



A guide to **staying on treatment**

Why it's important and ways to help
you stick with it



INDICATIONS

Multiple Sclerosis (MS): ZEPOSIA® (ozanimod) is a prescription medicine used to treat relapsing forms of multiple sclerosis (MS), to include clinically isolated syndrome, relapsing-remitting disease, and active secondary progressive disease, in adults.

Ulcerative Colitis (UC): ZEPOSIA is a prescription medicine used to treat moderately to severely active ulcerative colitis (UC) in adults.

It is not known if ZEPOSIA is safe and effective in children.

SELECTED IMPORTANT SAFETY INFORMATION

Do not take ZEPOSIA if you:

- have had a heart attack, chest pain (unstable angina), stroke or mini-stroke (transient ischemic attack or TIA), or certain types of heart failure in the last 6 months
- have or have had a history of certain types of an irregular or abnormal heartbeat (arrhythmia) that is not corrected by a pacemaker
- have untreated, severe breathing problems during your sleep (sleep apnea)
- take certain medicines called monoamine oxidase (MAO) inhibitors (such as selegiline, phenelzine, linezolid)

Talk to your healthcare provider before taking ZEPOSIA if you have any of these conditions or do not know if you have any of these conditions.

Please see Important Safety Information on pages 8-13 and the full [Prescribing Information](#) and [Medication Guide](#).



Starting ZEPOSIA® (ozanimod) is an important step, and continuing to take it as prescribed is key.

In this brochure,
you'll find information that
can help you stay on track
with your treatment.



What's inside

How to take ZEPOSIA.....	4
5 helpful tips	5
ZEPOSIA 360 Support™	6
Financial assistance.....	7

How to take ZEPOSIA

ZEPOSIA® (ozanimod) should be taken once a day and as close to the same time as possible. If you have certain liver problems, take as directed by your healthcare provider.

It can be taken:

- **With or without food**
- **When and where you want**—the Prescribing Information for ZEPOSIA has no requirement for refrigeration

It's important to take ZEPOSIA as prescribed

If you do miss a dose of ZEPOSIA, here's what to do:



If you miss one or more doses of ZEPOSIA during the first 14 days of treatment: Contact your healthcare provider. You'll need a new 7-day Starter Pack to restart treatment. This will allow you to increase your dosage gradually and avoid a decrease in heart rate, which is a possible serious side effect of ZEPOSIA.



If you miss a dose after the first 14 days of treatment: Take your scheduled dose (one pill) the next day at your usual time.

Please see Important Safety Information on pages 8-13 and the full [Prescribing Information](#) and [Medication Guide](#).

5 tips to help you remember

Here are some simple ways to remember to take ZEPOSIA:



Make it part of your routine. Pair taking ZEPOSIA with something you do regularly, like brushing your teeth or eating breakfast.



Keep it in a safe place but where you can see it. A kitchen counter or a bedside table are good options. Just make sure it's out of the reach of children.



Set alarms. Sync alarms on your smartphone, tablet, or smartwatch to remain consistent with your routine.



Track when you take it. Log it in your phone or calendar to help create a habit.



Use a pill organizer. They help keep your medications in one place with a label.

SELECTED IMPORTANT SAFETY INFORMATION

ZEPOSIA may cause serious side effects, including:

- **Infections.** ZEPOSIA can increase your risk of serious infections that can be life-threatening and cause death. ZEPOSIA lowers the number of white blood cells (lymphocytes) in your blood. This will usually go back to normal within 3 months of stopping treatment. Your healthcare provider may do a blood test of your white blood cells before you start taking ZEPOSIA.



Supporting you every step of the way

Once you are prescribed ZEPOSIA, our **Support Coordinators** will be with you every step of the way and can:



Help navigate your insurance benefits*



Assist you in exploring available support and savings options



Arrange for eligible, commercially insured patients to get ZEPOSIA in the event of delays or issues with insurance coverage



Assist eligible, commercially insured patients with scheduling the routine tests needed to start ZEPOSIA

Additional eligibility requirements and terms and conditions apply.^{†‡§}

*The accurate completion of reimbursement- or coverage-related documentation is the responsibility of the healthcare provider and patient. Bristol Myers Squibb and its agents make no guarantee regarding reimbursement for any service or item.

Our Support Coordinators are available to help.

Contact ZEPOSIA 360 Support™ at
1-833-ZEPOSIA (1-833-937-6742),
Monday to Friday, 8 AM–8 PM ET.

See if you can save with a co-pay offer



Those who are eligible and commercially insured may **pay as little as \$0 a month** for ZEPOSIA with a co-pay savings offer.[†] Enroll at **[ZEPOSIA.com](https://www.zeposia.com)**

[†]ZEPOSIA Co-pay Program is valid only for patients with commercial insurance. The Program includes a prescription benefit offer for out-of-pocket drug costs and a medical assessment benefit offer for out-of-pocket costs for the initial blood tests, ECG screening, skin exam, and eye exam where the full cost is not covered by patient's insurance. Patients are not eligible for the prescription benefit offer if they have prescription insurance coverage through a state or federal healthcare program, including but not limited to Medicare, Medicaid, Medigap, CHAMPVA, TRICARE, Veterans Affairs (VA), or Department of Defense (DoD) programs. Patients are not eligible for the medical assessment benefit offer if they have insurance coverage for their prescription or medical assessment through a state or federal healthcare program, or reside in Massachusetts, Minnesota or Rhode Island. Patients who move from commercial plans to state or federal healthcare programs will no longer be eligible. Patient must be 18 years of age or older. Eligible patients with an activated co-pay card and a valid prescription may pay as little as \$0 per 30-day supply; monthly, annual, and/or per-claim maximum program benefits may apply and vary from patient to patient, depending on the terms of a patient's prescription drug plan and to ensure that the funds are used for the benefit of the patient, based on factors determined solely by Bristol-Myers Squibb. Some prescription drug plans have established programs referred to as "co-pay maximizer" programs. A co-pay maximizer program is one in which the amount of the patient's out-of-pocket costs is adjusted to reflect the availability of support offered by a co-pay support program. Patients enrolled in co-pay maximizer programs may receive program benefits that vary over time to ensure the program funds are used for the benefit of the patient. Patients will be evaluated for ongoing eligibility in the prescription copay program to continue enrollment in the program. In the event patients experience a change in insurance coverage or BMS makes changes to the copay assistance program, patients may be required to re-enroll into the program and provide updated insurance information to determine eligibility. Eligible commercially insured patients may pay as little as \$0 in out-of-pocket costs for the medical assessment, subject to a maximum benefit of \$2,000. The medical benefit offer only applies to clinical baseline assessment services covered by the Program. Patients are responsible for any costs that exceed the maximum amounts. To receive the medical assessment benefit, an Explanation of Benefits (EOB) form must be submitted, along with copies of receipts for any payments made. All Program payments are for the benefit of the patient only. Patients, pharmacists, and prescribers may not seek reimbursement from health insurance, health savings or flexible spending accounts, or any third party, for any part of the prescription or medical assessment benefit received by the patient through this Program. Patient's acceptance of any Program benefit confirms that it is consistent with patient's insurance and that patient will report the value received as may be required by his/her insurance provider. Program valid only in the United States and Puerto Rico. Void where prohibited by law, taxed, or restricted. The Program cannot be combined with any other offer, rebate, coupon, or free trial. The Program is not conditioned on any past, present or future purchase, including refills. The Program is not insurance. Other limitations may apply. Bristol Myers Squibb reserves the right to rescind, revoke, or amend this Program at any time without notice.

Additional terms continued on back cover.

Please see **Important Safety Information** on pages 8-13 and the full **[Prescribing Information](#)** and **[Medication Guide](#)**.

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IMPORTANT SAFETY INFORMATION

Do not take ZEPOSIA if you:

- have had a heart attack, chest pain (unstable angina), stroke or mini-stroke (transient ischemic attack or TIA), or certain types of heart failure in the last 6 months
- have or have had a history of certain types of an irregular or abnormal heartbeat (arrhythmia) that is not corrected by a pacemaker
- have untreated, severe breathing problems during your sleep (sleep apnea)
- take certain medicines called monoamine oxidase (MAO) inhibitors (such as selegiline, phenelzine, linezolid)

Talk to your healthcare provider before taking ZEPOSIA if you have any of these conditions or do not know if you have any of these conditions.

ZEPOSIA may cause serious side effects, including:

- **Infections.** ZEPOSIA can increase your risk of serious infections that can be life-threatening and cause death. ZEPOSIA lowers the number of white blood cells (lymphocytes) in your blood. This will usually go back to normal within 3 months of stopping treatment. Your healthcare provider may do a blood test of your white blood cells before you start taking ZEPOSIA.

Call your healthcare provider right away if you have any of these symptoms of an infection during treatment with ZEPOSIA and for 3 months after your last dose of ZEPOSIA:

IMPORTANT SAFETY INFORMATION (cont'd)

- fever
- feeling very tired
- flu-like symptoms
- cough
- painful and frequent urination (signs of a urinary tract infection)
- rash
- headache with fever, neck stiffness, sensitivity to light, nausea, or confusion (these may be symptoms of meningitis, an infection of the lining around your brain and spine)

Your healthcare provider may delay starting or may stop your ZEPOSIA treatment if you have an infection.

- **Progressive multifocal leukoencephalopathy (PML).** ZEPOSIA can increase your risk for PML, which is a rare brain infection that usually leads to death or severe disability. If PML happens, it usually happens in people with weakened immune systems but has happened in people who do not have weakened immune systems. Symptoms of PML get worse over days to weeks. Call your doctor right away if you have any new or worsening symptoms of PML that have lasted several days, including: weakness on one (1) side of your body, loss of coordination in your arms or legs, decreased strength, problems with balance, changes in your vision, changes in your thinking or memory, confusion, changes in your personality.
- **Slow heart rate (also known as bradyarrhythmia) when you start taking ZEPOSIA.** ZEPOSIA may cause your heart rate to temporarily slow down, especially during the first 8 days. You will have a test to check the electrical activity of your heart called an electrocardiogram (ECG) before you take your first dose of ZEPOSIA.

Call your healthcare provider if you experience the following symptoms of slow heart rate:
 - dizziness
 - lightheadedness
 - feeling like your heart is beating slowly or skipping beats
 - shortness of breath
 - confusion
 - chest pain
 - tiredness



IMPORTANT SAFETY INFORMATION (cont'd)

ZEPOSIA may cause serious side effects, including (cont'd):

Follow directions from your healthcare provider when starting ZEPOSIA and when you miss a dose.

Continue reading for additional possible serious side effects of ZEPOSIA.

Before taking ZEPOSIA, tell your healthcare provider about all of your medical conditions, including if you:

- have a fever or infection, or are unable to fight infections due to a disease, or take or have taken medicines that lower your immune system
- received a vaccine in the past 30 days or are scheduled to receive a vaccine. ZEPOSIA may cause vaccines to be less effective
- before you start ZEPOSIA, your healthcare provider may give you a chickenpox (Varicella Zoster Virus) vaccine if you have not had one before
- have had chickenpox or have received the vaccine for chickenpox. Your healthcare provider may do a blood test for the chickenpox virus. You may need to get the full course of the vaccine and wait 1 month before taking ZEPOSIA
- have a slow heart rate
- have an irregular or abnormal heartbeat (arrhythmia)
- have a history of stroke
- have or have had heart problems, including a heart attack or chest pain
- have high blood pressure
- have liver problems
- have breathing problems, including during your sleep
- have eye problems, especially an inflammation of the eye called uveitis
- have diabetes
- are or plan to become pregnant or if you become pregnant within 3 months after you stop taking ZEPOSIA. ZEPOSIA may harm your unborn baby. If you are a female who can become pregnant, talk to your healthcare provider about what

IMPORTANT SAFETY INFORMATION (cont'd)

birth control method is right for you during your treatment with ZEPOSIA and for 3 months after you stop taking ZEPOSIA. If you become pregnant while taking ZEPOSIA for MS, tell your healthcare provider right away and enroll in the ZEPOSIA Pregnancy Registry by calling 1-877-301-9314 or visiting www.zeposiapregnancyregistry.com

- are breastfeeding or plan to breastfeed. It is not known if ZEPOSIA passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby if you take ZEPOSIA

Tell your healthcare provider about all the medicines you take or have recently taken, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Using ZEPOSIA with other medicines can cause serious side effects. Especially tell your healthcare provider if you take or have taken:

- medicines that affect your immune system, such as alemtuzumab
- medicines to control your heart rhythm (antiarrhythmics), or heartbeat
- CYP2C8 inducers such as rifampin
- CYP2C8 inhibitors such as gemfibrozil (medicine to treat high fat in your blood)
- opioids (pain medicine), medicines to treat depression, and medicines to treat Parkinson's disease
- medicines to control your heart rate and blood pressure (beta blocker medicines and calcium channel blocker medicines)

You should not receive **live** vaccines during treatment with ZEPOSIA, for at least 1 month before taking ZEPOSIA and for 3 months after you stop taking ZEPOSIA. Vaccines may not work as well when given during treatment with ZEPOSIA.

ZEPOSIA can cause serious side effects, including:

- **liver problems.** Your healthcare provider will do blood tests to check your liver before you start taking ZEPOSIA. Call your healthcare provider right away if you have any of the following symptoms:



IMPORTANT SAFETY INFORMATION (cont'd)

ZEPOSIA can cause serious side effects, including (cont'd):

- unexplained nausea
 - vomiting
 - stomach area (abdominal) pain
 - tiredness
 - loss of appetite
 - yellowing of the whites of your eyes or skin
 - dark colored urine
- **increased blood pressure.** Your healthcare provider should check your blood pressure during treatment with ZEPOSIA. A sudden, severe increase in blood pressure (hypertensive crisis) can happen when you eat certain foods that contain high levels of tyramine.
 - **breathing problems.** Some people who take ZEPOSIA have shortness of breath. Call your healthcare provider right away if you have new or worsening breathing problems.
 - **a problem with your vision called macular edema.** Macular edema can cause some of the same vision symptoms as a multiple sclerosis (MS) attack (optic neuritis). You may not notice any symptoms with macular edema. Your healthcare provider should test your vision around the time you start taking ZEPOSIA, periodically while you continue taking ZEPOSIA, and at any time you notice vision changes during treatment with ZEPOSIA. Your risk for macular edema is higher if you have diabetes or have had an inflammation of your eye called uveitis. Call your healthcare provider right away if you have any of the following symptoms:
 - blurriness or shadows in the center of your vision
 - sensitivity to light
 - a blind spot in the center of your vision
 - unusually colored vision
 - **types of skin cancer, including basal cell carcinoma, melanoma, and squamous cell carcinoma.** Tell your healthcare provider if you have any changes in the appearance of your skin, including changes in a mole, a new darkened area on your skin, a sore that does not heal, or growths on your skin, such as a bump that may be shiny, pearly white, skin-colored, or pink. Your doctor should check your skin for any changes at

IMPORTANT SAFETY INFORMATION (cont'd)

the start of and during treatment with ZEPOSIA. Limit the amount of time you spend in sunlight and ultraviolet (UV) light. Wear protective clothing and use a sunscreen with a high sun protection factor.

- **swelling and narrowing of the blood vessels in your brain.** Posterior Reversible Encephalopathy Syndrome (PRES) is a rare condition that has happened with ZEPOSIA and with drugs in the same class. Symptoms of PRES usually get better when you stop taking ZEPOSIA. If left untreated, it may lead to stroke. Your healthcare provider will do a test if you have any symptoms of PRES. Call your healthcare provider right away if you have any of the following symptoms:
 - sudden severe headache
 - sudden confusion
 - sudden loss of vision or other changes in your vision
 - seizure
- **severe worsening of multiple sclerosis (MS) after stopping ZEPOSIA.** When ZEPOSIA is stopped, symptoms of MS may return and become worse compared to before or during treatment. Always talk to your healthcare provider before you stop taking ZEPOSIA for any reason. Tell your healthcare provider if you have worsening symptoms of MS after stopping ZEPOSIA.

The most common side effects of ZEPOSIA can include:

- upper respiratory tract infections
- elevated liver enzymes
- low blood pressure when you stand up (orthostatic hypotension)
- painful and frequent urination (signs of urinary tract infection)
- back pain
- high blood pressure
- headache

These are not all of the possible side effects of ZEPOSIA. For more information, ask your healthcare provider or pharmacist.

Call your healthcare provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

Please see the full [Prescribing Information](#) and [Medication Guide](#).





Scan this code to learn more about ZEPOSIA 360 Support™ or visit ZEPOSIA.com/360program



Terms continued

†The Bridge Program is available at no cost for eligible, commercially insured, on-label diagnosed patients if there is a delay in determining whether commercial prescription coverage is available, and is not contingent on any purchase requirement, for up to 24 months (dispensed in 30-day increments). The Bridge Program is not available to patients who have prescription insurance coverage through a state or federal healthcare program, including but not limited to Medicare, Medicaid, Medigap, CHAMPVA, TRICARE, Veterans Affairs (VA), or Department of Defense (DoD) programs. Appeal of any prior authorization denial must be made within 90 days or as per payer guidelines, to remain in the program. Eligibility will be re-verified in January for patients continuing into the following year, and may be at other times during program participation. Offer is not health insurance. Once coverage is approved by the patient's commercial insurance plan, the patient will no longer be eligible. Void where prohibited by law, taxed, or restricted. Bristol-Myers Squibb Company reserves the right to rescind, revoke, or amend this program at any time without notice. Other limitations may apply.

§Patient must have a valid prescription for ZEPOSIA for an FDA-approved indication. Patient must be new to therapy and have not previously received a sample or filled a prescription for ZEPOSIA. Patient is responsible for applicable taxes, if any. This offer is limited to one use per patient per lifetime and is non-transferable. Cannot be combined with any other rebate/coupon, free trial, or similar offer. No substitutions permitted. Patients, pharmacists, and prescribers cannot seek reimbursement for the ZEPOSIA Free Trial/Starter Kit from health insurance or any third party, including state or federally funded programs. Patients may not count the ZEPOSIA Free Trial/Starter Kit as an expense incurred for purposes of determining out-of-pocket costs for any plan, including Medicare Part D true out-of-pocket costs (TrOOP). Offer is not conditioned on any past, present, or future purchase, including refills. Only valid in the United States and US Territories. Void where prohibited by law or restricted. The program is not insurance. Bristol Myers Squibb reserves the right to rescind, revoke, or amend this offer at any time without notice.

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