1-844-647-3992)

8 AM to 8 PM ET, Mon–Fri.

Please see Important Safety Information on page 38 and accompanying INGREZZA full [Prescribing Information](#), including Boxed Warning.

How do I know INGREZZA is working?

Ask your healthcare provider to explain how INGREZZA works, when to expect results, and to clarify the goals of your treatment, including what you should look for to know if it's working.

Will I see continued TD improvement with INGREZZA?

After 48 weeks, more than half of those taking INGREZZA reported that their uncontrolled body movements were “much improved” or “very much improved”.*

*Study evaluation at 48 weeks. 73% of patients taking INGREZZA rated their TD severity (PGIC scale) much improved/very much improved at 48 weeks vs before treatment.

I didn't understand what my healthcare provider said to me. What can I do?

Take someone in your network of support to appointments with you, such as a family member, care partner, or friend. They can help you understand and remember your healthcare provider's instructions.

Otherwise, ask your healthcare provider to repeat information or to explain it differently to you.

Select Important Safety Information

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.



CarING for someone with TD

If you're the care partner of someone with uncontrollable body movements from TD, you can help them through their treatment journey. Here's how:

- Encourage your loved one to talk to their healthcare provider about their TD movements
- If possible, join them for the appointment—you'll be able to provide emotional support and help your loved one remember important instructions from their healthcare provider
- Help recognize and record your loved one's uncontrollable TD movements using this guide so they can share them with their healthcare provider during an in-office or telehealth appointment

Helpful tip: Ask to record your loved one's uncontrollable body movements so they can share them with their healthcare provider during an in-office or telehealth appointment.



Learn more at
[INGREZZA.com/
CarePartners](https://www.ingrezza.com/CarePartners)



Actor portrayals

Select Important Safety Information

INGREZZA may cause serious side effects, including:

- **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.

Please see Important Safety Information on page 38 and accompanying INGREZZA full [Prescribing Information](#), including Boxed Warning.



Actor portrayal

The INBRACE® Support Program is dedicated to helping you on your treatment journey

The INBRACE® Support Program is designed to help patients who are prescribed INGREZZA® (valbenazine) capsules by assisting with prescription fulfillment, providing financial assistance options, and product support.



INBRACE® SUPPORT PROGRAM

Note the dates of your upcoming refills to stay on track with your treatment.

Refill 1 _____ Refill 4 _____

Refill 2 _____ Refill 5 _____

Refill 3 _____ Refill 6 _____

For additional information about your INGREZZA prescription, visit inbracesupportprogram.com/IngrezzaPatient or call 1-84-INGREZZA (1-844-647-3992) 8 AM to 8 PM ET, Mon–Fri.



Please scan QR code to see full Prescribing Information, including Boxed Warning, or visit INGProductInfo.com



What to expect on your INGREZZA TD treatment journey

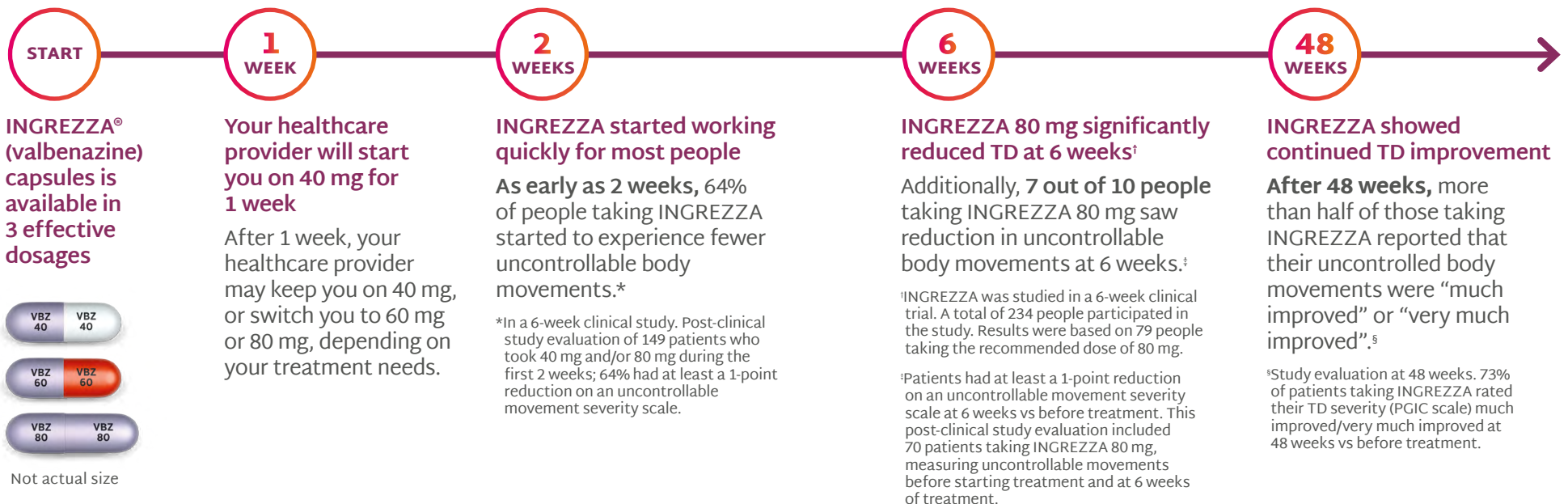


“It was a relief to know there were treatment options. And that something was available to help my TD symptoms.”

Individual results may vary

– Steve, living with bipolar disorder and tardive dyskinesia

Steve was compensated by Neurocrine Biosciences, Inc. to share his story



Select Important Safety Information

- **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.

Please see Important Safety Information on page 38 and accompanying INGREZZA full [Prescribing Information](#), including [Boxed Warning](#).

Helpful tips for stay**ING** on track with your treatment



- **Keep your INGREZZA® (valbenazine) capsules in the same place** so you know where it is
- **Record your TD movements** each week using the pages provided in this guide
- **Talk to your healthcare provider** about all concerns and questions
- **Remember to take INGREZZA** as instructed by your healthcare provider—for some people, INGREZZA may work more gradually
- **Look for drowsiness**, which is the most common side effect of INGREZZA
- When it's time to **refill your INGREZZA prescription**, call your specialty pharmacy if they haven't contacted you

Select Important Safety Information

- **Abnormal movements (Parkinson-like).** Symptoms include: shaking, body stiffness, trouble moving or walking, or keeping your balance.

Please see Important Safety Information on page 38 and accompanying INGREZZA full [Prescribing Information](#), including Boxed Warning.

MY INGREZZA TREATMENT GUIDE



TrackING. ReflectING. DiscussING.

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Track**ING** your results

TD can have an impact on your daily activities. **In Week 2**, you might start noticing some changes in your TD movements.

In a clinical study, many people on INGREZZA® (valbenazine) capsules started to see improvements at 2 weeks with clinical results at 6 weeks.*

*In a 6-week clinical study. Post-clinical study evaluation of 149 patients who took 40 mg and/or 80 mg during the first 2 weeks; 64% had at least a 1-point reduction on an uncontrollable movement severity scale.



Actor portrayal

Use these pages to note your progress to discuss with your healthcare provider.

Select Important Safety Information

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.



Experienc**ING** the INGREZZA difference



“Since starting on INGREZZA, my body movements have gotten a lot better. I feel much more confident...My family and friends have noticed a change, too.”

Individual results may vary

– Steve, living with bipolar disorder and tardive dyskinesia

Steve was compensated by Neurocrine Biosciences, Inc. to share his story

Select Important Safety Information

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.

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You could be **noticING** improvements

After your 6th week, take note of your symptoms.

In a clinical study, 7 out of 10 people taking INGREZZA® (valbenazine) capsules 80 mg saw reduction in uncontrollable body movements at 6 weeks*—and many started to see results in as little as 2 weeks.†

*Patients had at least a 1-point reduction on an uncontrollable movement severity scale at 6 weeks vs before treatment. This post-clinical study evaluation included 70 patients taking INGREZZA 80 mg, measuring uncontrollable movements before starting treatment and at 6 weeks of treatment.

†In a 6-week clinical study. Post-clinical study evaluation of 149 patients who took 40 mg and/or 80 mg during the first 2 weeks; 64% had at least a 1-point reduction on an uncontrollable movement severity scale.



Actor portrayal

For some people, results may take a little more time—remember to continue taking your treatment as your healthcare provider recommended.

Select Important Safety Information

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



Liv**ING** with less TD movements



“Now that I don’t have as much movement in my body and my face, my mind is freed up to think about things other than tardive dyskinesia.”

Individual results may vary

- Allison, living with bipolar disorder and tardive dyskinesia

Allison was compensated by Neurocrine Biosciences, Inc. to share her story

Select Important Safety Information

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**.

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Mouth/Tongue	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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SeeING how far you’ve come

Now is a great time to reflect on your progress.

In a clinical study, INGREZZA® (valbenazine) capsules provided continued reduction in uncontrollable body movements through 48 weeks.*

*Study evaluation at 48 weeks. 73% of patients taking INGREZZA rated their TD severity (PGIC scale) much improved/very much improved at 48 weeks vs before treatment.



Actor portrayals

TD is unlikely to get better on its own, but you can take control by talking to your healthcare provider right away.

Select 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.



ContinuING with your TD treatment



“I was afraid of being around people because I would be judged for these movements in my mouth. The movements were no longer noticeable it seemed, and I felt more confident.”

– Moira, living with depression and tardive dyskinesia

Moira was compensated by Neurocrine Biosciences, Inc. to share her story

Select Important Safety Information

Do not take INGREZZA if you:

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

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Keep the positive progress goING

At the end of your 32nd week, you've really come a long way. Now it's all about maintaining your progress. While you may see a reduction in uncontrollable body movements, TD is a chronic condition that may be continually managed with ongoing treatment.

Keep taking INGREZZA® (valbenazine) capsules as prescribed by your healthcare provider. Write down how you're feeling and talk to your healthcare provider about any concerns you have.



Actor portrayal

Select Important Safety Information

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.

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TakING control from TD movements



“After taking INGREZZA, I was very encouraged that both Kim [my partner] and my doctor noticed a reduction in my movements for the tardive dyskinesia. The reduction in movements made me feel much more at ease with myself. I feel much more confident talking in front of people.”

– Amy, living with depression and tardive dyskinesia

Amy was compensated by Neurocrine Biosciences, Inc. to share her story

Select Important Safety Information

INGREZZA may cause serious side effects, including:

- **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.

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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.

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 INGREZZA full [Prescribing Information](#), including [Boxed Warning](#).



Actor portrayals



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CP-VBZ-US-3338 04/2024



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