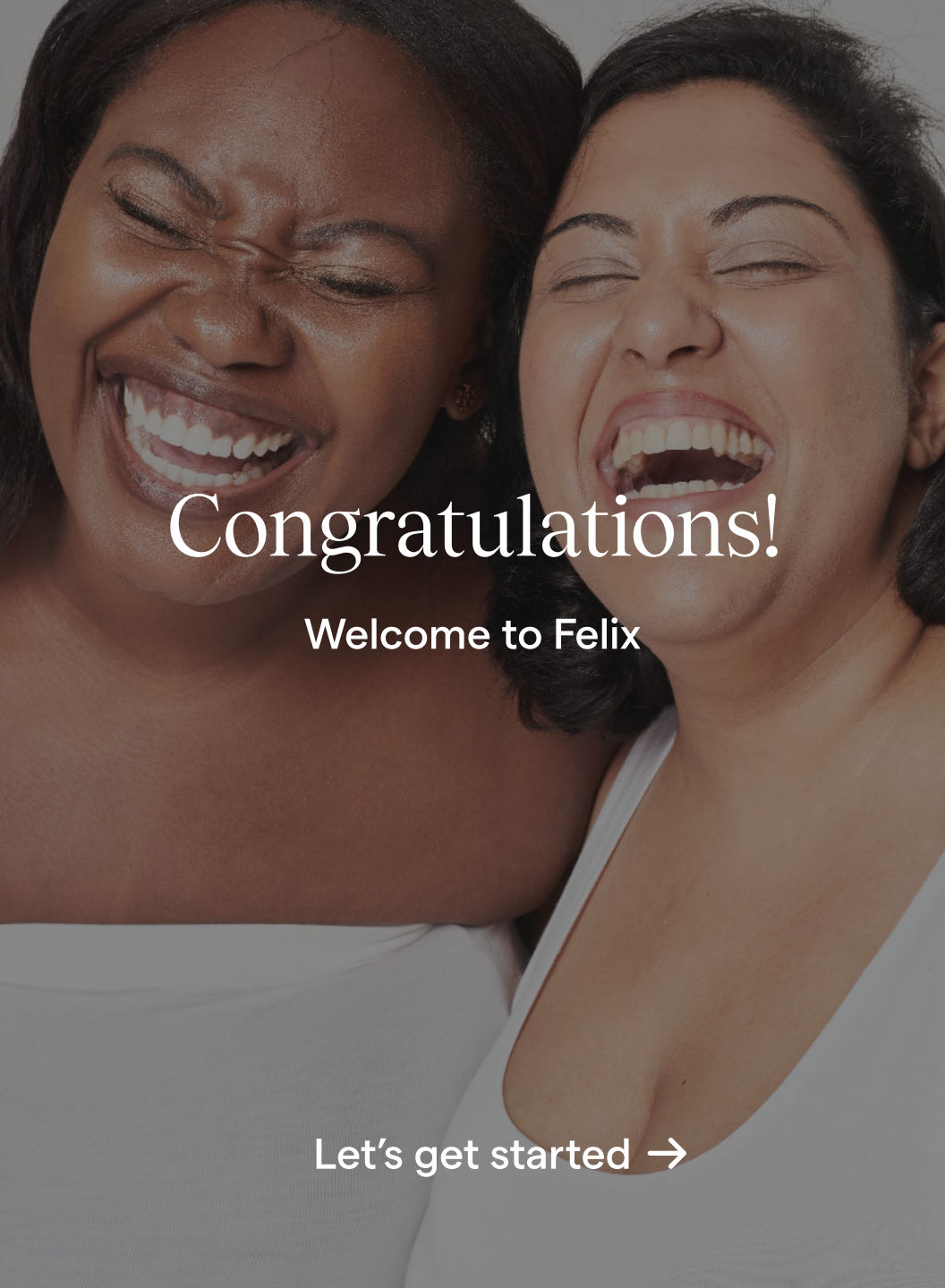




Your Rybelsus[®] treatment guide

A close-up photograph of two women laughing heartily. The woman on the left is Black, and the woman on the right is white. Both have their eyes closed and mouths wide open in laughter. They are wearing white tops. The image has a soft, slightly desaturated tone.

Congratulations!

Welcome to Felix

Let's get started →

Contents

What's in the box	03
Your prescription	05
How to take medication	07
Storage	10
Side effects	11
Notes	13

[Click here for exclusive
access to our online
Sustainable Weight
Management Course](#)

What's in the box

1 Your Rybelsus® medication

In addition to this guide, please carefully read the Medication Guide and Instructions for Use within the Rybelsus® box.

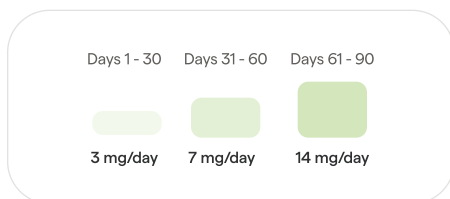
How do I start taking Rybelsus[®]?

The starting dose of Rybelsus[®] is 3 mg daily for 30 days. The dose may gradually increase, depending on your body's response and side effects.

Your healthcare practitioner's aim is to find a steady state dose for you — the lowest effective dose, up to a maximum of 14 mg.

With the Felix program, you stay at each dose for a minimum of 30 days and increase your dose only if needed. It's important that you do not increase your dose at a faster rate than what your practitioner has advised, or as outlined in your medication dosing schedule and treatment guide. This is because the medication was designed to be increased at a specific rate for your safety and in order to minimize side effects. This allows your body time to adjust to the medication.

You will continue to gradually increase your dosage (if needed) to a steady state dose.



This treatment guide has been prepared following the anticipated dosing schedule beginning at the starting dose. Do not alter your dose unless instructed by your healthcare practitioner. If you are experiencing severe or unexpected side effects please seek in person care with your primary healthcare practitioner, walk-in clinic or emergency department.

Renewing your prescription

Your first prescription is written for 12 weeks. You will renew your prescription with your healthcare practitioner after completing a virtual checkup and completing your labs.

Approximately 10 weeks after your initial treatment approval, you'll receive an email inviting you to a virtual checkup for your upcoming prescription.

Your first 3 months

Your Felix practitioner will provide a 12 week prescription. Our dosing will be tailored to you and your health goals. Your first Rybelsus® shipment will include medication for your first 30 days. Your remaining doses will be shipped automatically as needed to ensure your medication remains safe, viable and ready for use. Your dosage typically increases every 30 days if needed.

[Learn more about your dosing
schedule here](#)

How to take Rybelsus®

To ensure your medication works, remember these three steps:

- **Empty stomach:** Take your medication first thing in the morning on an empty stomach
- **Small sip:** Use only a tiny bit of water (120mL or less)
- **Wait 30 minutes:** Do not eat, drink, or take other pills for at least 30 minutes.

Important note: Swallow the pill whole. Do not crush or chew it. Only take Rybelsus® with water. Taking it with more water, food, medications or not waiting 30 minutes may decrease the absorption of the medication.

How often do I take Rybelsus[®]?

You should take Rybelsus[®] once daily, at the same time, on the same day of the week. Do not eat, drink, or take other pills for at least 30 minutes.

What do I do if I miss my Rybelsus[®] dose?

If you miss a dose, **do not take an extra one or increase the dose to make up for it.**

Skip the missed dose and take your next tablet the following day as usual.

How to store Rybelsus®

The blue cap on the Rybelsus® bottle is specially designed to keep your tablets protected so they can work properly. It is important that your Rybelsus® tablets stay in the bottle with the cap on until you are ready to take one. Do not put them in a different pill container.

Possible side effects

Like all medication, Rybelsus® may cause side effects, although not everybody gets them.

Common side effects are nausea, vomiting, constipation, diarrhea, fatigue, or acid reflux. These typically resolve within a couple of weeks. If side effects are severe, please seek immediate in-person care. If you are experiencing moderate side effects, or have any questions, please speak with your healthcare practitioner.

Low blood sugar (hypoglycemia) could be a side effect with Rybelsus® especially when used with a a sulfonylurea medication or insulin. Please make sure that your healthcare practitioner knows that you are taking other diabetes mellitus medications (or other medications that can decrease your blood sugar) at the same time.

The warning signs of low blood sugar may come on suddenly. They can include, but not limited to: cold sweat, cool pale skin, headache, fast heartbeat, feeling sick (nausea) or very hungry, changes in vision, feeling sleepy or weak, feeling nervous, anxious or confused, difficulty concentrating, or shaking.

If you are using a sulfonylurea medication or insulin, please discuss this with your healthcare practitioner to better understand what to do if you notice these warning signs.

For the full list of possible side effects, please see the Medication Guide and Instructions for Use within the Rybelsus® box.

Tips for managing side effects

The most common side effects of Rybelsus® are gastrointestinal (nausea, vomiting, diarrhea, constipation and acid reflux). There are a few things you can try that may help manage them, such as:

- Eating smaller, more frequent meals
- Eating slowly
- Drinking plenty of water (staying hydrated)
- Avoiding fatty or sweet foods
- Avoiding eating in the evening/night
- Increase amount of fibre in your food

If side effects are moderate, please talk to your health care practitioner to discuss side effect management.



Notes

