




Model used  
for illustrative  
purposes only.

 **BETASERON<sup>®</sup>**  
(interferon beta-1b)  
0.3 mg for SC injection

# Injection **TRAINING** Guide

**STEP-BY-STEP** training to help you  
take your **BETASERON**

*Manually and with*

**BETACONNECT<sup>™</sup>**

## **INDICATIONS**

Betaseron (interferon beta-1b) 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.

## **IMPORTANT SAFETY INFORMATION**

**Do not take BETASERON (interferon beta-1b) if you** are allergic to interferon beta-1b, to another interferon beta, to human albumin, or mannitol.

**Please see additional Important Safety Information on pages 2 and 3 and full Prescribing Information. For BETACONNECT<sup>™</sup> Instructions for Use, please visit [www.betaconnectifu.com](http://www.betaconnectifu.com).**



Watch the step-by-step injection video at [betaseron.com/why-betaseron/step-step-instructions](https://betaseron.com/why-betaseron/step-step-instructions).

## INDICATIONS

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

**Liver Problems Including Liver Failure.** Symptoms of liver problems may include yellowing of your eyes, itchy skin, feeling very tired, flu-like symptoms, nausea or vomiting, bruising easily or bleeding problems. Your healthcare provider will do blood tests to check for these problems while you take BETASERON.

**Serious Allergic Reactions.** Serious allergic reactions can happen quickly and may happen after your first dose of BETASERON or after you have taken BETASERON many times. Symptoms may include difficulty breathing or swallowing, swelling of the mouth or tongue, rash, itching, or skin bumps.

**Depression or Suicidal Thoughts.** Call your healthcare provider right away if you have any of the following symptoms, especially if they are new, worse or worry you: thoughts about suicide or dying, new or worse depression (sinking feeling or sadness), new or worse anxiety (feeling uneasy, nervous or fearful for no reason), trouble sleeping (insomnia), acting aggressive, being angry, or violent, acting on dangerous impulses, hallucinations, other unusual changes in behavior or mood.

### **Other possible serious side effects with BETASERON include:**

**Heart Problems.** BETASERON may worsen heart problems including congestive heart failure. Symptoms of heart problems may include swollen ankles, shortness of breath, decreased ability to exercise, fast heartbeat, tightness in chest, increased need to urinate at night, not being able to lay flat in bed.

## IMPORTANT SAFETY INFORMATION (continued)

**Injection Site Problems.** Serious skin reactions can happen in some people including areas of severe damage to skin and the tissue below the skin (necrosis). These reactions can happen anywhere you inject BETASERON. Symptoms of injection site problems may include swelling, redness, or pain at the injection site, fluid drainage from the injection site, and breaks in your skin or blue-black skin discoloration. Call your healthcare provider right away if an injection site becomes swollen and painful or the area looks infected. You may have a skin infection or an area of severe skin damage (necrosis) requiring treatment by a healthcare provider.

**Pulmonary Arterial Hypertension.** Pulmonary arterial hypertension can occur with interferon beta products, including BETASERON. Symptoms may include new or increasing fatigue or shortness of breath. Contact your healthcare provider right away if you develop these symptoms.

**Flu-like Symptoms.** BETASERON can cause flu-like symptoms including fever, chills, tiredness, sweating, muscle aches when you first start to use it. These symptoms may decrease over time. Taking medicines for fever and pain relief on the days you are using BETASERON may help decrease these symptoms.

**Seizures.** Some people have had seizures while taking BETASERON, including people who have never had seizures before. It is not known if the seizures were related to MS, to BETASERON, or to a combination of both. If you have a seizure after taking BETASERON call your healthcare provider right away.

**Blood Problems.** You may have a drop in the levels of infection-fighting white blood cells, red blood cells, or cells that help you form blood clots. If drops in levels are severe, they can lessen your ability to fight infections, make you feel tired or sluggish or cause you to bruise or bleed easily.

### **Pregnancy:**

Tell your doctor if you are pregnant or plan to become pregnant.

### **Most Common Side Effects:**

The most common side effects of BETASERON include low white blood cell count, increases in your liver enzymes, headache, increase in your muscle tension, pain, rash, problems sleeping, stomach pain, weakness. These are not all the possible side effects of BETASERON.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. Tell your healthcare provider about all the medicines you take and your medical conditions.

Please see the full Prescribing Information and Medication Guide for additional information and talk to your healthcare provider.

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

Please see full Prescribing Information. For BETACONNECT™ Instructions for Use, please visit [www.betaconnectifu.com](http://www.betaconnectifu.com).





**BETASERON®**  
(interferon beta-1b)  
0.3 mg for SC injection

**"WITH  
BETASERON,  
YOU ALWAYS  
HAVE A  
SUPPORT  
NETWORK  
IN PLACE."**

**– Jessica,**  
a BETASERON  
patient

Quote is from a real patient.  
Model used for illustrative purposes only.





Watch the step-by-step injection video at  
**[betaseron.com/why-betaseron/  
step-step-instructions](https://betaseron.com/why-betaseron/step-step-instructions)**.

BETASERON® (interferon beta-1b)

**STEP-BY-STEP** training  
to help you take your  
**BETASERON**

**This guide takes you through the steps of injecting BETASERON:**

## Prepare

1. Preparing for your BETASERON injection
2. Mixing BETASERON
3. Preparing the injection
4. Choosing an injection site

## Inject

5. Injecting your BETASERON
  - ▶ Manually
  - ▶ With BETACONNECT™
6. Disposing of used syringes, needles, and vials

You'll also find helpful tips throughout.

Read the Instructions for Use that come with your medication before you start using it and each time you get a refill. There may be new information.

This guide does not take the place of talking to your healthcare provider about your medical condition or treatment. Before you use BETASERON for the first time, make sure your healthcare provider shows you the right way to use it.

Please see additional Important Safety Information on pages 2 and 3 and full Prescribing Information. For BETACONNECT™ Instructions for Use, please visit [www.betaconnectifu.com](https://www.betaconnectifu.com).

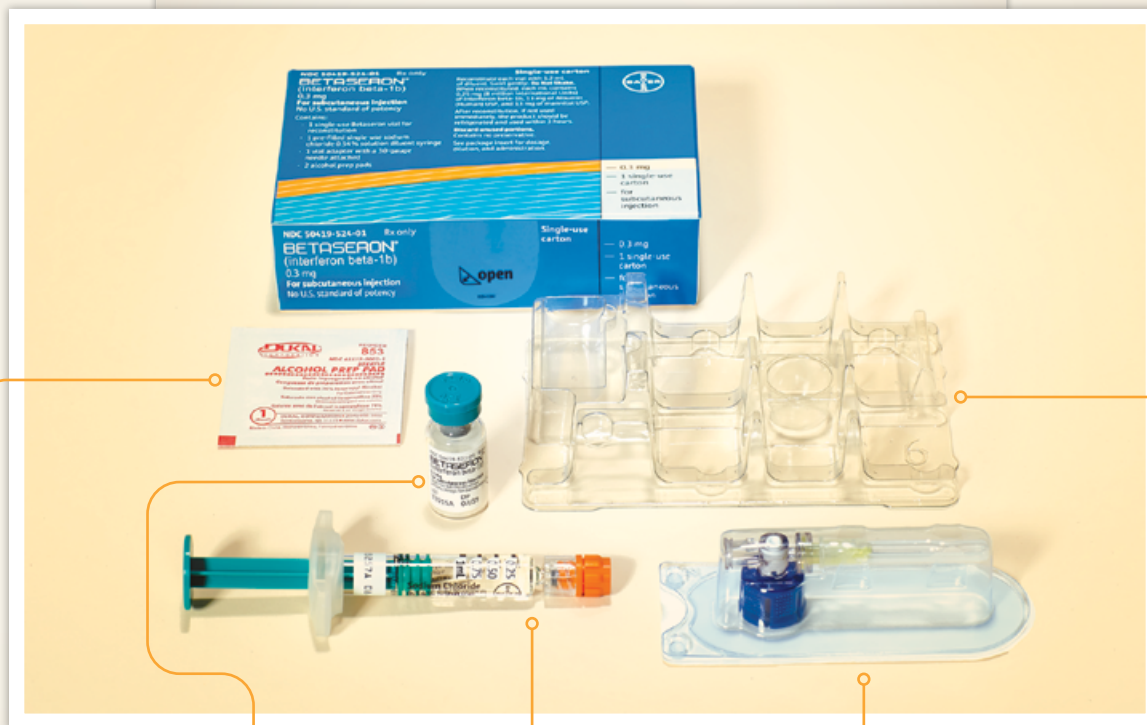


# BEFORE YOU START:

## Supplies for your BETASERON injection

Each shipment carton of BETASERON® (interferon beta-1b) contains 14 single-dose boxes.

### Each single-dose box contains:



2 alcohol prep pads

A vial of BETASERON

A pre-filled diluent syringe

A vial adapter with a 30-gauge needle attached (in the blister pack)

A clear plastic tray

Always store your BETASERON at room temperature (68°F to 77°F). **Do not freeze.**

## Your BETACONNECT™ package

BETACONNECT is an optional way to take your medication—delivering a smooth, quiet injection.

Inside you'll find:



**Micro-USB  
cable**

**Charger**

**BETACONNECT™  
Autoinjector**

**BETACONNECT  
Instructions for Use**

**BETACONNECT  
Quick Guide**

Please see additional Important Safety Information on pages 2 and 3 and full Prescribing Information. For BETACONNECT™ Instructions for Use, please visit [www.betaconnectifu.com](http://www.betaconnectifu.com).





BETASERON® (interferon beta-1b)  
**USING YOUR BETACONNECT™**



**BETACONNECT™**

## Setting Up Your BETACONNECT™

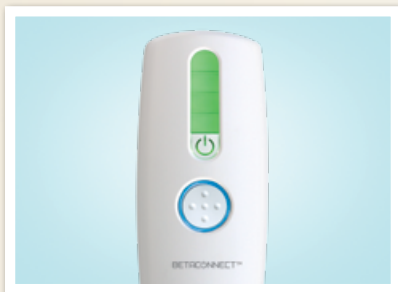
The BETACONNECT is an electronic device. Before you use your BETACONNECT for the first time, you'll need to charge it fully. The first charge can take up to 2 hours, so plan ahead. The BETACONNECT cannot inject while charging.



### ► Charge your BETACONNECT

Each BETACONNECT package includes a micro-USB cable and a charger. To charge your device, take the micro-USB cable and charger, connect them to your BETACONNECT, and plug the charger into an outlet.

Use only the charger and cable that came with your BETACONNECT. Other cables may not work or may damage your BETACONNECT.



### ► Check your battery status

You can see the battery status at a glance. Charging is complete when all 4 parts of the light bar are solid green—and not blinking—and the BETACONNECT turns off. Detach the micro-USB cable when charging is complete. Otherwise, you will not be able to perform an injection.

**TIP**

**Before using your BETACONNECT for the first time, you must charge it fully, which can take up to 2 hours.**



### ► Note the safety release

The safety release at the tip of the BETACONNECT helps prevent an accidental injection. You cannot inject until it is pressed down against your skin. Because it comes in contact with your injection site, it is important to keep the safety release clean. Use a slightly damp cloth or an alcohol wipe.

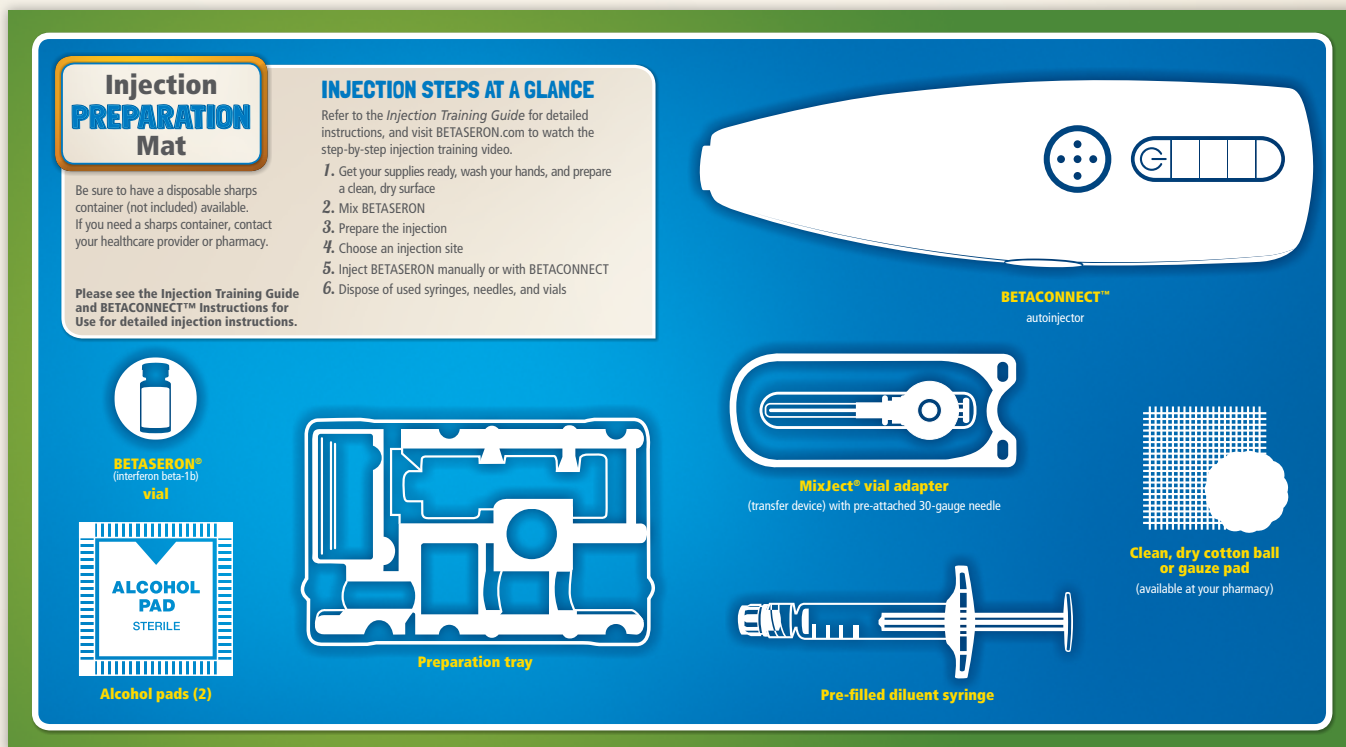
Please see additional Important Safety Information on pages 2 and 3 and full Prescribing Information. For BETACONNECT™ Instructions for Use, please visit [www.betaconnectifu.com](http://www.betaconnectifu.com).



# START HERE

## STEP 1: PREPARING FOR YOUR INJECTION

- Place the supplies you will need on a clean, flat surface in a well-lit area. Use the Injection Preparation Mat and make sure you have everything you need
- Before you begin, wash your hands thoroughly with soap and water



**NOTE:** When working with the practice sponge during your injection training, use the placebo package labeled DO NOT INJECT. Don't inject the placebo into your body.



Check the expiration date on the box. **Do not use the medication if it has expired.**



Open the box and take out all the contents.



Make sure that the blister pack containing the MixJect® vial adapter is sealed...



...and that the orange cap on the syringe is firmly attached. The syringe is filled with diluent—a sterile solution used to dissolve BETASERON® (interferon beta-1b).

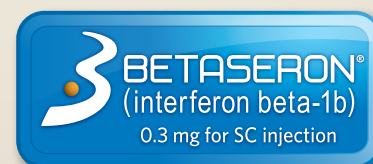


Place the plastic preparation tray on a flat surface. The tray has a round well to hold the vial, and a U-shaped trough to hold the pre-filled syringe. Place the BETASERON vial in the well and place the syringe in the U-shaped trough.



Watch the step-by-step injection video at **[betaseron.com/why-betaseron/step-step-instructions](http://betaseron.com/why-betaseron/step-step-instructions)**.

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## STEP 2: MIXING BETASERON



Remove the BETASERON® (interferon beta-1b) vial from the well and take the cap off. Put the cap aside—you can throw it away later.



Place the vial back into the well.



Use an alcohol prep pad to clean the top of the vial. Move the alcohol prep pad in one direction. Leave the alcohol prep pad on top of the vial.

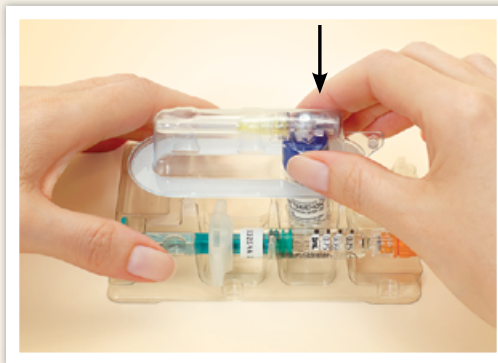
**TIP**

Wipe in one direction only—NOT back and forth—so you don't spread germs.

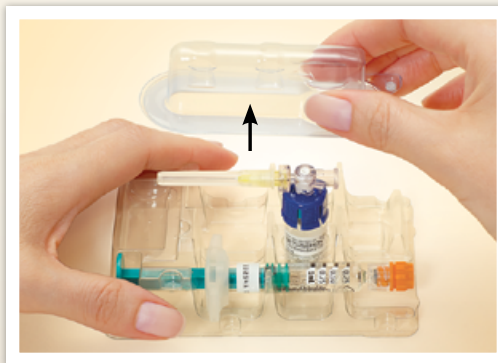
Peel the label off the blister pack. Don't touch the vial adapter: it's important to keep it sterile.



Remove the alcohol prep pad from the top of the BETASERON vial. Pick up the blister pack and turn it over, keeping the vial adapter inside. Place the adapter on top of the BETASERON vial and push down until it pierces the rubber top of the vial. You should hear the adapter snap into place.



Remove the blister packaging from the vial adapter. Grasp the plastic packaging by the edges and pull it straight up.



Please see additional Important Safety Information on pages 2 and 3 and full Prescribing Information. For BETACONNECT™ Instructions for Use, please visit [www.betaconnectifu.com](http://www.betaconnectifu.com).





## STEP 2: MIXING BETASERON (continued)



Twist the plastic cap from the pre-filled diluent syringe. Put the cap aside—you can throw it away later.

Keep the vial adapter attached to the vial and remove the vial from the well (vial holder).

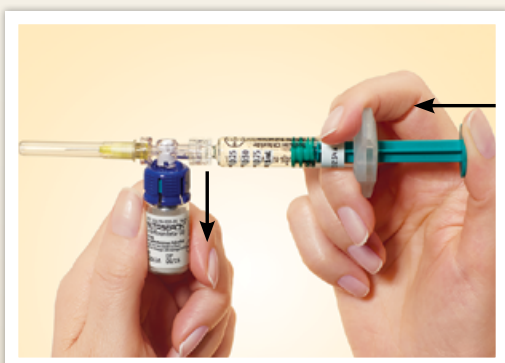
Be careful not to pull the vial adapter off the top of the vial.



Connect the pre-filled diluent syringe to the vial adapter by turning clockwise until resistance is felt and the attachment is secure. This forms the syringe assembly.

**TIP**

Taking care not to overtighten, turn the syringe clockwise, no more than 3 turns, until the 2 pieces are securely connected. It doesn't take much force.



Slowly push the plunger of the pre-filled diluent syringe all the way in. This will transfer all of the liquid from the syringe into the BETASERON® (interferon beta-1b) vial.

**TIP**

Hold the assembled syringe with the vial on the bottom and tilt the vial just slightly to the side. This will help prevent bubbles from forming.

Gently swirl the vial to completely dissolve the white powder of BETASERON (interferon beta-1b).

### Do not shake.

Shaking and even gentle mixing can cause foaming of the medicine. If there is foam, let the vial sit until the foam settles before using it.



After the powder dissolves, look closely at the solution in the vial. It should be clear and colorless. Do not use the solution if it is cloudy or contains particles.

If the solution is clear and colorless, go to the next step. If not—if the solution is discolored or you see particles—do not use it. Start over with new supplies.



### TIP

It doesn't take long for the powder to dissolve, usually less than a few minutes. Never shake the vial; it doesn't speed up the mixing, and it can cause foam to form.

**Do not use cracked or damaged BETASERON vials.** If your vial is cracked or damaged, get a new single-dose box containing a BETASERON vial, pre-filled diluent syringe, vial adapter, and 2 alcohol prep pads. Repeat the steps to prepare your BETASERON dose.

Please see additional Important Safety Information on pages 2 and 3 and full Prescribing Information. For BETACONNECT™ Instructions for Use, please visit [www.betaconnectifu.com](http://www.betaconnectifu.com).



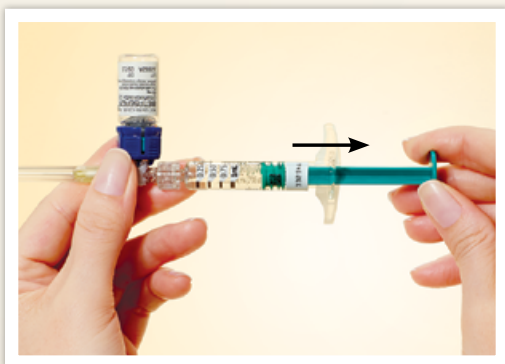
## STEP 3: PREPARING THE INJECTION

You have completed the steps to prepare your BETASERON® (interferon beta-1b) and are ready for the injection. The injection should be given immediately after mixing and allowing any foam in the solution to settle. If you must wait to give yourself the injection, you may refrigerate the solution and use within 3 hours of mixing your BETASERON.

**Do not freeze.**



Push the plunger in and hold it there; then turn the syringe assembly so that the syringe is horizontal and the vial is on top.



Slowly pull the plunger back to withdraw all the liquid from the BETASERON vial into the syringe.

**NOTE:** The syringe barrel is marked with numbers from 0.25 mL to 1 mL. If the solution doesn't fill your syringe past the 1-mL mark, hold the syringe horizontally so that the vial is on top and slowly pull back on the plunger until you pull all of the solution into the syringe. If you can't do that or if the plunger becomes difficult to move, discard the vial and syringe and start over with a new single-dose box.



Turn the syringe assembly so that the needle end is pointing up. Remove any air bubbles by gently tapping the outside of the syringe with your fingers. This forces any bubbles to the top.



Slowly push the plunger to the 1-mL mark on the syringe or to the mark that matches the amount of BETASERON prescribed by your healthcare provider.

If too much solution is pushed into the vial, repeat Step 3.



**NOTE:** The example given in this injection training guide shows you how to prepare a full 1-mL dose of BETASERON. Turn to page 49 to learn more about starting BETASERON with a lower dose that gradually increases over time.

Please see additional Important Safety Information on pages 2 and 3 and full Prescribing Information. For BETACONNECT™ Instructions for Use, please visit [www.betaconnectifu.com](http://www.betaconnectifu.com).



## STEP 3: PREPARING THE INJECTION (continued)



Turn the syringe assembly so that the vial is at the bottom. Remove the vial adapter and the vial from the syringe by twisting the vial adapter.

By removing the vial adapter and the vial, you can be sure that the medication flows through the needle and not back into the vial.



This will remove the vial adapter and the vial from the syringe, but will leave the needle on the syringe.

Let the syringe rest for a few minutes before you inject.

### Can't inject right away?

You can store the prepared syringe in the refrigerator for up to 3 hours. If you do this, make sure you let it warm up to room temperature before you inject. It should only take about 15 minutes.

**Never use a microwave oven or a stove to try to heat up the medication.**

#### TIP

Talk to your healthcare provider about taking an over-the-counter pain reliever to help alleviate fever and pain on the days you are using BETASERON.

## STEP 4: CHOOSING AN INJECTION SITE

BETASERON® (interferon beta-1b) is injected under the skin and into the fat layer between the skin and the muscles (subcutaneous tissue). The best areas for injection are where the skin is loose and soft and away from the joints, nerves, and bones. Do not use the area near your navel or waistline. If you are very thin, use only the thigh or outer surface of the arm for injection.

Choose a different site each time you give yourself an injection. Fold out the chart from the back cover to see the different areas for giving injections.

### IMPORTANT

- **Do not** inject in the same area for 2 injections in a row
- Keep a record of your injections to help you make sure you change (rotate) your injection sites every time
- You should decide where you will inject BETASERON before you prepare your medicine for injection
- **Do not** inject BETASERON in a site where the skin is red, bruised, infected, or scabbed, has broken open, or has lumps, bumps, or pain
- Tell your healthcare provider if you find skin conditions like the ones mentioned here or any other unusual-looking areas where you have been given injections



Use BETA track™ to help keep track of your injections, properly rotate injection sites, and set reminders. You can also use your Treatment Journal (see page 38) to keep track.

### TIP

Some people find it helpful for a family member or friend to give injections in harder-to-reach areas. Your healthcare professional can train someone to properly and safely help you with your injection process.

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**BETASERON<sup>®</sup>**  
(interferon beta-1b)  
0.3 mg for SC injection

**"I WANT TO  
TAKE CONTROL.  
BE AN ACTIVE  
PARTICIPANT IN  
MY TREATMENT."**

**– Juan,**  
a BETASERON  
patient



BETASERON® (interferon beta-1b)

## STEP 5: SELECT THE OPTION YOU PREFER

### ► INJECT MANUALLY

Turn to page 22 to continue with a manual injection.



Go to the next page,  
**Injecting manually**



OR

### ► INJECT WITH BETACONNECT™

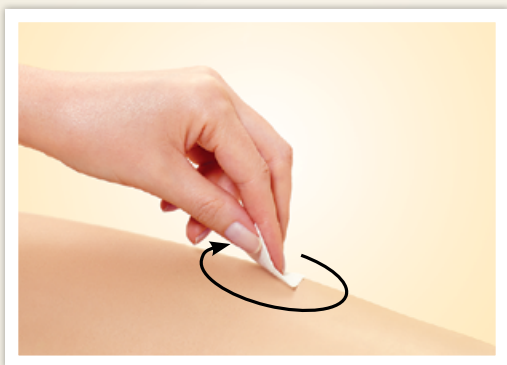
A smooth and quiet way to take your BETASERON.



Go to the next tab,  
**Injecting with  
BETACONNECT**



## ► Injecting manually



Using a circular motion, clean the injection site with an alcohol prep pad, starting at the injection site and moving outward.

Let the skin area air-dry.



Remove the cap from the needle. Hold the syringe like a pencil or dart in one hand.

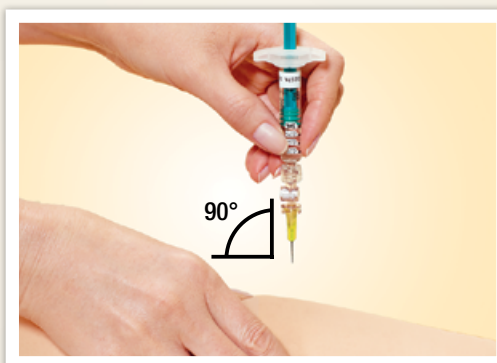
### TIP

**Remove the needle cap by pulling it straight off. Don't twist it off. Once you've done this, never try to put the cap back on.**

**Do not use a cracked or damaged BETASERON® (interferon beta-1b) syringe.** If your syringe is cracked or damaged, get a new single-dose box and repeat the steps to prepare your BETASERON dose.

Gently pinch the skin around the site with the thumb and forefinger of the other hand.

Insert the needle straight up and down into your skin at a 90° angle with a quick, dart-like motion.



Slowly push the plunger all the way in until the syringe is empty.

### TIP

Once the needle is in your skin, inject **BETASERON** using a slow, steady push. Injecting slowly allows the medication to spread out under your skin.



Remove the needle from the skin. Place a dry cotton ball or gauze pad over the injection site. Gently massage the injection site for a few moments with the dry cotton ball or gauze pad.

Throw away the syringe in your puncture-proof disposal container.

### TIP

Gently massage the injection area with a clean, dry cotton ball or gauze pad to help the medication spread out.



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## STEP 6: DISPOSING OF USED SYRINGES, NEEDLES, AND VIALS



To prevent needle-stick injury and spread of infection, do not try to recap the needle.

Place used needles, syringes, vials, and caps in a closeable, puncture-resistant container.

### TIP

**For a sharps container, please call your pharmacist or healthcare provider. When the container is full, ask your pharmacist or doctor how to dispose of it.**

You may use a sharps container (such as a red biohazard container), hard plastic container (such as a detergent bottle), or metal container (such as an empty coffee can). Do not use glass or clear plastic containers. Ask your healthcare provider for instructions on the right way to throw away (dispose of) the container. There may be state and local laws about how you should throw away used needles and syringes.

**Do not throw used needles, syringes, or vials in your household trash or recycle bin. Different states have different rules for disposing of sharps containers.**

Keep the disposal container, needles, syringes, and vials of BETASERON® (interferon beta-1b) out of the reach of children.

Throw away any unused medicine. Do not save any unused BETASERON for a future dose.

**Never hesitate to ask questions!** It's important that you know how to take your BETASERON—so please don't let your questions go unanswered. If you have any questions about BETASERON, call Bayer Medical Information at **1-888-84BAYER**.





**"IT'S EMPOWERING.  
THERE'S OBVIOUSLY  
A COMMITMENT  
THERE."**

**–Kim,**  
a BETASERON  
patient

Quote is from a real patient.  
Model used for illustrative purposes only.

## ► INJECTING WITH BETACONNECT™



BETACONNECT™

Use your BETACONNECT to take BETASERON® (interferon beta-1b) as prescribed. Remember to change your injection site each time you inject the medicine as shown in the BETASERON Medication Guide. You will need to prepare the syringe that comes with your BETASERON, and place it in the BETACONNECT as shown in the instructions.

Check with your healthcare provider before you use your BETACONNECT for the first time. If you have questions about your BETACONNECT, call Bayer Medical Information at **1-888-84BAYER**.

**TIP**

After it's charged, you must unplug your BETACONNECT before it will allow you to inject.

If you just got your BETACONNECT and need to set it up, turn to page 8.

## Get your BETACONNECT™ ready

Remove your BETACONNECT from its case and turn it on by firmly pressing the on/off button for at least 2 seconds. You will hear a short beep when the BETACONNECT turns on.

### Check your battery

Next, double-check the battery status by looking at the green bars.

Four green bars means the BETACONNECT is fully charged and ready for use.

If the light is not green, please go to page 36 for information on troubleshooting your BETACONNECT.



### Adjust your customizable settings (on next page)



### Load the prepared syringe into your BETACONNECT

Press the blue lid release button on the side of your BETACONNECT, and fully open the lid. Leaving the protective needle cap attached, align the syringe with the white syringe image inside the BETACONNECT.

Place the syringe into the syringe holder and push it down with your thumb and forefinger, evenly and gently on the middle of the syringe, so that it securely locks in place.



**TIP**

**You won't need to use much force. You should hear the syringe snap into place.**

Next, close the lid firmly. You should hear it click. The injection button will light up with a steady blue light, indicating that your BETACONNECT is ready to use.



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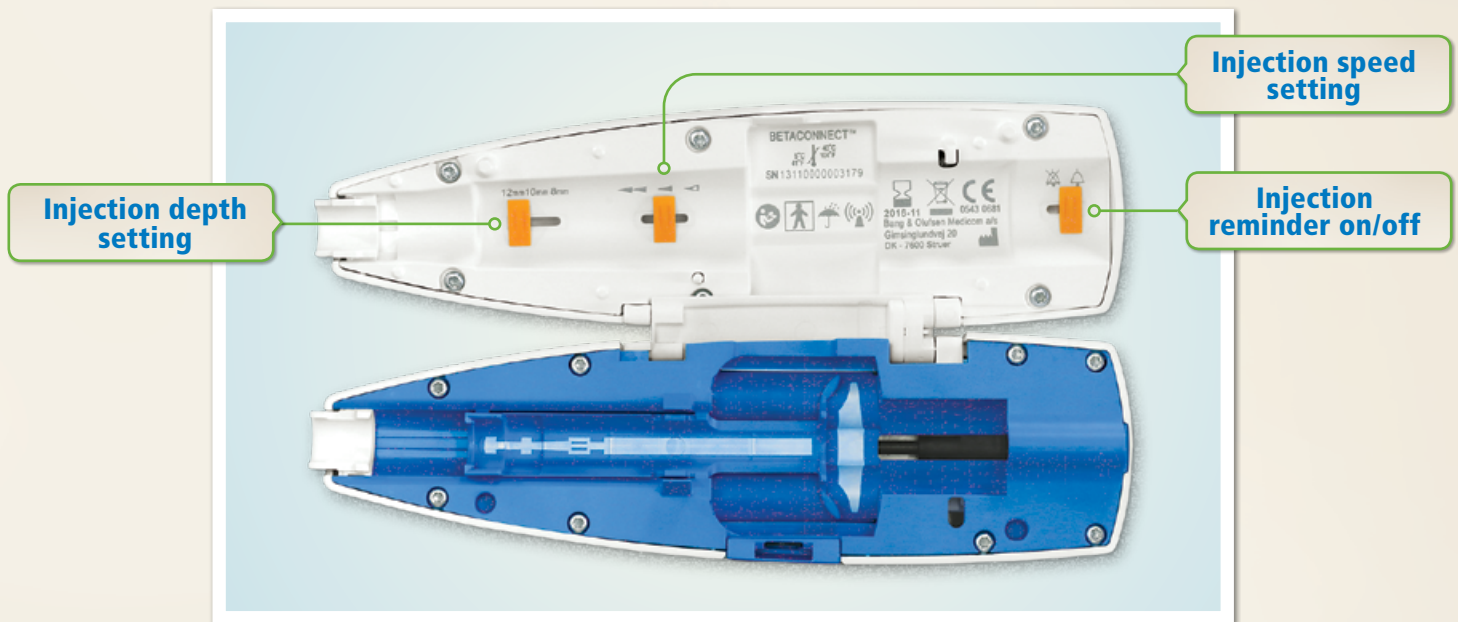


## Customizing your settings

Your BETACONNECT™ has a number of useful features that can be adjusted based on your needs, including:

- Injection depth setting
- Injection speed setting
- Injection reminder

To take a closer look, please press the blue lid-release button and open the lid.



### Injection depth setting

You can use the slider on the left to set injection depths of 12, 10, or 8 mm. When you receive your BETACONNECT, it is set to 12 mm. Before you change the setting, ask your healthcare provider if you should use a different depth.

**IMPORTANT:** Before you change your injection depth or speed settings, talk with your healthcare provider.



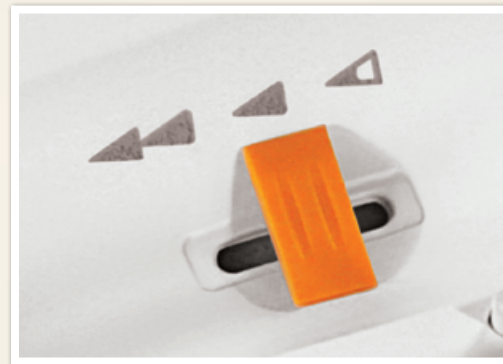
### Injection speed setting

Using the slider on the right, you can also adjust your injection speed. When you receive your BETACONNECT, it is set to the medium injection speed. Ask your healthcare provider if you should use a different injection setting.

**For a faster injection,** move the slider to the double-arrow symbol (◄◄).

**For a medium injection,** move the slider to the single-arrow symbol (◄).

**For a slower injection,** move the slider to the half-arrow symbol (◄◄).



### Injection reminder


Your BETACONNECT also has a built-in injection reminder feature, which can be seen and heard through the BETACONNECT case.


When 48 hours have passed since your last injection, your BETACONNECT will beep every 15 minutes and a blue light will flash. The reminder lasts for 1 hour, or until you press the on/off button or the inject button.

To mute the beep and keep the flashing light reminder, press the injection button or open the lid. To cancel both the beep and the flashing light reminder, press the on/off button.

The reminder automatically resets after each injection. It is turned on (enabled) when you receive your BETACONNECT. If you do not want to use it, you will need to turn it off using the slider.

To set the injection reminder:

**On,** move the slider to 

**Off,** move the slider to 



**IMPORTANT:** Before you change your injection depth or speed settings, talk with your healthcare provider. Use the built-in reminder only as a backup. You still must take BETASERON® (interferon beta-1b) on schedule and follow the instructions from your healthcare provider, even if you use the built-in reminder.

Please see additional Important Safety Information on pages 2 and 3 and full Prescribing Information. For BETACONNECT™ Instructions for Use, please visit [www.betaconnectifu.com](http://www.betaconnectifu.com).



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**Before you continue,** fold out the flap on the back cover of this guide.  
Use the chart to choose a recommended injection site.

---



Using a circular motion, clean the injection site with an alcohol prep pad, starting at the injection site and moving outward.  
Let the skin area air-dry.



---

### **Remove the needle cap**

Pull the protective cap off of the syringe needle. Be careful not to twist the cap off, and take care not to touch the safety release and injection button.



---

### **Activate the safety release**

When you're ready to inject, hold the BETACONNECT™ gently against the injection site you've selected at a 90° angle to your skin. This activates the safety release.

The blue injection button will begin to flash. Your BETACONNECT is now ready to inject.

### Start the injection

Using your thumb or forefinger, press the injection button and release it. You don't need to hold the button down during the injection. Make sure you hold the BETACONNECT against your skin for the entire injection.

Your BETACONNECT will work quietly until the injection is complete. The lit blue bar goes down in stages as the injection progresses. Follow the progress of your injection by watching the blue lights, or simply listen for 2 short beeps.

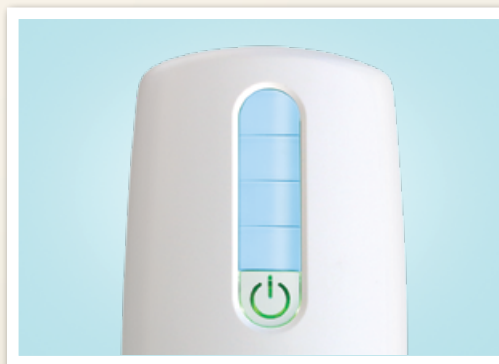


#### TIP

An injection takes about **19 seconds**, depending on the speed setting.

### Wait for the injection to finish

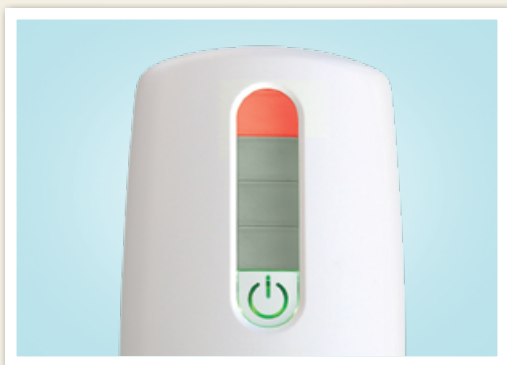
When the injection is complete, you'll hear 2 short beeps and the blue bar will begin to flash. Your BETACONNECT will shut off automatically.



**Do not** remove your BETACONNECT until you see or hear these signals, or you will interrupt the injection.

Please see additional Important Safety Information on pages 2 and 3 and full Prescribing Information. For BETACONNECT™ Instructions for Use, please visit [www.betaconnectifu.com](http://www.betaconnectifu.com).





### Check the light bar

If you see a red blinking light, the injection process was interrupted. The injection cycle is interrupted when you:

- Press the on/off button before the injection is complete
- Remove your BETACONNECT™ from the injection site before the injection is complete

Check to make sure you received your full dose. If you did not receive your full dose, call your healthcare provider.



### Remove your syringe from the BETACONNECT

The BETACONNECT will automatically power down once the injection is complete. Press the blue lid-release button on the side of your BETACONNECT and fully open the lid. Hold the BETACONNECT in one hand. Next, using the thumb and forefinger of your other hand, grasp the syringe at the middle and remove it from the BETACONNECT, making sure not to injure yourself or others with the exposed needle.

#### TIP

To avoid possible injury, do not try to put the needle cap back on the syringe.

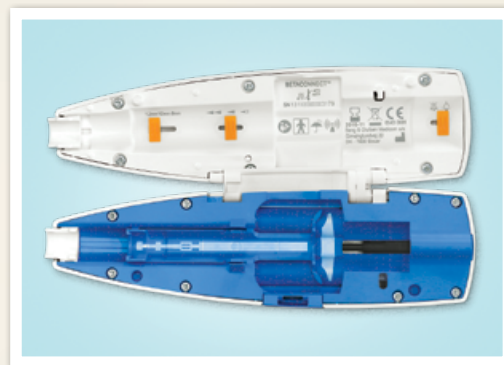
**Always** check the syringe to make sure that the full dose has been delivered. **Always** dispose of your used syringe promptly, in an appropriate sharps container. When your sharps disposal container is almost full, you will need to follow your community guidelines for the right way to dispose of your sharps disposal container. There may be state or local laws about how you should dispose of used syringes. For more information about the safe sharps disposal, and for specific information about sharps disposal in the state that you live in, go to the FDA's website at: <http://www.fda.gov/safesharpsdisposal>.

Turn to page 24 for STEP 6: Disposing of used syringes, needles, and vials.



## Storing your BETACONNECT

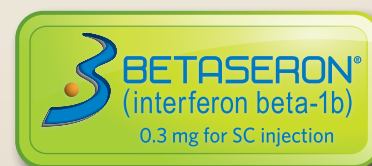
Check your BETACONNECT to be sure that it is clean and no medication has been spilled inside. Close the lid.



To keep it safe, always store your BETACONNECT in its case. The built-in reminder will beep and flash when 48 hours have passed since your last injection, so keep your BETACONNECT in a place where you can easily see it and hear it.



Please see additional Important Safety Information on pages 2 and 3 and full Prescribing Information. For BETACONNECT™ Instructions for Use, please visit [www.betaconnectifu.com](http://www.betaconnectifu.com).



## Maintaining your BETACONNECT™

Your BETACONNECT is an electronic device: handle it with care. Follow these steps to help keep it in working order.

### ► Keep your BETACONNECT clean

You need to keep the safety release clean so your BETACONNECT will function properly. Use a dry or slightly damp cloth or an alcohol wipe.

If medication is spilled inside the BETACONNECT, remove it promptly using a damp cloth.

BETACONNECT is not watertight, so keep it dry. Never submerge your BETACONNECT or hold it under running water. Never wash your BETACONNECT in a dishwasher.

Store the BETACONNECT with the lid closed and in its plastic case to help protect it from dust, dirt, extreme temperatures, or direct sunlight.

### ► Keep your BETACONNECT charged

Remember to charge your BETACONNECT. It's simple: plug the charger into a power outlet, and let it charge for about 2 hours. A full charge means your BETACONNECT is ready when you are.

**TIP**

A full charge should last for 15 to 20 injections, or for 4 to 5 weeks.

## DOs & DON'Ts

### DO

- Use BETACONNECT only with syringes that come with your BETASERON® (interferon beta-1b)
- Inject into bare skin. Never inject through your clothes

### DON'T

- Point your BETACONNECT at another person, or at yourself, except to inject BETASERON
- Share your BETACONNECT with another person, to minimize the risk of infection
- Sterilize your BETACONNECT or submerge it in liquid
- Try to open or repair your BETACONNECT

Please see additional Important Safety Information on pages 2 and 3 and full Prescribing Information. For BETACONNECT™ Instructions for Use, please visit [www.betaconnectifu.com](http://www.betaconnectifu.com).



## Troubleshooting your BETACONNECT™

### ► If your BETACONNECT isn't working

Check to make sure that:

- The battery has been fully charged
- The correct syringe type is being used
- The syringe is snapped in properly
- The syringe is properly assembled to fit in your BETACONNECT
- The lid is fully closed

### ► Know when to get technical support

**DO NOT USE** your BETACONNECT if:

- It does not function as expected
- It appears to be damaged
- The charger and cables provided are not available for use

### ► Know when to get help from a healthcare provider

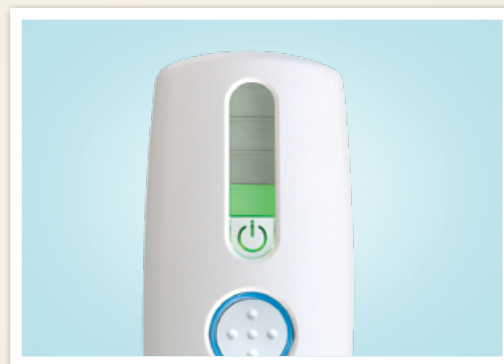
Call your healthcare provider if:

- The pre-filled syringe cannot be inserted or removed as described
- The syringe has not been emptied completely after use



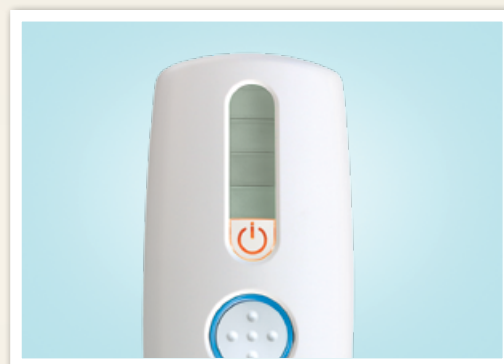
## Keep your BETACONNECT charged

One flashing green bar means there is enough power for 1 injection, but the BETACONNECT must be recharged right afterward.



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If the on/off button flashes with an orange light, it means you must recharge your BETACONNECT before you can inject. Turn to page 9 for instruction on charging your BETACONNECT.



Please see additional Important Safety Information on pages 2 and 3 and full Prescribing Information. For BETACONNECT™ Instructions for Use, please visit [www.betaconnectifu.com](http://www.betaconnectifu.com).





# Treatment JOURNAL

It's all about  
**tracking**  
your  
**progress.**



Learn more at **Betaseron.com**



## MY HEALTHCARE TEAM

### PHYSICIAN:

NAME

PHONE

### PHARMACY:

STORE

PHONE

ADDRESS

E-MAIL

## APPOINTMENTS THIS MONTH

WHERE

DATE

TIME

WHERE

DATE

TIME

WHERE

DATE

TIME

WHERE

DATE

TIME



## QUESTIONS, NOTES, AND APPOINTMENTS

Thoughts and questions to discuss with my treatment team.

### NOTES:

**REMEMBER** to call your pharmacy for a refill one week before you run out of BETASERON® (interferon beta-1b), usually when you have 3 vials left.

## TRACKING TIPS

- Write in the month and dates on each new calendar, starting on page 42
- Circle your first injection day each month
  - If the day is **light blue**, you'll inject on every **light blue** day for the rest of the month
  - If the day is **tan**, you will inject only on **tan** days
- You can also note whether your first injection day is an ODD or an EVEN number
- In our sample calendar to the right, if you started your injection on the second day of the month, you would inject on every EVEN-numbered day for the rest of that month
- Keep track of each injection area and section, as well as your dose
- Your doctor may suggest starting your BETASERON® (interferon beta-1b) at a lower dose and increasing it over time. This process is called titration. See page 49 for more information about titration
- Titration gives your body time to adjust. Following your doctor's instructions, mark your journal calendar to remind you when to increase to a higher dosage

**To learn more** about titration, talk to your healthcare provider or pharmacist.

## ACCESS A NEW JOURNAL NOW.

If you need a new treatment journal, visit <https://www.betaseron.com/why-betaseron/injection-tracking>.

MONTH June

Sample calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
		Started treatment! UP right ab .25 mL		UP right thigh .25 mL		UP left ab .25 mL
7	8	9	10	11	12	13
	UP left thigh .25 mL		UP left arm .25 mL		UP left buttock .25 mL	
14	15	16	17	18	19	20
UP right arm .25 mL		UP right buttock .5 mL		MID right ab .5 mL		MID right thigh .5 mL
21	22	23	24	25	26	27
	MID left ab .5 mL		MID left thigh .5 mL		MID left arm .5 mL	
28	29	30				
MID left buttock .5 mL		MID right arm .75 mL				







**MONTH**

[illegible]

## SYMPTOM TRACKER

Answer these 5 questions to help you track any changes in your symptoms—and keep your treatment team informed.

Today's date: \_\_\_\_\_

This tracker covers \_\_\_\_\_ to \_\_\_\_\_  
(mm/yy) (mm/yy)

During this time period...

1. Have you had a relapse of your MS?

☐ Yes

☐ No

2. If yes, have you experienced any of the following relapse symptoms?  
(please check all that apply)

☐ Weakness

☐ Poor muscle coordination

☐ Tingling/pain

☐ Sexual problems

☐ Problems with balance and walking

☐ Bladder and bowel problems

☐ Changes in vision

☐ Other \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

3. Have you called your doctor about any symptoms?

☐ Yes

☐ No

4. How would you describe your overall mood? (please check one)

☐ Better than usual

☐ A little worse than usual

☐ A little better than usual

☐ Worse than usual

☐ Same as usual

5. Do you have any concerns about how your treatment is going?

☐ No

☐ Yes. My concerns include: \_\_\_\_\_

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Take this tracker to your next doctor appointment and share your answers, or use it to guide a conversation with your healthcare provider.

## REMEMBER TO REFILL AND REORDER

Call your pharmacy for a refill a week before you run out of BETASERON® (interferon beta-1b). Download a new Treatment Journal at [www.betaseron.com/why-betaseron/injection-tracking](http://www.betaseron.com/why-betaseron/injection-tracking).



Model used for illustrative purposes only.



For copay enrollment and support, you can:

- Call our customer service number at **647-245-5620**
- Self-enroll through our website at **<https://www.savingscard.bayer.com/>**

If you are still unable to afford your copayment, please contact the Bayer US Patient Assistance Foundation at **1-866-228-7723**.

## NOTES:

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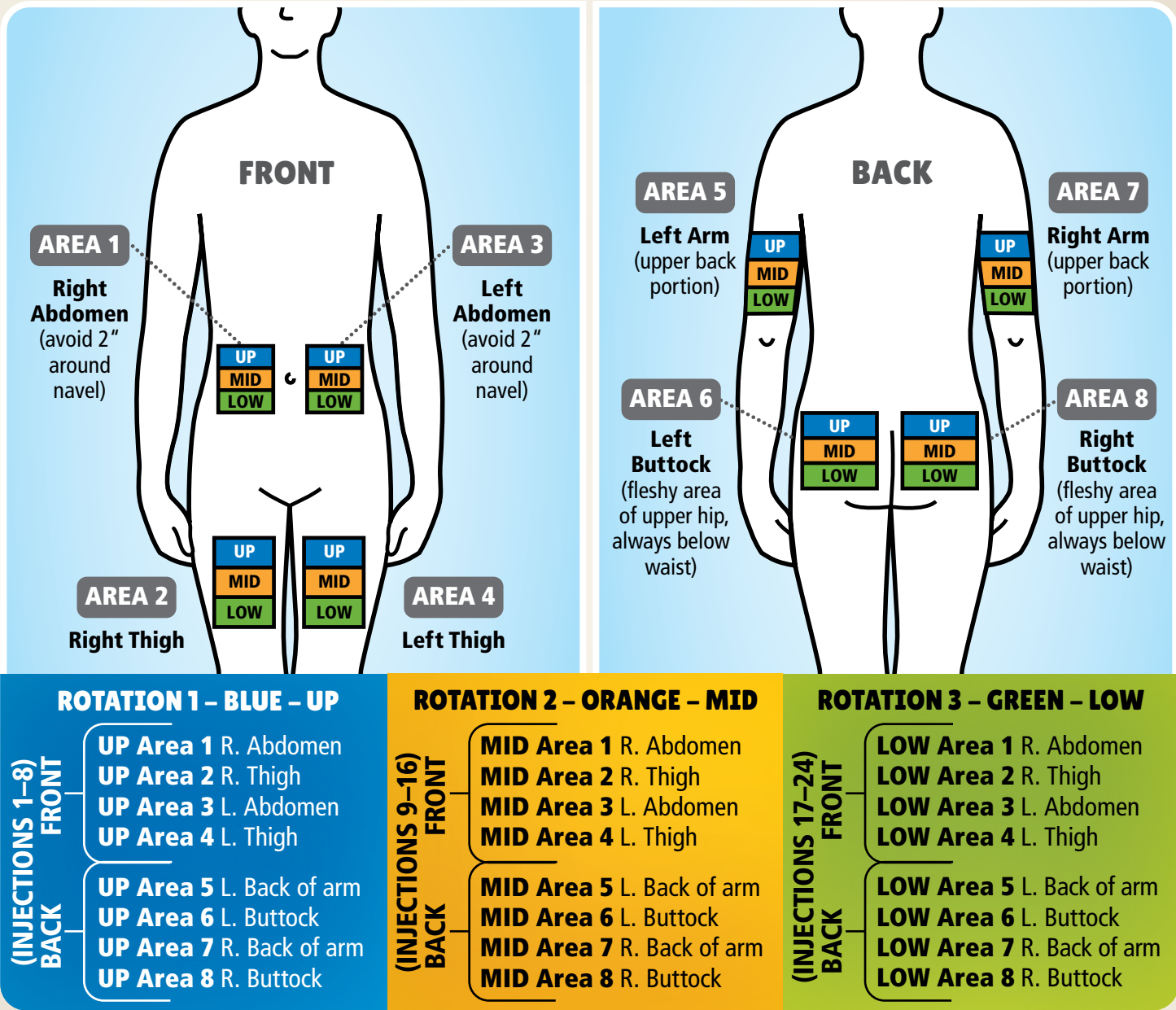
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Using the following rotation schedule, you'll come back to your first injection site after 24 injections (48 days). Remember, if an area is sore, red, infected, or swollen, choose another area. If you notice any unusual skin conditions, immediately call your healthcare provider.

INJECTION SITES



TIP

The best areas for injection are where the skin is loose and soft and away from the joints, nerves, and bones. DO NOT use the area near your navel or waistline.



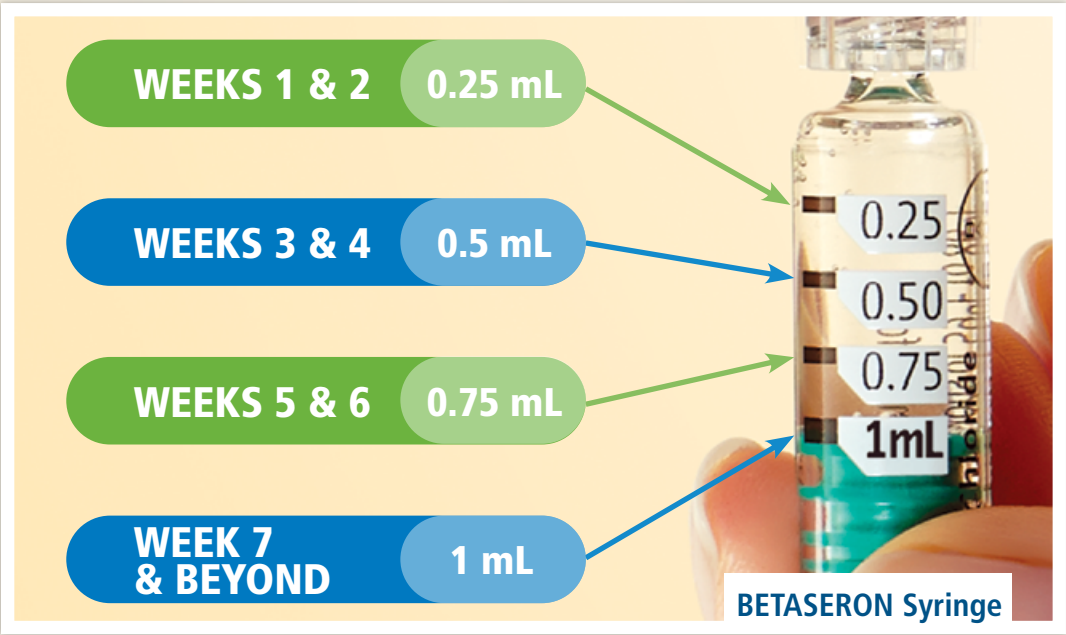
**BETASERON® (interferon beta-1b)**

# ADJUSTING TO YOUR THERAPY

Many doctors recommend starting with a lower dose of BETASERON and gradually increasing the amount over time. This process, called titration, can help your body adjust to the medication. The table below contains the recommended dose titration schedule.

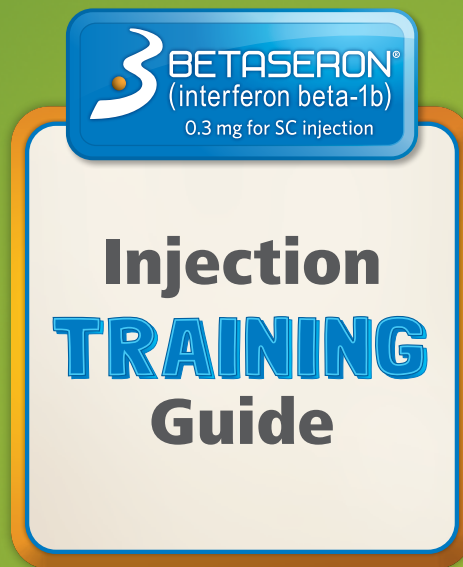
**Recommended Dose Titration Schedule**


For the correct titration dose, be sure to align the green plunger with the appropriate black marker line. Your doctor may adjust the dose or dosing schedule depending on your needs.



**Just starting?**

Talk with your doctor to determine the correct dosing schedule for you.



 Learn more at [Betaseron.com](https://www.betaseron.com)

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