



Actual Size

# GETTING STARTED WITH AFREZZA®

THE ONLY ULTRA RAPID-ACTING INHALED MEALTIME INSULIN FOR  
ADULTS LIVING WITH TYPE 1 OR TYPE 2 DIABETES

Please see Important Safety Information on [page 16-17](#), and see [Medication Guide](#), including **BOXED WARNING**, and [Instructions for Use](#) in pocket. Visit [www.afrezza.com/safety](http://www.afrezza.com/safety) to see the [Full Prescribing Information](#).





**What is the most important information I should know about AFREZZA?**

**AFREZZA can cause serious side effects, including:**

- Sudden lung problems (bronchospasms). In a study, some AFREZZA-treated patients with asthma, whose asthma medication was temporarily withheld, experienced sudden lung problems. Do not use AFREZZA if you have long-term (chronic) lung problems such as asthma or chronic obstructive pulmonary disease (COPD). Before starting AFREZZA, your healthcare provider will give you a breathing test to check how your lungs are working.

**What is AFREZZA?**

- AFREZZA is a man-made insulin that is breathed-in through your lungs (inhaled) and is used to control high blood sugar in adults with diabetes mellitus.
- AFREZZA is not for use to treat diabetic ketoacidosis. AFREZZA must be used with basal insulin in people who have type 1 diabetes mellitus.
- It is not known if AFREZZA is safe and effective for use in people who smoke. AFREZZA is not for use in people who smoke or have recently stopped smoking (less than 6 months).
- It is not known if AFREZZA is safe and effective in children under 18 years of age.

**Who should not use AFREZZA?**

**Do not use AFREZZA if you:**

- Have chronic lung problems such as asthma or COPD.
- Are allergic to regular human insulin or any of the ingredients in AFREZZA.
- Are having an episode of low blood sugar (hypoglycemia).

**What should I tell my healthcare provider before using AFREZZA? Before using AFREZZA, tell your healthcare provider about all your medical conditions, including if you:**

- Have lung problems such as asthma or COPD
- Have or have had lung cancer
- Are using any inhaled medications
- Smoke or have recently stopped smoking
- Have kidney or liver problems
- Are pregnant, planning to become pregnant, or are breastfeeding. AFREZZA may harm your unborn or breastfeeding baby.

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

**Before you start using AFREZZA, talk to your healthcare provider about low blood sugar and how to manage it.**

**What should I avoid while using AFREZZA?**

**While using AFREZZA do not:**

- Drive or operate heavy machinery, until you know how AFREZZA affects you
- Drink alcohol or use over-the-counter medicines that contain alcohol
- Smoke

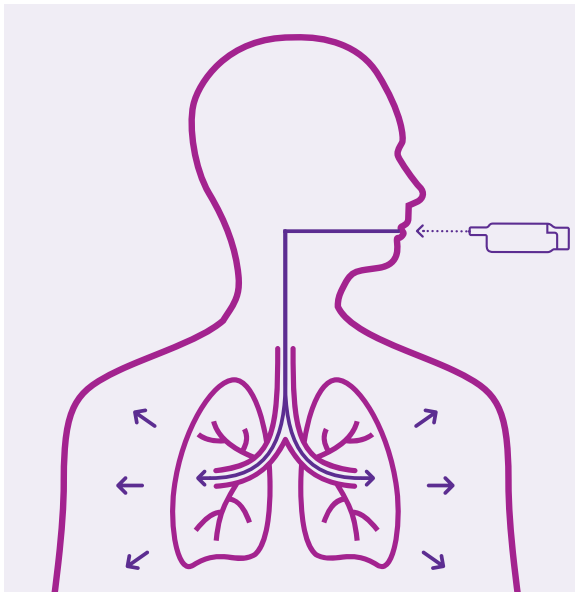
**Please see Important Safety Information on page 16-17, and see Medication Guide, including **BOXED WARNING**, and Instructions for Use. Visit [www.afrezza.com/safety](http://www.afrezza.com/safety) to see the Full Prescribing Information.**



# WELCOME TO AFREZZA®

As someone living with type 1 or type 2 diabetes who depends on mealtime insulin, you know how important flexibility can be. Afrezza is the only ultra-rapid acting inhaled insulin that works on your schedule to deliver mealtime management in the moment.

**Did you know it's faster to get insulin into your bloodstream through your lungs than when injected under your skin?**



Inhaled insulin passes through your lungs into your blood, and it starts working to lower blood sugar fast.\*



## ULTRA RAPID ABSORPTION

- When Afrezza insulin is inhaled, it enters through the large surface area of the lungs, which allows for ultra rapid absorption.



## MIMICS NATURAL INSULIN RESPONSE

- Afrezza uses a unique formulation to deliver insulin into the bloodstream via the lungs in less than 1 minute.
- Blood sugar starts to lower in about 12 minutes
- Time to peak effect is approximately 35–45 minutes<sup>+</sup>

+ For the 4 Afrezza unit and 12 Afrezza unit cartridges

\* Your prescriber will determine proper dosing. Please always consult with your prescriber prior to changing dose

Please see Important Safety Information including BOXED WARNING on [pages 16-17](#).

Scan this QR Code to sign up  
for Mannkind Cares product  
training and education  
[www.afrezza.com/consent](http://www.afrezza.com/consent)





# MEALTIME FREEDOM AND FLEXIBILITY

A mealtime insulin treatment with an innovative inhaled delivery method.

## MEALTIME ON YOUR TIME

- Afrezza® lets you inhale your insulin right when food arrives
- Spontaneous but still in control
- No pre-bolusing

## NO MEALTIME NEEDLESTICKS

- Eliminates over 1,000 mealtime injections per year\*
- Scar tissue can develop under the skin as a result of repeated injections, and can be a problem for people with diabetes.
- Scar tissue can affect the body's ability to absorb insulin and can cause serious complications.

*Since Afrezza leaves the body quickly within 1.5 to 3 hours,<sup>†</sup> depending on the dose, it gives you the option to take additional correction doses at 1 and 2 hours after meals, if needed.*

\* Assumes 1 needle per meal, 3 meals per day for 365 days, rounded down.

<sup>†</sup>For the 4 Afrezza unit and 12 Afrezza unit cartridges
















# DOSING AFREZZA®

## INITIAL DOSING WITH CARTRIDGES

If you've had experience with mealtime injections, use this conversion chart to help determine the right amount of Afrezza insulin units you need.

INJECTED MEALTIME INSULIN DOSE	AFREZZA STARTING DOSE	# OF CARTRIDGES NEEDED		
		4 UNIT BLUE	8 UNIT GREEN	12 UNIT YELLOW
UP TO 4 UNITS	4 UNITS			
5-8 UNITS	8 UNITS			
9-12 UNITS	12 UNITS	 + 	OR	
13-16 UNITS	16 UNITS	 		
17-20 UNITS	20 UNITS	 + 		
21-24 UNITS	24 UNITS	 		

## QUICK TIP

Afrezza® is available in 4-, 8- and 12-unit color-coded cartridges. If needed, you can combine cartridges to take your prescribed dose. For example, two 8-unit cartridges provide a dose of 16 units of Afrezza.

Please see Important Safety Information including BOXED WARNING on [pages 16-17](#).



# DOSING AFREZZA®

## AFREZZA UNITS PER MEAL

Work with your doctor to determine the dosing regimen that's right for you, then record it here:

### STEP 1: Take prescribed Afrezza dose

BREAKFAST	LUNCH	DINNER	SNACK
_____ units	_____ units	_____ units	_____ units

### STEP 2: Check blood sugar to see how Afrezza is working for you

\_\_\_\_\_ hour(s) after beginning of the meal\*

### STEP 3: Correction dose, if needed

AFTER-MEAL BLOOD SUGAR	CORRECTION DOSE
Target blood sugar: Between _____ mg/dL and _____ mg/dL	No correction dose needed
Greater than _____ mg/dL	Take _____ units

### STEP 4: Adjust dose, if needed

- If your after-meal blood sugar remains above your target blood sugar range for \_\_\_\_\_ days, consult your doctor to consider increasing your dose in Step 1
- Continue adjusting until your after-meal blood sugar is consistently within your target

\*American Diabetes Association suggests 1–2 hours after beginning of the meal. The American Association of Clinical Endocrinologists suggests 2 hours after beginning of the meal.

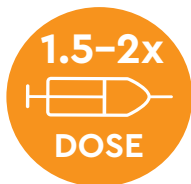
## QUICK TIP

Afrezza® is available in 4-, 8- and 12-unit color-coded cartridges. If needed, you can combine cartridges to take your prescribed dose. For example, two 8-unit cartridges provide a dose of 16 Afrezza units.



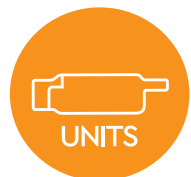
# TAKING AFREZZA®

With these simple steps, learn how to manage your mealtime glucose levels.



## DOSING ADJUSTMENT CONSIDERATIONS

Clinical Studies suggest that the titrated dose may be 1.5x-2x the initial dose of Afrezza to achieve a comparable glucose lowering effect to injected insulin. You may need to adjust your dose, up or down, based on your blood sugar levels and how Afrezza works for you.



## TYPICAL DOSING AT MEALTIME

In Afrezza clinical trials, the range of average dose per meal was 12-16 Afrezza Units.



## EFFECTIVE DOSING

Like all insulin therapy, monitor the effect Afrezza has on you, and reach out to your healthcare provider if you feel like you need to change your dosing.



# HOW TO USE AFREZZA®

## A STEP-BY-STEP GUIDE TO YOUR FIRST DOSE

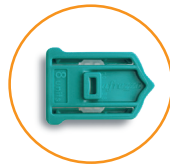
Learn how to take a dose and store Afrezza at home and while on the go. Please have dosing instructions from your healthcare provider ready before taking Afrezza, and ensure you have the right number of AFREZZA cartridges for your dose available before you start.

### STEP 1: SELECT THE CARTRIDGE FOR YOUR DOSE



#### 4 AFREZZA UNITS:

If your Afrezza dose is 4 units, use 1 blue cartridge.



#### 8 AFREZZA UNITS:

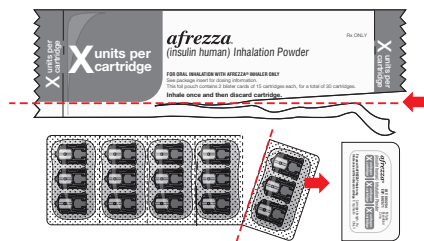
If your Afrezza dose is 8 units, use 1 green cartridge.



#### 12 AFREZZA UNITS:

If your Afrezza dose is 12 units, use 1 yellow cartridge.

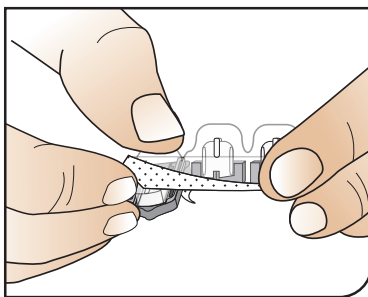
If your prescribed AFREZZA dose is more than 12 units you will need to use more than 1 cartridge to get your right dose.



#### Open Packages

Remove a blister card from the foil package.

Tear along perforation to remove one strip.



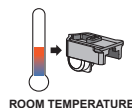
#### Push Cartridges to Remove

Remove a cartridge from the strip by pressing on the clear side to push the cartridge out. Remove the right number of cartridges for your dose. Pushing on the cup will not damage the cartridge.

**AFREZZA cartridges left over in an opened strip must be used within 3 days.**



Before use, **cartridges and inhaler** should be at room temperature for 10 minutes.



Scan this QR code to watch the  
**How To Use Afrezza Video**  
[www.youtube.com/@afrezza](https://www.youtube.com/@afrezza)

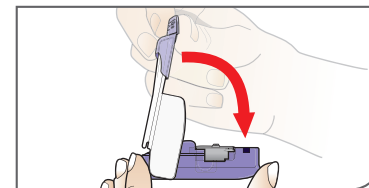
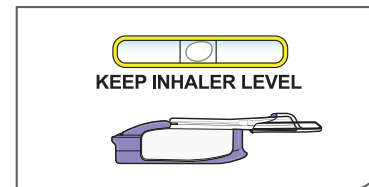
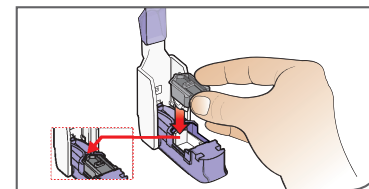
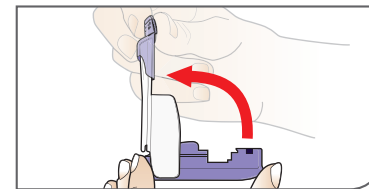
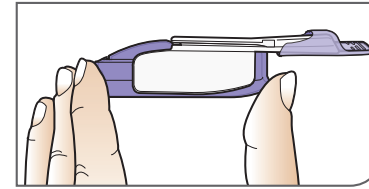




# HOW TO USE AFREZZA®

## STEP 2: LOAD A CARTRIDGE

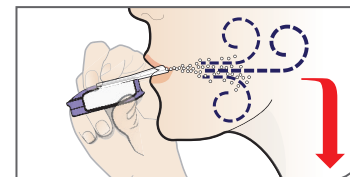
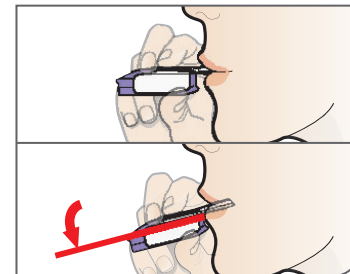
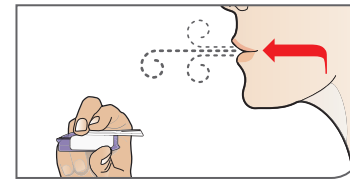
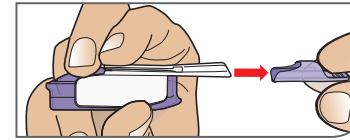
- **HOLD INHALER:** Hold the inhaler level in one hand with the white mouthpiece on the top and purple base on the bottom.
- **OPEN INHALER:** Open the inhaler by lifting the white mouthpiece to a vertical position. Before you put the AFREZZA cartridge in your inhaler, make sure it has been at **room temperature for 10 minutes**.
- **PLACE CARTRIDGE:** Hold the cartridge with the cup facing down. The pointed end of the cartridge should line up with the pointed end in the inhaler. Place cartridge into the inhaler, making sure it lies flat in inhaler.
- **KEEP LEVEL:** Now that the cartridge is loaded, keep the inhaler level from this point forward to avoid loss of drug powder. Do not turn it upside down, shake, or drop, as this could cause a loss of drug powder.
- **CLOSE INHALER:** Lower the mouthpiece to close the inhaler (this will open the drug cartridge). You should feel a snap when the inhaler is closed.



# HOW TO USE AFREZZA®

## STEP 3: INHALE INSULIN

- **REMOVE COVER:** Remove the mouthpiece cover. Keep the inhaler level.
- **EXHALE:** Hold the inhaler away from your mouth and exhale fully.
- **POSITION INHALER:** Keeping your head and inhaler level, place the mouthpiece in your mouth. Close your lips around the mouthpiece to form a seal. Tilt the inhaler downward while keeping your head level as shown.
- **INHALE DEEPLY AND HOLD BREATH:** With your mouth closed around the mouthpiece, inhale deeply through the inhaler. Hold your breath for as long as comfortable and at the same time remove the inhaler from your mouth. Exhale and breathe normally.



## QUICK TIP

Since Afrezza is an inhaled powder, it is not uncommon to experience cough at the beginning of your treatment. In our clinical studies, cough was mild and the incidence was highest within the first week of Afrezza treatment and declined over the following 4–8 weeks. As a suggestion, taking Afrezza at room temperature and having a sip of water before inhalation may help. If you develop a persistent or recurring cough, or have breathing difficulties while using Afrezza, contact your healthcare provider.

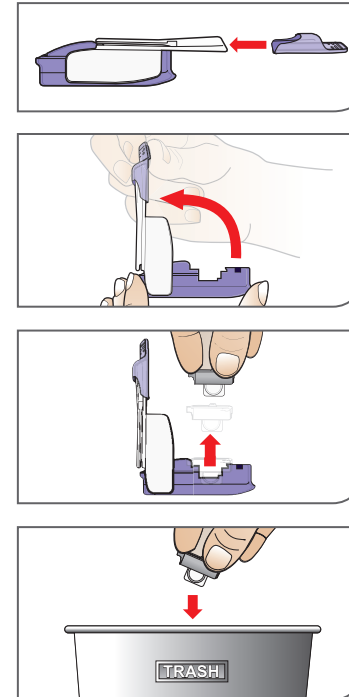
Please see Important Safety Information including BOXED WARNING on [pages 16-17](#).



# HOW TO USE AFREZZA®

## STEP 4: REMOVING A USED CARTRIDGE

- **REPLACE MOUTHPIECE COVER:** Place the purple mouthpiece cover back onto the inhaler.
- **OPEN INHALER:** Open the inhaler by lifting up the white mouthpiece.
- **REMOVE CARTRIDGE:** Remove the cartridge from the purple base.
- **THROW AWAY (OR RECYCLE) THE CARTRIDGE:** Throw away the cartridge in your regular household trash.  
Alternatively, the used cartridge (composed of HDPE, assigned recycling number 2) can be recycled.



## QUICK TIP




A small amount of powder residue in the mouthpiece or cartridge is normal. This does not affect your dose. You can wipe the mouthpiece with a clean, dry cloth to remove moisture or lipstick. Do not wash the Afrezza inhaler.

# STORAGE AND HANDLING

## HOW TO TAKE CARE OF YOUR AFREZZA INHALER AND INSULIN CARTRIDGES

### IN USE: ROOM TEMPERATURE STORAGE

Reference the chart below for instructions on taking care of your inhaler and opened foil packages.

OPENED AFREZZA INHALERS	Room Temperature
	Use for up to <b>15 days</b> from the date of first use. After 15 days, inhaler must be discarded and replaced.
SEALED BLISTER CARDS + STRIPS	Room Temperature
	Must be used <b>within 10 days</b>
OPENED STRIPS	Room Temperature
	Must be used <b>within 3 days</b>

Do not put a blister card or strip back into the refrigerator after being stored at room temperature.

### NOT IN USE: REFRIGERATED STORAGE

Store unopened drug in a refrigerator 36°F-46°F (2°C-8°C).

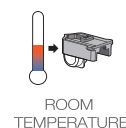
SEALED FOIL PACKAGES	Refrigerated
	May be used until the <b>expiration date*</b>
SEALED BLISTER CARDS + STRIPS	Refrigerated
	Must be used <b>within 1 month*</b>

\*If a foil package, blister card, or strip is not refrigerated, the contents must be used within 10 days.

### BEFORE USING YOUR AFREZZA INHALER



Before use, cartridges and inhaler should be at room temperature for 10 minutes.



**10 mins.**



# FILLING YOUR PRESCRIPTION



Here's a step-by-step guide to filling your first Afrezza® prescription:

1. Before you visit the pharmacy, be sure to **download** your Afrezza Savings Card at [www.AfrezzaSavingsCard.com](http://www.AfrezzaSavingsCard.com)
2. Take both your prescription and savings card to the pharmacy, and be prepared to give them at least 48 hours to fill your order as some locations may need to have Afrezza shipped to them

## Commercial Patients



Not actual card image



To enroll in the  
Afrezza Savings Program  
and download your card:

Scan the QR code or visit  
[www.afrezzasavingscard.com](http://www.afrezzasavingscard.com)  
to enroll

## Medicare Patients

**MEDICARE** – Medicare recipients can obtain Afrezza® for a copay of no more than \$35 a month for covered prescriptions. There will be no deductible or coverage gap applied (i.e. donut hole\*) for covered insulin products. Coverage may require a prior authorization for Afrezza.

\*Visit [www.medicare.gov/coverage/insulin](http://www.medicare.gov/coverage/insulin) for more information about the Inflation Reduction Act.

## WE ARE HERE TO HELP

Contact **AfrezzaAssist®** with any issues related to your Afrezza prescription.

Our Patient Support Guides can help you explore options to get support if your health plan or pharmacist tells you Afrezza is not covered on your current plan.

**AfrezzaAssist® : 1-844-4MANKND (1-844-462-6563)**

\*Eligibility criteria and maximum benefit limitations apply.

12 Please see [www.AfrezzaSavingsCard.com](http://www.AfrezzaSavingsCard.com) for complete details.

# FILLING YOUR PRESCRIPTION

## AFREZZAASSIST®

AfrezzaAssist is here to help with getting your Afrezza prescription filled. AfrezzaAssist team will apply eligible savings and will work with your healthcare provider to get your medication covered by your insurance plan.

Below are the two easy steps for your provider and you to follow:



1. Please have your healthcare provider submit your prescription to Sterling Specialty Pharmacy (AfrezzaAssist).
  - a. You will receive a text from Sterling Specialty Pharmacy, letting you know when they have received your order.



2. Expect to receive a text from Sterling Specialty Pharmacy when your order is ready.
  - a. Please contact Sterling Specialty Pharmacy at **888-618-4126**.
  - b. You can also contact Sterling Specialty Pharmacy if you have any questions about the status of your prescription.

## PRESCRIPTIONS OUTSIDE OF AFREZZAASSIST

If your prescription is submitted to a local retail pharmacy, here's what you'll need to do and need to know:



- Download the Afrezza Savings Card at [www.AfrezzaSavingsCard.com](http://www.AfrezzaSavingsCard.com)\*.
- Your prescription insurance must cover Afrezza for you to be eligible for the Savings Card.



- Take your prescription and Savings Card to the pharmacy.
  - Be prepared to give them at least 48 hours to fill your order.
  - You may need to follow up with the pharmacy to ensure your prescription is able to be filled.

\*See program details at [afrezza.com/savings-program](http://afrezza.com/savings-program). Eligibility criteria and maximum benefit limitations apply. Your healthcare team will most likely need to get an approved Prior Authorization for Afrezza before you can use your savings card to fill your prescription.

Please see Important Safety Information including BOXED WARNING on [pages 16-17](#).



# AfrezzaAssist® and Patient Training

CONTACT US:



(TOLL-FREE)

1-844-4MANKND (1-844-462-6563)

## HERE TO HELP EVERY STEP OF THE WAY

### AFREZZA SAVINGS CARD HELP DESK

Is your pharmacy having difficulty using your  
Afrezza Savings card?

### AfrezzaAssist®

Press the appropriate number to be transferred to the  
Savings Card Help Desk

**HOURS** Monday – Friday 8:30am – 6:30pm EST

### MANNKIND MEDICAL CONTACT CENTER

Do you have a medical and or product question?

### MannKind Medical Contact Center

Press the appropriate number to be transferred to our  
MannKind Medical Contact Center.

**HOURS** Monday – Friday 11:00am – 7:00pm EST

### AFREZZA TRAINING CALL CENTER

Do you need training on how to use Afrezza  
or need an Afrezza refresher training?

### MannKind Training

Press the appropriate number to be transferred to our  
Afrezza Training Call Center.

**HOURS** Monday – Friday 9:00am – 6:00pm EST





## FREQUENTLY ASKED QUESTIONS

### **Q: WHEN SHOULD I TAKE MY AFREZZA®?**

**A:** Afrezza should be inhaled at the beginning of a meal because it closely mimics natural insulin response.

### **Q: IS IT NORMAL TO SEE POWDER LEFT OVER IN MY INHALER AFTER I'VE INHALED MY AFREZZA DOSE?**

**A:** Yes, a small amount of powder residue in the mouthpiece or cartridge is normal. This does not affect your dose. You can wipe the mouthpiece with a clean, dry cloth to remove moisture or lipstick. Do not wash the Afrezza inhaler. Replace the Afrezza inhaler every 15 days.

### **Q: WHAT SHOULD I DO IF I EXPERIENCE A COUGH?**

**A:** Since Afrezza is an inhaled powder, it is not uncommon to experience cough at the beginning of your treatment. In our clinical studies, cough was mild and typically declined with continued use after 1–4 weeks. As a suggestion, taking Afrezza at room temperature and having a sip of water before inhalation may help. If you develop a persistent or recurring cough, or have breathing difficulties while using Afrezza, contact your healthcare provider.

**ADDITIONAL QUESTIONS?** Visit <https://afrezza.com/faqs/>

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## IMPORTANT SAFETY INFORMATION

### What is the most important information I should know about AFREZZA?

#### **AFREZZA can cause serious side effects, including:**

- Sudden lung problems (bronchospasms). In a study, some AFREZZA-treated patients with asthma, whose asthma medication was temporarily withheld, experienced sudden lung problems. Do not use AFREZZA if you have long-term (chronic) lung problems such as asthma or chronic obstructive pulmonary disease (COPD). Before starting AFREZZA, your healthcare provider will give you a breathing test to check how your lungs are working.

#### **What is AFREZZA?**

- AFREZZA is a man-made insulin that is breathed-in through your lungs (inhaled) and is used to control high blood sugar in adults with diabetes mellitus.
- AFREZZA is not for use to treat diabetic ketoacidosis. AFREZZA must be used with basal insulin in people who have type 1 diabetes mellitus.
- It is not known if AFREZZA is safe and effective for use in people who smoke. AFREZZA is not for use in people who smoke or have recently stopped smoking (less than 6 months).
- It is not known if AFREZZA is safe and effective in children under 18 years of age.

#### **Who should not use AFREZZA?**

##### **Do not use AFREZZA if you:**

- Have chronic lung problems such as asthma or COPD.
- Are allergic to regular human insulin or any of the ingredients in AFREZZA.
- Are having an episode of low blood sugar (hypoglycemia).

### What should I tell my healthcare provider before using AFREZZA?

#### **Before using AFREZZA, tell your healthcare provider about all your medical conditions, including if you:**

- Have lung problems such as asthma or COPD
- Have or have had lung cancer
- Are using any inhaled medications
- Smoke or have recently stopped smoking
- Have kidney or liver problems
- Are pregnant, planning to become pregnant, or are breastfeeding. AFREZZA may harm your unborn or breastfeeding baby.

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

#### **Before you start using AFREZZA, talk to your healthcare provider about low blood sugar and how to manage it.**

#### **What should I avoid while using AFREZZA?**

##### **While using AFREZZA do not:**

- Drive or operate heavy machinery, until you know how AFREZZA affects you
- Drink alcohol or use over-the-counter medicines that contain alcohol
- Smoke

## CONTINUED IMPORTANT SAFETY INFORMATION

**What are the possible side effects of AFREZZA?**

**AFREZZA may cause serious side effects that can lead to death, including:**

**See “What is the most important information I should know about AFREZZA?”**

**Low blood sugar (hypoglycemia).** Signs and symptoms that may indicate low blood sugar include:

- Dizziness or light-headedness, sweating, confusion, headache, blurred vision, slurred speech, shakiness, fast heartbeat, anxiety, irritability or mood change, hunger.

**Decreased lung function.** Your healthcare provider should check how your lungs are working before you start using AFREZZA, 6 months after you start using it, and yearly after that.

**Lung cancer.** In studies of AFREZZA in people with diabetes, lung cancer occurred in a few more people who were taking AFREZZA than in people who were taking other diabetes medications. There were too few cases to know if lung cancer was related to AFREZZA. If you have lung cancer, you and your healthcare provider should decide if you should use AFREZZA.

**Diabetic ketoacidosis.** Talk to your healthcare provider if you have an illness. Your AFREZZA dose or how often you check your blood sugar may need to be changed.

**Severe allergic reaction (whole body reaction). Get medical help right away if you have any of these signs or symptoms of a severe allergic reaction:**

- A rash over your whole body, trouble breathing, a fast heartbeat, or sweating.

**Low potassium in your blood (hypokalemia).**

**Heart failure.** Taking certain diabetes pills called thiazolidinediones or “TZDs” with AFREZZA may cause heart failure in some people. This can happen even if you have never had heart failure or heart problems before. If you already have heart failure it may get worse while you take TZDs with AFREZZA. Your healthcare provider should monitor you closely while you are taking TZDs with AFREZZA. Tell your healthcare provider if you have any new or worse symptoms of heart failure including:

- Shortness of breath, swelling of your ankles or feet, sudden weight gain.

Treatment with TZDs and AFREZZA may need to be changed or stopped by your healthcare provider if you have new or worse heart failure.

**Get emergency medical help if you have:**

- Trouble breathing, shortness of breath, fast heartbeat, swelling of your face, tongue, or throat, sweating, extreme drowsiness, dizziness, confusion.

**The most common side effects of AFREZZA include:**

- Low blood sugar (hypoglycemia), cough, sore throat.

**These are not all the possible side effects of AFREZZA.** Call your doctor for medical advice about side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088 (1-800-332-1088).

**Please See Full Prescribing Information, including BOXED WARNING, [Medication Guide](#) and [Instructions for Use](#) at [Afrezza.com/safety](http://Afrezza.com/safety).**





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