



Get your V-Go[®] on

Patient Start Guide

Take control with wearable insulin.
Starting and sticking with V-Go is simple and easy.



Valeritas Customer Care
personalized support is available 24/7
Call 1-866-881-1209 today!

VGO[®]
DISPOSABLE INSULIN DELIVERY

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Day 1: Start right

- Be sure you do not take any other insulin shots in combination with V-Go® unless directed by your healthcare professional
- Watch the V-Go completely fill with insulin
- Push in the Needle Button until it locks to deliver the preset basal rate of insulin (when first applied)
- Use the Bolus Delivery Button to deliver the prescribed amount of insulin (1 click = 2 Units)
- Remove and discard V-Go, then replace it with a new filled device after 24 hours
- After Day 1, review and ensure that you completed this list

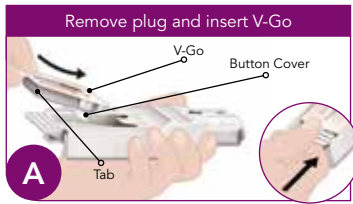
Visit www.go-vgo.com for more information and support to get started on V-Go.

Have questions?
Contact your dedicated Valeritas Partner at 1-866-881-1209.

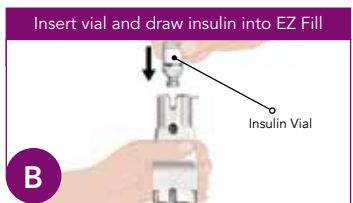
From Day 1: V-Go® is as easy as 1-2-3

1 Fill

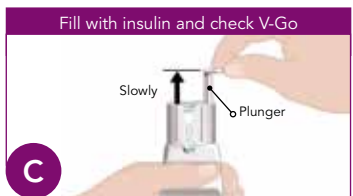
Ensure V-Go is properly filled with insulin



- Pull ribbed drawer handle and lift plug out of EZ Fill; set aside
- Slide V-Go into EZ Fill drawer with adhesive side up and Button Cover down
- Hold V-Go down and push drawer closed



- Remove the insulin vial cap and EZ Fill cap
- Keep EZ Fill upright and turn insulin vial upside down, pushing firmly into vial holder
- Slowly pull up plunger as far as it can go; wait 5 seconds



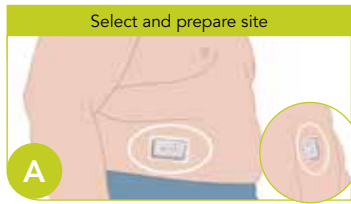
- Slowly push plunger down over 25 seconds
- Watch V-Go fill with insulin in a continuous flow of droplets
- Check that V-Go is full—a few small bubbles are normal



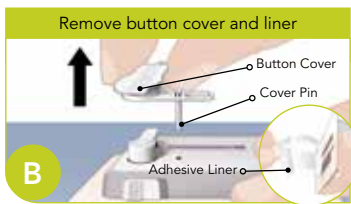
- Remove V-Go, leave plunger in down position
- Ensure that V-Go is filled and there are no large air bubbles
- Clean and place plug back in EZ Fill; store in the refrigerator

2 Wear

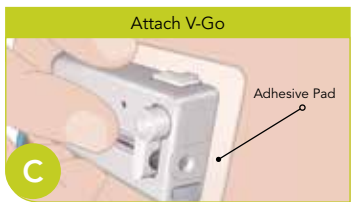
Ensure V-Go is correctly applied and begin the flow of insulin



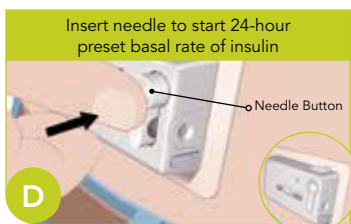
- Select application site—avoid skin fold, muscle, and bone
- Clean area with alcohol swab and let dry



- Pull Button Cover straight up and discard
- Lift adhesive tab and remove liner



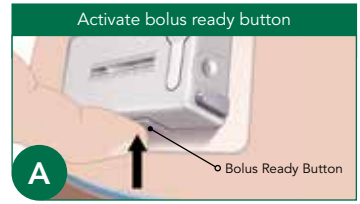
- Press V-Go onto the skin for 5-10 seconds
- Avoid pushing buttons during application



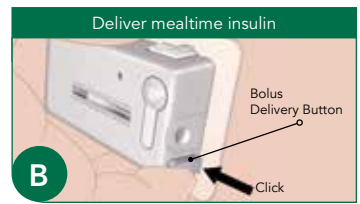
- With firm motion, press rounded top of Needle Button completely into V-Go until you hear a click or button locks in place
- Needle must lock to begin flow of insulin
- Check gray indicator on the V-Go; check your blood glucose at regular intervals

3 Go

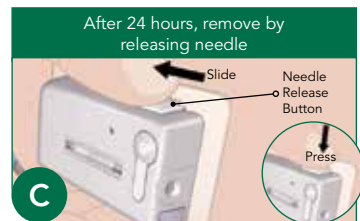
Ensure you know how to deliver mealtime insulin



- Locate and press the Bolus Ready Button
- Bolus Delivery Button will pop out and you will hear a click



- Push Bolus Delivery Button into V-Go until it stops and clicks
- 1 click = 2 Units of insulin



- In one motion, firmly slide and press Needle Release Button



- After 24 hours, ensure that the needle has been retracted before removing V-Go
- Carefully peel V-Go away from your skin
- Remove V-Go and discard

Please view the *Quick Reference Guide* or *Instructions for Patient Use* for additional information on how to use the V-Go Disposable Insulin Delivery Device or visit vgostart.com.

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Your V-Go® Patient Worksheet

Filling this out with your doctor will help you stay on track.

Time to apply a new V-Go each day: _____

At mealtimes, use the amount of insulin prescribed by your doctor (1 click = 2 Units).

	How many times will I click the Bolus Delivery Button?	How many Units of insulin?
Breakfast	=	
Lunch	=	
Dinner	=	
Snack	=	


Make sure to keep track of the number of bolus doses you give yourself at each meal.

- If you lose count, **STOP** bolus dosing, monitor your blood glucose, and follow the plan agreed upon with your doctor or healthcare professional.

Titration plan:



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"V-Go® helped me
get everything back
in balance again."

– **June**
V-Go user

Stick with it

Learning new things can be a challenge. It may take a few tries before applying V-Go becomes second nature for you. V-Go has set you up with all the things you need to get started. Here are the most important things you'll need to get you started on the right path.

- The Day 1 Insert will help walk you through the first few times you fill your V-Go with insulin, apply and wear it, and use it on the go for mealtime insulin
- The Patient Start Guide will serve as a resource to help you understand how your V-Go works and to answer frequently asked questions
- Your dedicated Valeritas Partner is available for personalized support

No matter the question,* Valeritas Customer Care (VCC) is here to provide you with the support you need 24/7.

* Valeritas does not give medical advice about insulin therapy. Discuss all medical therapies with your healthcare professional.

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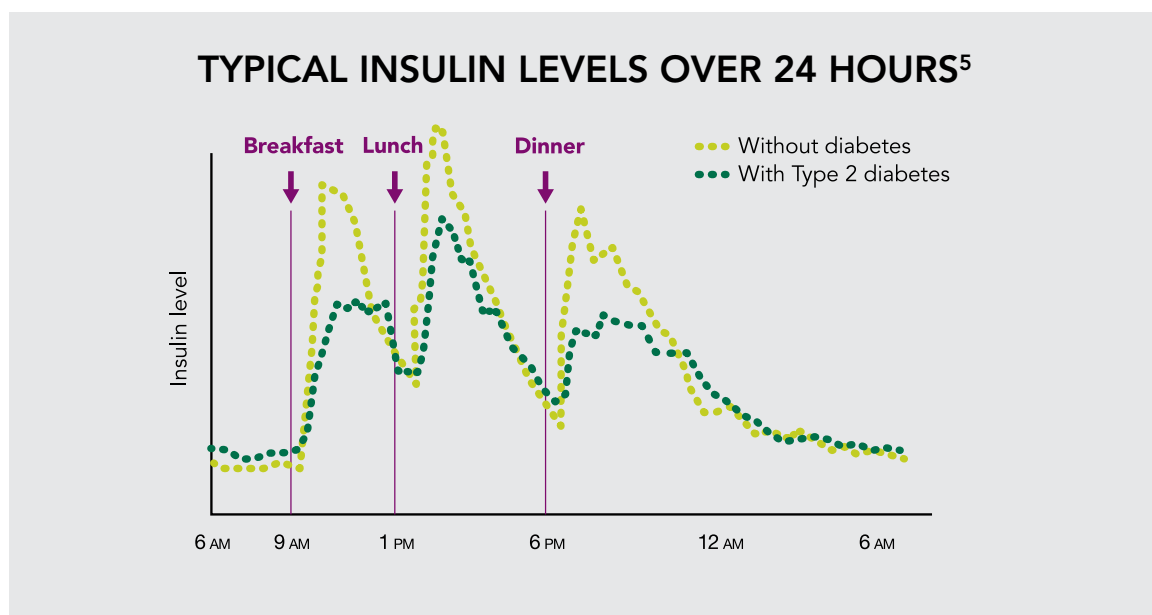
What it means to get your V-Go[®] on

V-Go is a wearable disposable insulin delivery device that provides a steady rate of insulin over 24 hours and lets you give yourself insulin at mealtimes without anyone knowing. With just 1 application, 1 insulin, and simple clicks, V-Go helps keep you in control all day and night.¹⁻⁴ Just stick it and click it!

Typical insulin delivery

In people without diabetes, insulin is released in small amounts throughout the day and night and in large amounts at mealtimes. If you have Type 2 diabetes, either your body doesn't use insulin well or your body doesn't make enough insulin, including at mealtimes.⁵ The lower level of insulin in your body causes your blood sugar to rise.⁶

The graph below shows the typical pattern of insulin release in people with and without diabetes over 24 hours.⁵

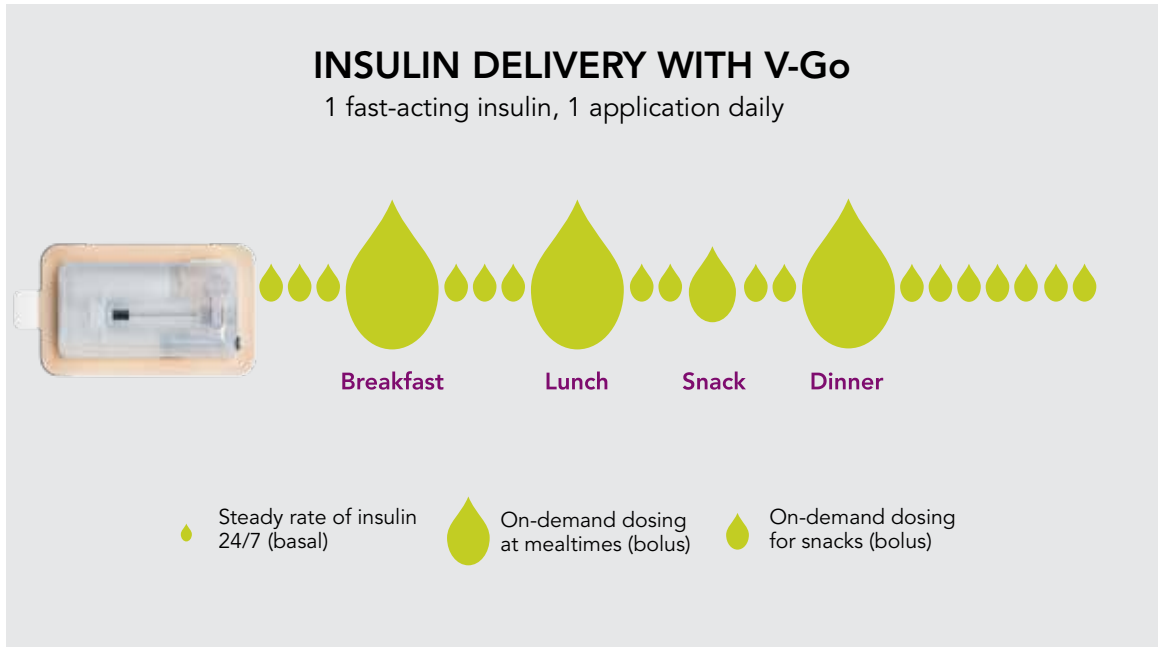


Have questions?

Contact your dedicated Valeritas Partner at 1-866-881-1209.

V-Go[®] sticks with you, so you can stick with it

V-Go helps you because it delivers insulin much like your body is supposed to.* It provides a continuous, preset rate of fast-acting insulin[†] for 24 hours (basal dosing), along with convenient, on-demand dosing at mealtimes (bolus dosing).



With V-Go, you can control your blood sugar with just 1 fast-acting insulin and 1 application daily. That means fewer injections to help improve blood sugar control throughout the day and night and at mealtimes.¹⁻⁴

Get your V-Go on and get started

*If you follow the V-Go *Instructions for Patient Use*.

[†]A U-100 fast-acting insulin should be used with the V-Go. Humalog[®] (insulin lispro, rDNA origin) and NovoLog[®] (insulin aspart, rDNA origin) have been tested by Valeritas, Inc. and found to be safe for use in the V-Go Disposable Insulin Delivery Device.

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Valeritas Customer Care— with you from Day 1 and beyond

From the moment you begin V-Go® therapy, Valeritas Customer Care (VCC) is with you every step of the way. **Enroll at 1-866-881-1209.** VCC gives you a range of benefits.

One-to-one partner	You will be assigned a dedicated Valeritas Partner to provide personalized support
24/7 assistance	Valeritas Customer Care will be available 24/7 to answer your questions
Starting V-Go	Offers step-by-step instruction support by phone or video chat on how to Fill, Wear & Go with V-Go
Follow-up calls	Keeps you on track with regular calls over the first 90 days
Reimbursement help	Provides expert personalized insurance guidance and benefits investigation
Pharmacy support	Makes obtaining V-Go and using the co-pay card easy
V-Go Life™ Self-Management Program	Provides online access to practical information about diabetes and V-Go

Valeritas does not give medical advice about insulin therapy. Discuss all medical therapies with your healthcare professional.

**Have questions?
Contact your dedicated Valeritas Partner at 1-866-881-1209.**

V-Go[®] resources when you need them

Whether you're new to V-Go or you've been using it for a while, it's important that you know there are resources to help you.

Support starts with your Valeritas Partner

Valeritas Customer Care and your dedicated Partner are available to provide personalized, one-to-one support. At every step, they will be there to help you get started on V-Go, provide reimbursement support, and answer any questions you may have.

Learn from live V-Go demonstrations

Visit vgostart.com to watch a live demonstration on how to fill your V-Go with insulin, apply and wear it, and use it on the go for mealtime. Join the live WebEx demonstration every Wednesday at 1 PM ET/10 AM PT. You may also schedule a personal one-to-one appointment to go through the simple process.

With every refill you will receive:

- Quick Reference Guide, providing detailed instructions on Fill, Wear & Go
- *Instructions for Patient Use* (IFU), a complete guide to everything you need to know about V-Go

Ongoing V-Go support and resources

For more support and materials to help you succeed with V-Go, visit vgostart.com. There you'll find:

- Fill, Wear & Go overview and full videos
- Link to V-Go U, an online educational tool, and the V-Go Life™ Self-Management Program websites
- Helpful V-Go resources to download

Get to know V-Go online. Visit www.go-vgo.com for more information on V-Go or visit vgostart.com to get all the resources you need to get started on V-Go.



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Conditions you should know about diabetes and V-Go®

You should be aware of certain conditions associated with diabetes as well as potential side effects from insulin therapy. You should monitor your blood glucose levels based on your doctor's or healthcare professional's recommendation. American Diabetes Association guidelines suggest that patients test blood glucose 3 or more times daily.

Hypoglycemia

- Low blood sugar is the most common side effect associated with any insulin.
- Always carry a fast-acting sugar replacement (such as candy, juice, or glucose tablets) in the event of a hypoglycemic episode
- If your glucose level falls below 70 mg/dL, you should take immediate action to raise your blood glucose level by taking a fast-acting sugar replacement. You should retest every 15 minutes until your glucose reaches your normal level

Hyperglycemia

- To help prevent high blood sugar, check your blood glucose frequently and know your target ranges
- Also be sure to keep yourself well hydrated, especially during illness or exercise
- A complication related to hyperglycemia is diabetic ketoacidosis (DKA). Nausea and vomiting are often the first signs of DKA. If you suspect DKA, contact your doctor or healthcare professional immediately. You can help prevent DKA by testing for ketones regularly

Things to know about V-Go

- Skin may become irritated by the V-Go adhesive pad or by the way V-Go is positioned on your skin
- If you have sensitive skin or your skin becomes irritated, ask your doctor or healthcare professional about skin barrier products

Infections

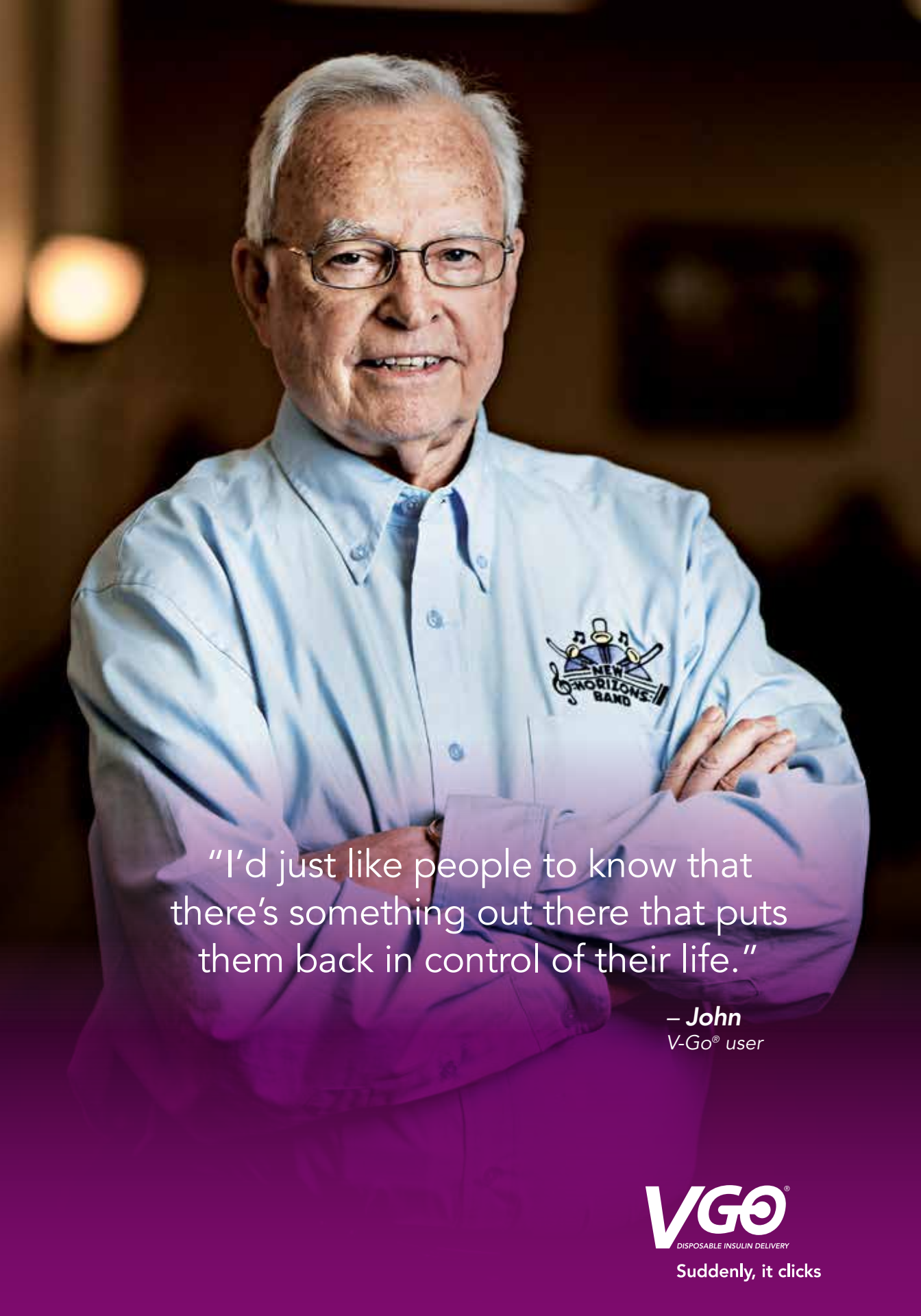
- Proper site preparation and frequent site rotation can minimize infections
- Remove V-Go immediately if the area around V-Go becomes sore, red, or swollen. Apply a new V-Go to a new, clean site away from the suspected infected area
- Do not discontinue therapy without the advice of your doctor or healthcare professional

You should create a plan with your doctor on how to manage dosing, including mealtime (bolus) dosing, using V-Go, including what to do if you lose count while bolus dosing or forget to take a bolus dose.

You should carry an emergency kit of insulin supplies, if instructed by your doctor, in case you develop a problem with V-Go that stops your insulin delivery.

Have questions?

Contact your dedicated Valeritas Partner at 1-866-881-1209.



"I'd just like people to know that there's something out there that puts them back in control of their life."

– **John**
V-Go® user

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V-Go® frequently asked questions— you ask, we answer

Can I wear the same V-Go for more than 24 hours?

After 24 hours, you should apply a new filled V-Go. Be sure to change your V-Go at the same time every day. If V-Go is worn for more than 24 hours, it may no longer deliver the steady rate of insulin you need.

Will V-Go stick for 24 hours?

Yes, V-Go has been designed for 24-hour use. When applying V-Go, keep the following tips in mind:

- Choose to wear V-Go on a flat surface of your body and avoid any folds in the skin
- Be sure to thoroughly clean the site you choose to wear V-Go with an alcohol swab and let dry
- Keep in mind that lotion and/or ointment may keep V-Go from sticking to your skin
- Do not touch the adhesive pad before you attach V-Go to your skin
- Avoid areas with excessive hair or shave the area to help V-Go attach to your skin
- You may choose to use a Cavilon™ No Sting Barrier Film wipe to create a thin film barrier on the skin to help your V-Go stick

If your V-Go does not remain secure for the full 24 hours, replace with a new filled V-Go.

If I require less insulin than my V-Go holds, do I have to completely fill the whole thing?

Yes, for V-Go to work properly you must fill it completely.

How do I know if my V-Go is full?

Hold the viewing window at eye level and direct the backside of the EZ Fill toward a brightly lit area. Ideally, you should see only fluid and no air space. You may also see tiny air bubbles smaller than a grain of rice, which are ok.

What if my V-Go is not completely full?

If your V-Go is not full, check to make sure that the insulin vial is completely pushed down into the insulin vial holder and that the EZ Fill drawer is completely closed. Also, be sure that you have completely pulled the plunger to its full upright position, and that you are not pushing it down too quickly. Lastly, ensure that you have not run out of insulin. If you are out of insulin, remove the empty insulin vial from the EZ Fill insulin vial holder, replace with a new vial, and refill V-Go.

Have questions?

Contact your dedicated Valeritas Partner at 1-866-881-1209.

Where should I store V-Go® once filled with insulin?

To help maintain a consistent daily routine, you should apply V-Go immediately after filling. However, V-Go may be filled with Humalog® for up to 24 hours prior to use if refrigerated or if left at room temperature. V-Go may be filled with NovoLog® for up to 5 days prior to use if refrigerated, or for up to 3 days prior to use if left at room temperature.

What If I run out of insulin at mealtime?

First check that you are pressing the Bolus Ready Button fully. If the Bolus Delivery Button fails to pop out after you activate the Bolus Ready Button, you have used all of the available insulin for bolus dosing (36 units or 18 clicks per 24 hours). After 18 clicks, the Bolus Delivery Button will pop out and lock, preventing further bolus doses. If any of this occurs, replace the empty V-Go with a new filled V-Go before your next meal. Plan your day so that you have enough insulin for each meal. You should also create a plan with your healthcare professional on how to manage your bolus (mealtime) dosing with V-Go, including what to do if you run out of insulin at mealtimes.

Should I wear V-Go to bed?

Yes, you should wear V-Go for a full 24 hours, even while you sleep.

Can I swim, shower, or bathe while wearing V-Go?

Yes, V-Go has been successfully tested in water to depths of 3 feet, 3 inches (1 meter) for 24 hours, and can be worn during normal daily activities, such as showering and bathing as well as activities near the surface of the water, such as swimming. V-Go should not be used in water activities below 3 feet, 3 inches (1 meter), such as scuba diving or extremely hot water temperatures, such as hot tubs or whirlpools.

How do I travel with the V-Go?

V-Go can safely be worn on an airplane, and the V-Go device and supplies can go through airport security.

When traveling, use the same precautions that you would when traveling with other insulin supplies and talk with your healthcare professional about extra precautions you may need to take. When traveling with the EZ Fill, with an insulin vial attached, it should be refrigerated at all times. Contact your insulin manufacturer regarding guidelines for travel and pack in a very secure place (avoid impact from shaking, jarring). Remember, empty V-Go devices do not require refrigeration.

Cavilon is a trademark of 3M Company.

Humalog is a registered trademark of Eli Lilly and Company.

NovoLog is a registered trademark of Novo Nordisk A/S.



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Valeritas Customer Care (VCC) is available 24/7

From the moment you start V-Go® therapy, VCC is with you every step of the way. Upon enrollment, you will be assigned a dedicated **Valeritas Partner** to get the support you need to help make starting on and staying with V-Go smooth and easy.

- Personalized one-to-one support with your assigned Valeritas Partner
- **Fill, Wear & Go** step-by-step on-demand instruction by phone or live video chat
- Regular calls during the first 90 days to answer your questions and help you stay on track

Call Valeritas Customer Care and enroll today for information about filling your V-Go prescription and ongoing personalized support.



And there's so much more. With V-Go and VCC, you never have to manage your diabetes alone.

Enroll today at **1-866-881-1209**.

Disclaimer: Valeritas does not give medical advice about insulin therapy. You should discuss all medical therapies with your physician.

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Get your V-Go[®] on

If you ever have questions, be sure to call
Valeritas Customer Care 24/7 at
1-866-881-1209

Important Risk Information: If regular adjustments or modifications to the basal rate of insulin are required in a 24-hour period, or if the amount of insulin used at meals requires adjustments of less than 2-Unit increments, use of the V-Go Disposable Insulin Delivery Device may result in hypoglycemia. The following conditions may occur during insulin therapy with V-Go: hypoglycemia (low blood glucose) or hyperglycemia (high blood glucose). Other adverse reactions associated with V-Go use include skin irritation from the adhesive pad or infections at the infusion site. V-Go should be removed before any magnetic resonance imaging (MRI) testing.

References: 1. Kapitza C, et al. *J Diabetes Sci Technol*. 2008;2(1):40-46. 2. Omer A, et al. Poster presented at: American Diabetes Association 73rd Scientific Sessions; June 21-25, 2013; Chicago, IL. Abstract 980-P. 3. Rosenfeld CR, et al. *Endocr Pract*. 2012;18(5):660-667. 4. Grunberger G, et al. Poster presented at: American Diabetes Association 73rd Scientific Sessions; June 21-25, 2013; Chicago, IL. Abstract 985-P. 5. Polonsky KS, et al. *N Engl J Med*. 1988;318(19):1231-1239. 6. American Diabetes Association. <http://www.diabetes.org/diabetes-basics/type-2/>. Accessed February 13, 2015.

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