

For moderate to severe rheumatoid arthritis (RA)

Your Treatment Journal

Document the differences
to see if you'll shine



What is ORENCIA?

ORENCIA (abatacept) is a prescription biologic medicine used to reduce signs and symptoms of moderate to severe rheumatoid arthritis (RA) in adults 18 years and older. Taking ORENCIA may prevent further damage to your bones and joints, and may help your ability to perform daily activities. ORENCIA may help those who are not getting the results they need with other medicines for RA.

In adults, ORENCIA may be used alone or with other RA treatments other than Janus kinase (JAK) inhibitors or biologic disease-modifying antirheumatic drugs (bDMARDs), such as tumor necrosis factor (TNF) antagonists (also called TNF-blockers). TNF-blockers are a type of RA medication, and include such treatments as Enbrel® (etanercept), Humira® (adalimumab), and Remicade® (infliximab).

ORENCIA should not be used with other strong medicines that affect the immune system, such as bDMARDs and JAK inhibitors.

Please read the Important Facts About ORENCIA on pages 56-59.

Track your experience

There can be a lot going on during the course of treatment: insurance, appointments, and how you're feeling. Just know that you've got this. Keep track of everything by using your treatment journal.

The benefits of using this treatment journal



Everything is in one place

Let this journal be your resource for all things ORENCIA. You can write down important information about treatment, and you'll always know where to find it.



Track trends in your treatment

When you keep track of each dose and how you feel on that day, you can begin to see patterns and trends to discuss with your doctor.



Make the most out of your appointments

Do you have questions for your doctor? Forget what your doctor said at the last appointment? Use the dedicated sections in this journal to take notes.

On Call™ Tips

Throughout this journal, you'll see helpful information to guide you through treatment.

Table of contents

Insurance information _____ 4

Doctor information _____ 5

Upcoming appointments _____ 6

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On Call™ Tips

Depending on what form of ORENCIA you are dosed with, this treatment journal will last you:



~4 years with intravenous (IV) infusion



~1 year with self-injection

Insurance information

Notes or questions about your insurance:

On Call™ Tip

Are you wondering if there are **ways to save on ORENCIA**?
Find out if you're eligible for financial support on ORENCIA.com.

Doctor information

Primary physician

Doctor's name _____

Phone number _____

Email _____

Address _____

If you see other doctors

Doctor's name _____	Doctor's name _____
Phone number _____	Phone number _____
Email _____	Email _____
Address _____	Address _____
_____	_____

Additional notes:

Upcoming appointments

Date _____

Time _____

Reason _____

Notes or questions: _____

Date _____

Time _____

Reason _____

Notes or questions: _____

Date _____

Time _____

Reason _____

Notes or questions: _____

Upcoming appointments

Date _____

Time _____

Reason _____

Notes or questions: _____

Date _____

Time _____

Reason _____

Notes or questions: _____

Date _____

Time _____

Reason _____

Notes or questions: _____

Get started by tracking your first time taking ORENCIA


Refer back to this page to track your progress as you continue treatment

1 Date _____


Time _____

Dose (mg) _____


Form



IV



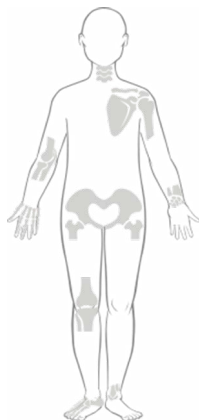
Syringe



ClickJect™
Autoinjector

Place of injection _____

3 Have you been feeling joint pain, stiffness, or swelling?
Circle which joints.



Have you been able to accomplish these tasks?
Mark the level of difficulty.

	Without any difficulty	With some difficulty	With much difficulty	Unable to do
Dressing yourself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lifting a cup to your mouth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walking on flat ground	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Washing and drying your body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4 Have you felt any changes, including side effects, since your last treatment? **Describe them here:**

On Call™ Tips

- 1 The time and date of your dose helps keep track of when to take the next one
- 2 Where you injected yourself lets you know when to rotate your injection site
- 3 How you're feeling will show you how treatment with ORENCIA is impacting your body
- 4 Changes you're feeling during treatment should always be brought up to your doctor

Today's dose

Date _____

Time _____

Dose (mg) _____

Form



IV



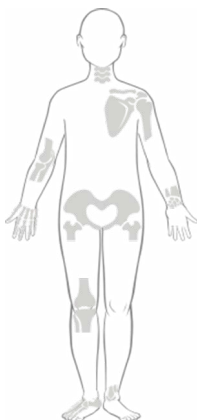
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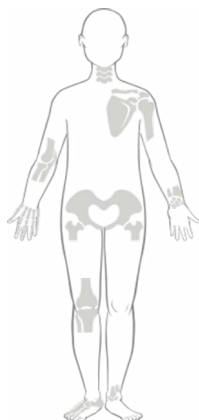
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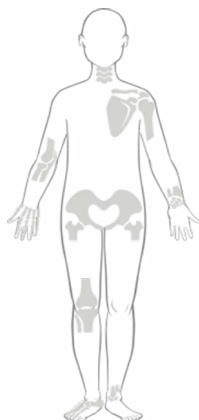
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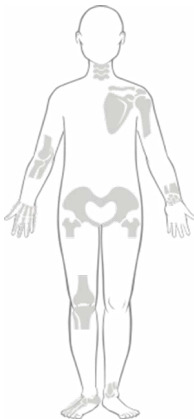
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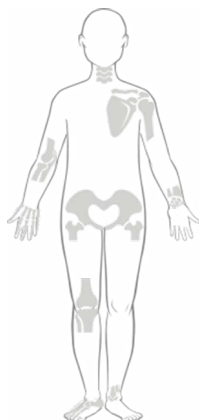
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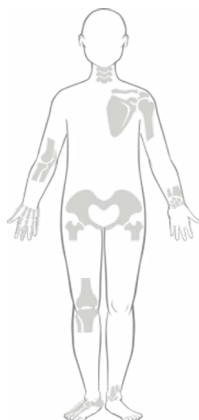
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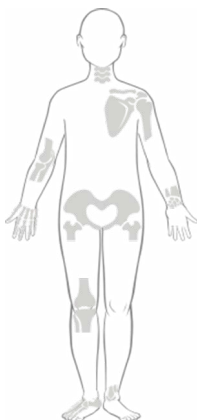
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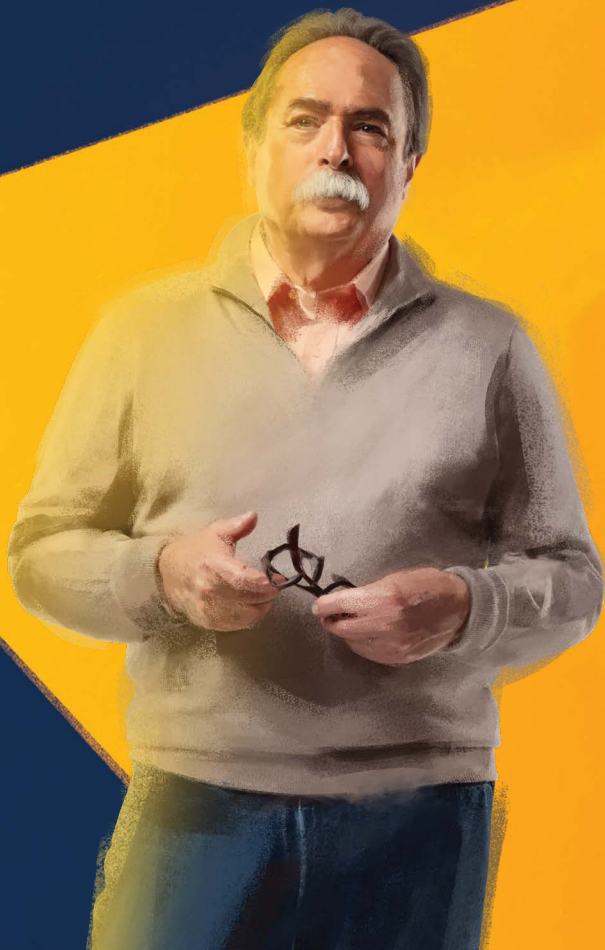
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Have you felt any changes, including side effects, since your last treatment? **Describe them here:**



RA taught me how to ask for help. I have an incredible support network made up of my family and healthcare team.

Tony, actual ORENCIA patient.
Individual results may vary.



Selected Important Facts About ORENCIA® (abatacept)

Serious side effects

Serious side effects are those that may require medical treatment or hospitalization, cause permanent damage, or be life-threatening or sometimes even fatal. Talk to your healthcare provider about any concerns you may have.

- **Infections.** ORENCIA can make you more likely to get infections or make the infections that you have worse. In some cases, these infections have been fatal. Symptoms of an infection include:

- Fever
- Cough
- Warm, red, or painful skin
- Feeling very tired
- Flu-like symptoms



Call your healthcare provider right away if you feel sick or have any of the symptoms of an infection.

Please read the Important Facts About ORENCIA on pages 56-59.

Today's dose

Date _____

Time _____

Dose (mg) _____

Form



IV



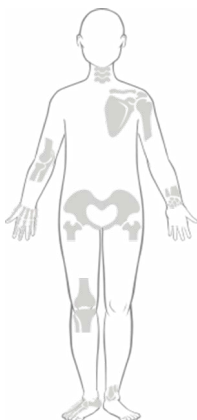
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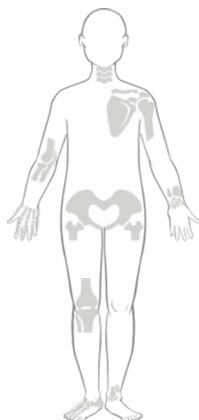
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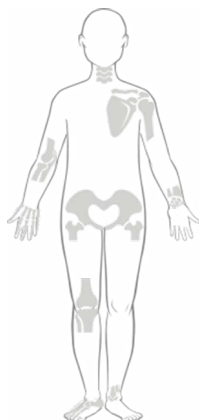
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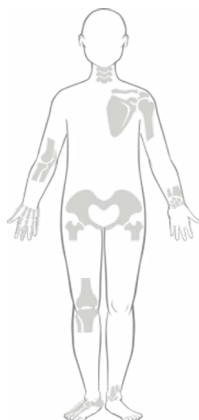
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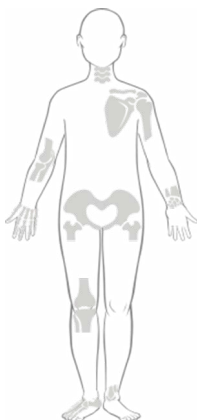
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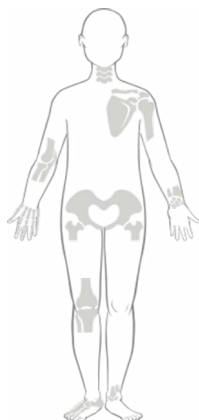
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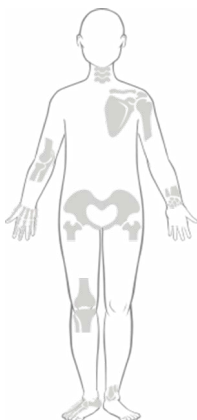
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Have you felt any changes, including side effects, since your last treatment? **Describe them here:**

“
RA made me who I am today.
It gave me an appreciation
for all the little, everyday
things that lots of people
take for granted.”

Shannon, actual ORENCIA patient.
Individual results may vary.



Selected Important Facts About ORENCIA® (abatacept)

- **Allergic reactions.** Allergic reactions can happen with ORENCIA. Symptoms of an allergic reaction may include:
 - Hives
 - Swollen face, eyelids, lips, or tongue
 - Trouble breathing



Seek urgent medical attention if you have any of the symptoms of an allergic reaction.

Today's dose

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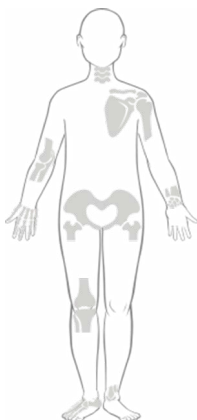
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Dose (mg) _____

Form



IV



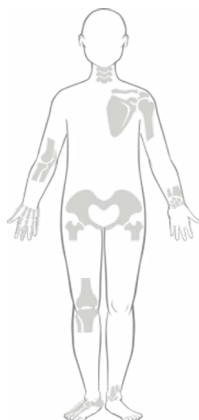
Syringe



ClickJect™
Autoinjector

Place of injection _____

Have you been feeling joint pain, stiffness, or swelling?
Circle which joints.



Have you been able to accomplish these tasks?
Mark the level of difficulty.

	Without any difficulty	With some difficulty	With much difficulty	Unable to do
Dressing yourself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lifting a cup to your mouth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walking on flat ground	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bending down to pick something up	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Turning a faucet on	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Have you felt any changes, including side effects, since your last treatment? **Describe them here:**

Today's dose

Date _____

Time _____

Dose (mg) _____

Form



IV



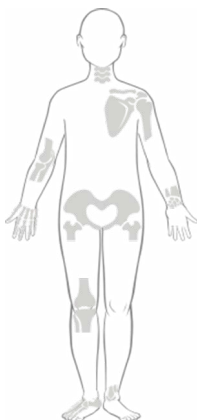
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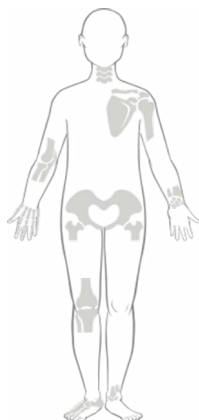
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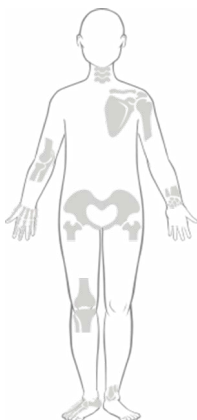
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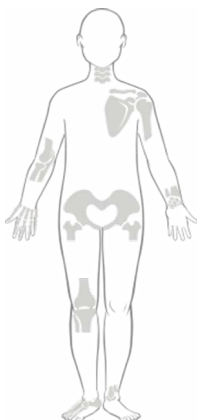
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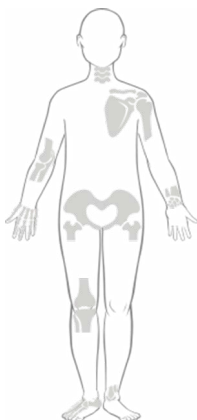
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“With my experience with ORENCIA, it’s helped me to get up each day, paint, not feel defined or confined in my space, and be able to function as a normal human being each day.”

Rebecca, actual ORENCIA patient.
Individual results may vary.



Selected Important Facts About ORENCIA® (abatacept)

- If you have the hepatitis B virus, talk to your healthcare provider as **hepatitis B can become an active infection** while you use ORENCIA. Your rheumatologist may do blood tests before treatment with ORENCIA to check if you have hepatitis B.
- If you are receiving or are scheduled to receive **vaccinations**, it is important to know that:
 - You should not receive live vaccines while taking ORENCIA.
 - You can receive non-live vaccines, such as pneumococcal and inactivated influenza (flu) vaccines.
 - ORENCIA may also cause some other vaccinations to be less effective.



Talk to your rheumatologist about your vaccination plans.

Today's dose

Date _____

Time _____

Dose (mg) _____

Form



IV



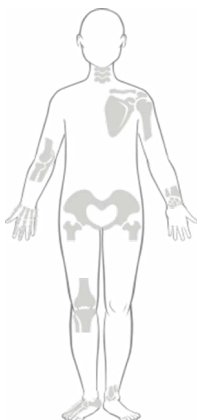
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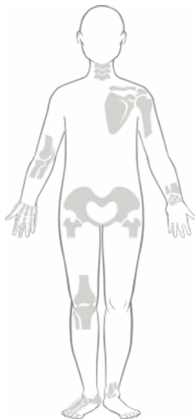
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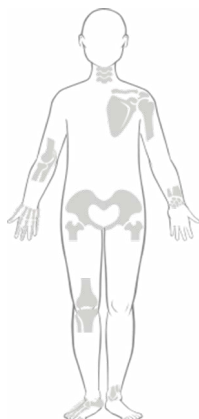
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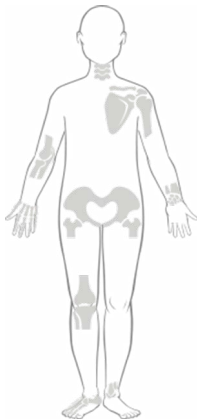
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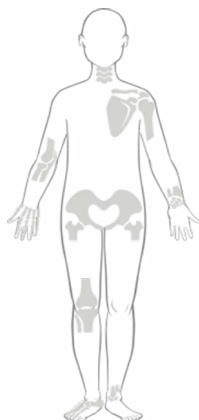
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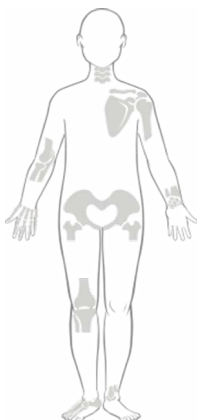
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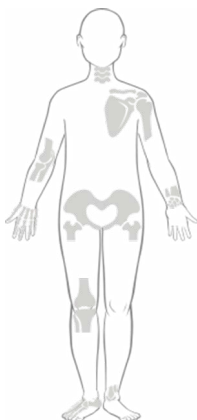
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“The realization that my treatment was starting to work actually came to me...I woke up one morning and just got out of bed. This particular morning, I just got up. That was a wonderful feeling.”

Nancy, actual ORENCIA patient.
Individual results may vary.



Selected Important Facts About ORENCIA® (abatacept)

- If you have **Chronic Obstructive Pulmonary Disease (COPD)**, you may experience **breathing problems** more often while taking ORENCIA. Call your healthcare provider if you experience any of the following:
 - Worsened COPD
 - Cough
 - Trouble breathing
- **Certain kinds of cancer (malignancies)** have been reported in people using ORENCIA. It is not known if ORENCIA increases your chances of developing certain kinds of cancer.

Today's dose

Date _____

Time _____

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IV



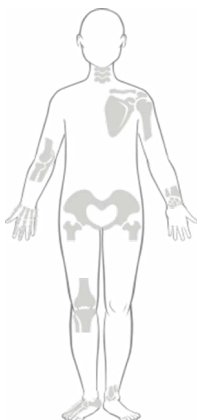
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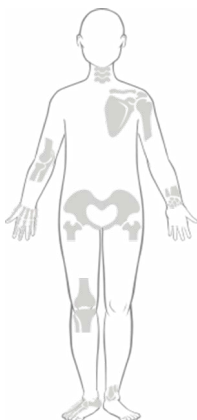
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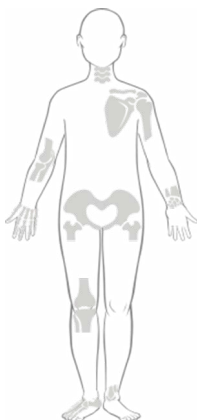
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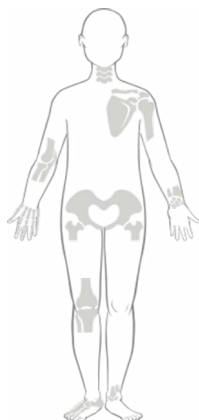
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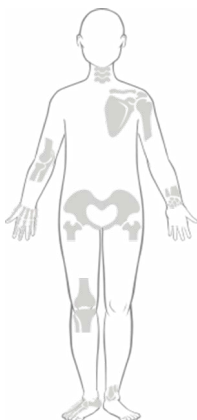
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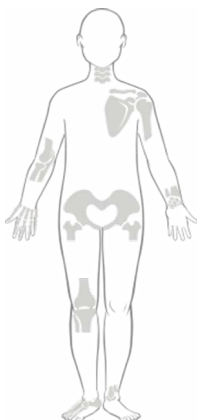
Syringe



ClickJect™
Autoinjector

Place of injection _____

Have you been feeling joint pain, stiffness, or swelling?
Circle which joints.



Have you been able to accomplish these tasks?
Mark the level of difficulty.

	Without any difficulty	With some difficulty	With much difficulty	Unable to do
Dressing yourself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lifting a cup to your mouth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walking on flat ground	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bending down to pick something up	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Turning a faucet on	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Washing and drying your body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Have you felt any changes, including side effects, since your last treatment? **Describe them here:**

Today's dose

Date _____

Time _____

Dose (mg) _____

Form



IV



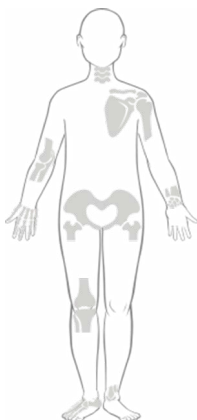
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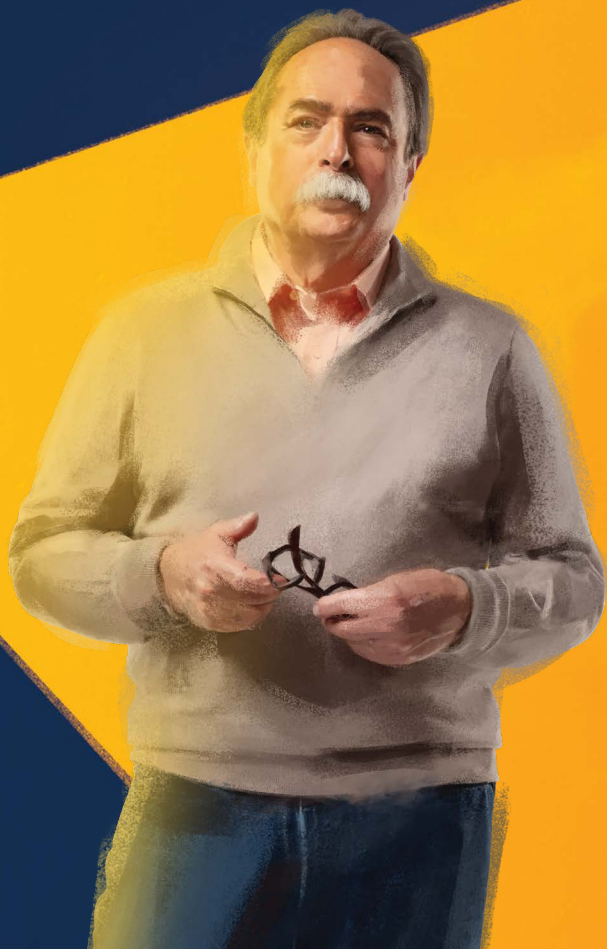
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Have you felt any changes, including side effects, since your last treatment? **Describe them here:**



You need to educate yourself a little bit further, get your attitude changed about treatments so that you can get on with your life.

Tony, actual ORENCIA patient.
Individual results may vary.



Selected Important Facts About ORENCIA® (abatacept)

Most common side effects

Clinical studies looked at 1,955 patients who took ORENCIA. The most commonly reported side effects occurred in 10% or more of patients.

Common side effect	How many patients experienced it?
Headache	18% (356 of 1,955 patients)
Upper respiratory tract infection	13% (248 of 1,955 patients)

Common side effect	How many patients experienced it?
Sore throat	12% (225 of 1,955 patients)
Nausea	12% (224 of 1,955 patients)

Today's dose

Date _____

Time _____

Dose (mg) _____

Form



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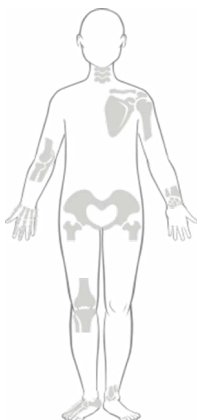
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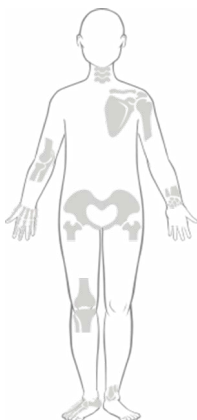
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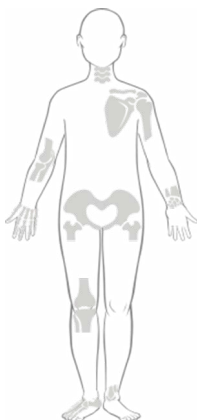
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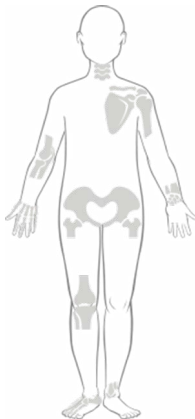
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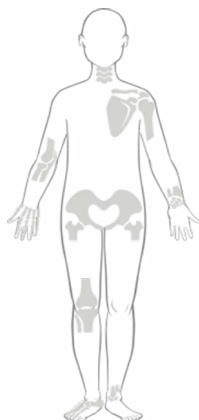
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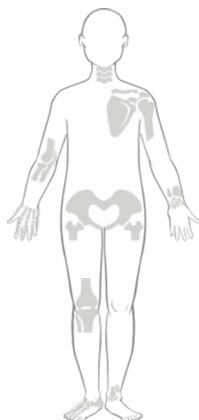
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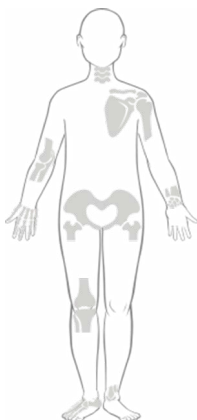
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Have you felt any changes, including side effects, since your last treatment? **Describe them here:**

Important Facts About ORENCIA® (abatacept)

This is a summary of important information that you need to know in order to take ORENCIA safely. Work with the rheumatologist to make the treatment suitable and safe for you or your loved one. Keep this information, so you can refer to it before and during your treatment.

Look out for the following icons as you read:



Talk to your rheumatologist



Call a healthcare provider right away



Helpful information to remember

What is ORENCIA?

ORENCIA (abatacept) is a prescription biologic medicine used to reduce signs and symptoms of moderate to severe rheumatoid arthritis (RA) in adults 18 years and older. Taking ORENCIA may prevent further damage to your bones and joints, and may help your ability to perform daily activities. ORENCIA may help those who are not getting the results they need with other medicines for RA.

In adults, ORENCIA may be used alone or with other RA treatments other than Janus kinase (JAK) inhibitors or biologic disease-modifying antirheumatic drugs (bDMARDs), such as tumor necrosis factor (TNF) antagonists (also called TNF-blockers). TNF-blockers are a type of RA medication, and include such treatments as Enbrel® (etanercept), Humira® (adalimumab), and Remicade® (infliximab).

ORENCIA should not be used with other strong medicines that affect the immune system, such as bDMARDs and JAK inhibitors.

✓ ORENCIA is for adults 18 years and older with moderate to severe RA.

✗ ORENCIA should not be used with bDMARDs and JAK inhibitors.

ORENCIA is available in two forms:



ORENCIA intravenous (IV) infusion is given by your healthcare provider through a vein in your arm.

OR



ORENCIA subcutaneous (SC) injection is a shot that is given just under your skin. It is available as a prefilled syringe or a ClickJect™ Autoinjector.



Talk to your rheumatologist about the best way to receive ORENCIA.

What should I discuss with my rheumatologist before starting ORENCIA?



Talk to your rheumatologist about all of your medical conditions, including if:

- You have **any kind of infection**, as you may have a higher chance of getting serious side effects from an infection while taking ORENCIA. Infections include:
 - **Small infections** (such as an open cut or sore) to **whole body infections** (such as the flu).
 - **Any infection that will not go away** or **a history of infections that keep coming back**.
 - **Viral hepatitis**, a viral infection that affects the liver. Tell your rheumatologist if you have or have ever had viral hepatitis. Before starting ORENCIA, your rheumatologist may examine you for hepatitis.
 - **Tuberculosis (TB)**, a type of lung infection. Tell your rheumatologist if you have ever had TB or a positive skin test for TB, or have recently been in close contact with someone who has ever had TB. Before starting ORENCIA, your rheumatologist may check you for TB or do a skin test. Call your rheumatologist if you notice any symptoms of TB, including: a cough that does not go away, weight loss, fever, or night sweats.
- You have **allergies to the ingredients** of ORENCIA. For a list of ingredients, see What are the ingredients in ORENCIA? in the Patient Information section of the *Full Prescribing Information*.
- You have **Chronic Obstructive Pulmonary Disease (COPD)**, a type of lung disease.
- You have **diabetes**. Your healthcare provider may tell you to use a different way to monitor your blood sugar levels on the day that you receive ORENCIA IV infusion. ORENCIA IV contains maltose, which can alter the blood sugar readings with certain types of blood glucose monitors.
- You have a family or personal history of **skin cancer**, or see any growths or changes in the appearance of your skin during or after treatment with ORENCIA. Some people treated with ORENCIA have developed skin cancer.



Tell your rheumatologist about all of your medical treatments, including if:

- You are scheduled to have **surgery**.
- You recently received or are scheduled to receive **vaccinations**. If you are receiving ORENCIA, and for 3 months after you stop receiving ORENCIA, you should not take live vaccines.
- You are taking:
 - **Other medications for RA**.
 - **Prescription medications** or **over-the-counter medications**.
 - **Vitamins** or **herbal supplements**.



Let your rheumatologist know if you are a woman who is:

- **Pregnant or considering pregnancy**. It is not known if ORENCIA can harm an unborn baby. If ORENCIA is taken during pregnancy, talk to your healthcare provider before your baby receives any vaccines.
 - There is a registry for pregnant women exposed to ORENCIA. The purpose of this registry is to check the health of the pregnant mother and her child. Women are encouraged to call the registry themselves or ask their healthcare provider to contact the registry for them by calling 1-877-311-8972.
- **Breastfeeding or planning to breastfeed**. It is not known if ORENCIA passes into breast milk. Talk to your healthcare provider about the best way to feed your baby if you use ORENCIA.

What should I avoid while I am on ORENCIA?

ORENCIA and other medicines may affect each other, which could cause serious side effects.

You should avoid taking ORENCIA with other biologics for your RA that may affect your immune system. Doing so may increase your chances of getting a serious infection.



Tell your rheumatologist if you are taking **other biologic medicines to treat RA**, such as:

Enbrel® (etanercept)

Humira® (adalimumab)

Remicade® (infliximab)

Kineret® (anakinra)

Rituxan® (rituximab)

Simponi® (golimumab)

Cimzia® (certolizumab pegol)

Actemra® (tocilizumab)



Talk to your rheumatologist and your other healthcare providers before you begin to take anything new or if you have any changes to your medications during your treatment with ORENCIA. It is a good idea to keep an up-to-date list of all of your medicines, vitamins, and herbal supplements on hand to show your doctors and pharmacists.

What are the possible side effects of ORENCIA?

This is a list of some of the possible side effects of ORENCIA for your reference.



Talk to your rheumatologist about any side effect that may be bothering you. Your rheumatologist can work with you to manage side effects throughout your treatment.

Serious side effects

Serious side effects are those that may require medical treatment or hospitalization, cause permanent damage, or be life-threatening or sometimes even fatal. Talk to your healthcare provider about any concerns you may have.

- **Infections.** ORENCIA can make you more likely to get infections or make the infections that you have worse. In some cases, these infections have been fatal. Symptoms of an infection include:

- Fever
- Cough
- Warm, red, or painful skin
- Feeling very tired
- Flu-like symptoms



Call your healthcare provider right away if you feel sick or have any of the symptoms of an infection.

- **Allergic reactions.** Allergic reactions can happen with ORENCIA. Symptoms of an allergic reaction may include:

- Hives
- Swollen face, eyelids, lips, or tongue
- Trouble breathing



Seek urgent medical attention if you have any of the symptoms of an allergic reaction.

- **If you have the hepatitis B virus**, talk to your healthcare provider as **hepatitis B can become an active infection** while you use ORENCIA. Your rheumatologist may do blood tests before treatment with ORENCIA to check if you have hepatitis B.

- If you are receiving or are scheduled to receive **vaccinations**, it is important to know that:
 - You should not receive live vaccines while taking ORENCIA.
 - You can receive non-live vaccines, such as pneumococcal and inactivated influenza (flu) vaccines.
 - ORENCIA may also cause some other vaccinations to be less effective.

 **Talk to your rheumatologist** about your vaccination plans.

- If you have **Chronic Obstructive Pulmonary Disease (COPD)**, you may experience **breathing problems** more often while taking ORENCIA. Call your healthcare provider if you experience any of the following:
 - Worsened COPD
 - Cough
 - Trouble breathing
- **Certain kinds of cancer (malignancies)** have been reported in people using ORENCIA. It is not known if ORENCIA increases your chances of developing certain kinds of cancer.

Most common side effects

Clinical studies looked at 1,955 patients who took ORENCIA. The most commonly reported side effects occurred in 10% or more of patients.


Common side effect	How many patients experienced it?	Common side effect	How many patients experienced it?
Headache	18% (356 of 1,955 patients)	Sore throat	12% (225 of 1,955 patients)
Upper respiratory tract infection	13% (248 of 1,955 patients)	Nausea	12% (224 of 1,955 patients)


These are not all of the possible side effects of ORENCIA. If you have any questions or want more information about side effects, ask your rheumatologist or healthcare provider.


If you experience any side effects and would like to report them to the FDA, you can call 1-800-FDA-1088.


How will I receive ORENCIA?

ORENCIA is available in two forms, as intravenous (IV) infusions and as subcutaneous (SC) injections. Work with your rheumatologist to determine the right treatment plan for you.


 **ORENCIA IV infusion** is given by a healthcare provider through a vein in your arm.

 You will receive your first three infusions 2 weeks apart from each other (Weeks 0, 2, and 4). After that, you will receive an infusion every 4 weeks.

 Each infusion takes about 30 minutes, though actual time in the clinic will be longer.

 **ORENCIA SC injection** is a shot that is given just under your skin. It is available as a prefilled syringe or ClickJect™ Autoinjector. If your rheumatologist decides that your injections can be given at home, you or your caregiver will receive training on how to prepare and inject ORENCIA. Do not try to inject ORENCIA until you have been shown the right way by your rheumatologist or healthcare provider.

 You will use ORENCIA SC injection once weekly.

 For more information about preparing and giving ORENCIA SC injections at home, see Instructions for Use in the Patient Information section of the *Full Prescribing Information*.

Please read the Patient Information in the Full Prescribing Information in the pocket.



Bring this journal to your appointments

It could aid conversations with your doctor

On Call™ Tips

If you're running out of space in your journal,
call **1-800-ORENCIA (1-800-673-6242)** to receive a new one,
or download one from **ORENCIA.com**.

Discover what else ORENCIA could do for you at **ORENCIA.com**.



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