

## MY JOURNAL

This resource is provided for informational purposes only and is not intended as a substitute for a healthcare professional's independent judgment. Always follow the healthcare advice of your doctor. Do not change the way you take your medication without talking with your doctor.

If you have suicidal thoughts, call your doctor or 911, or go to an emergency room. Take suicidal thoughts seriously and get help immediately.

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## YOUR PATH FORWARD

This journal is here to help give you a place to share your feelings and to explore yourself. Inside are some tips and tools you can use on your journey with depression.

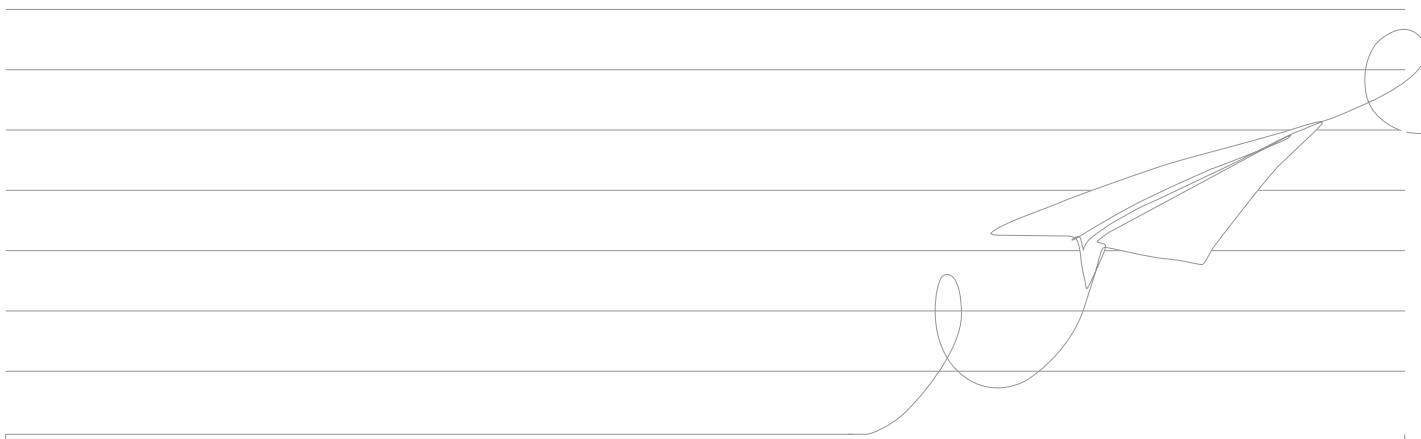
You'll find exercises and suggestions that may be helpful, plus different ways to get more out of talking with your doctor.

Take from it what you feel will be the most useful to you and remember that better days may be possible. But most importantly, be kind to yourself. This is a journey and you're not alone.



***Use the lines and graphs in this journal to put down anything that comes to your mind.***

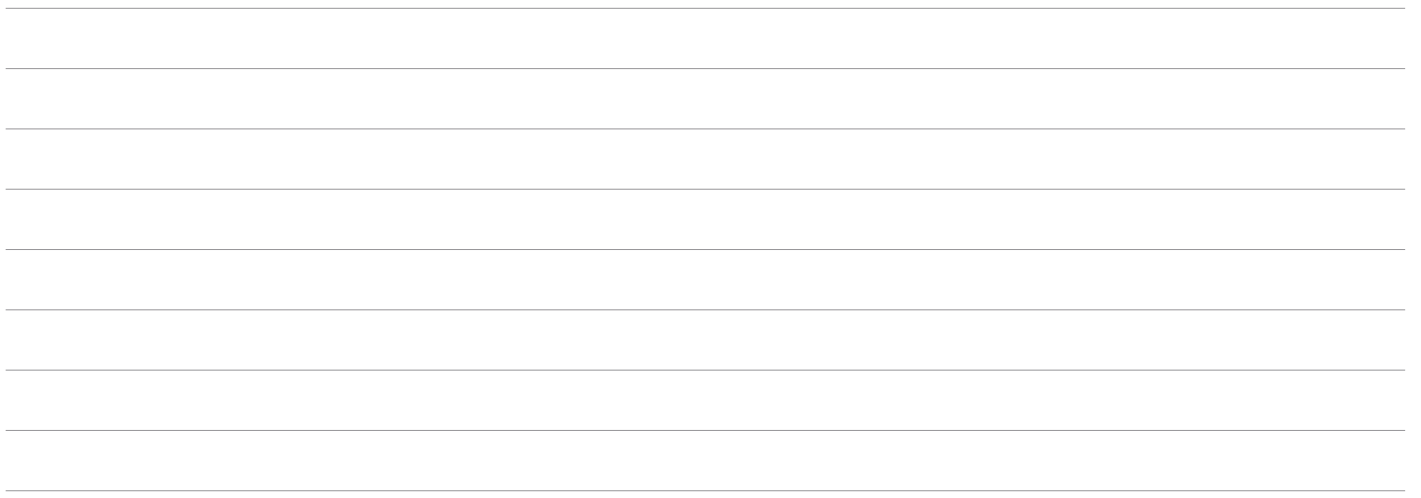
***Maybe it's some doodles about what you're thinking or just random thoughts. The blank page is yours to do with it as you wish.***



# **DEPRESSION IS A JOURNEY**

Sometimes with an antidepressant, the progress you've made can feel like it's on pause. And that feeling of being overwhelmed or uninterested in doing the things you love can come back. But that's okay. Remembering that obstacles may appear is a part of the journey—so is figuring out helpful ways to get around them.

If you want, take a few minutes to write down how you've been feeling over the past few days to help see if you can find a pattern with your depression symptoms. Seeing your feelings on paper can be very helpful in your journey to understanding them better. And talking to your doctor about your experiences can help shed some light on what else you can do.

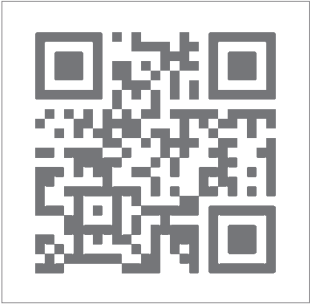


### **MY PATH FORWARD – VIDEO SERIES**

These videos provide steps that may help with  
managing your depression.







# UNDERSTANDING YOUR SYMPTOMS GOES A LONG WAY

Take this Symptom Questionnaire to share with your doctor.



## KNOWING WHERE YOU ARE Symptom Questionnaire

Taking some time to think about how your symptoms are still affecting you can be a great way to know if something more might help. The Symptom Questionnaire can help you get a sense of where you are and may help guide talks with your doctor. Together, you can create a treatment plan that works best for you. Remember, there's no right or wrong here, just simply how you're feeling.

### Some things to think about, which you can explore more in the questionnaire are:

I've been having some trouble concentrating on everyday tasks like:

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My depression has made it difficult to:

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There have been some changes in my normal behaviors like:

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## *Partial response to your antidepressant?*

### **OPENING UP**

#### **The Doctor Discussion Guide**

Having an open and honest discussion with your doctor is a big step toward better care. If you're struggling with depression symptoms while on your antidepressant, it's not your fault. It could be that you're experiencing a "**partial response**" to your antidepressant, and it may be time to talk to your doctor about adding REXULTI® (brexiprazole). Use the Doctor Discussion Guide along with your Symptom Questionnaire on the previous page to get the conversation started.

#### **INDICATION:**

REXULTI is a prescription medicine used along with antidepressant medicines to treat major depressive disorder (MDD) in adults.

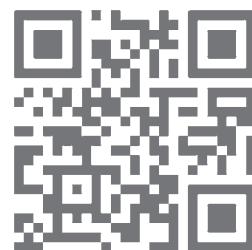
It is not known if REXULTI is safe and effective in children with MDD.

#### **SELECT IMPORTANT SAFETY INFORMATION:**

- **Increased risk of death in elderly people with dementia-related psychosis.** Medicines like REXULTI can raise the risk of death in elderly people who have lost touch with reality (psychosis) due to confusion and memory loss (dementia). REXULTI is not approved for the treatment of people with dementia-related psychosis without agitation that may happen with dementia due to Alzheimer's disease.
- **Increased risk of suicidal thoughts and actions.** REXULTI and antidepressant medicines may increase suicidal thoughts and actions in some people 24 years of age and younger, especially within the first few months of treatment or when the dose is changed. Depression and other mental illnesses are the most important causes of suicidal thoughts and actions. Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, especially sudden changes in mood, behaviors, thoughts, or feelings. Report any change in these symptoms immediately to the doctor.

Please read IMPORTANT SAFETY INFORMATION on pages 24-26.

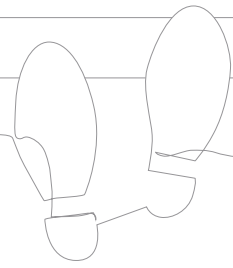
**GET YOUR DOCTOR DISCUSSION GUIDE HERE**





*Moving up your next appointment with your doctor can be a positive step toward addressing your ongoing depression symptoms.*





## MOVING FORWARD

It feels good to be taking steps to move forward in your depression journey. To help with the road ahead after your doctor prescribes REXULTI® (brexpiprazole), the REXULTI Savings Card is a resource to help cover the cost. If you're an eligible patient, you just hand the card over to your pharmacist when picking up REXULTI or your generic antidepressant—the card has separate benefits to cover both.\*

\*Conditions apply. Visit [www.rexulti.com/savings](http://www.rexulti.com/savings) for more information

### SELECT IMPORTANT SAFETY INFORMATION:

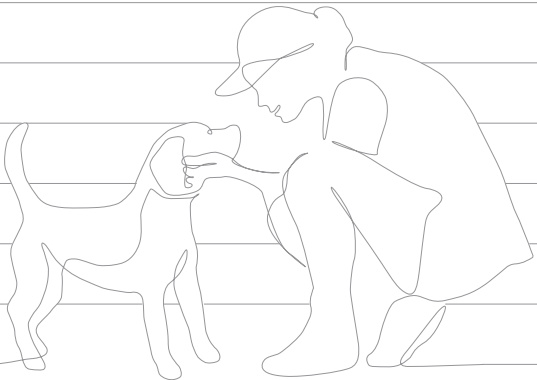
**Do not take REXULTI if you are allergic to brexpiprazole or any of the ingredients in REXULTI.**

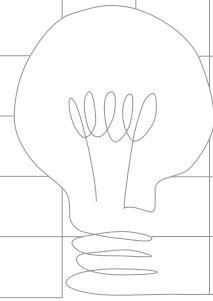
**SCAN THE QR CODE**

or go to [REXULTI.com](http://REXULTI.com) to get your Savings Card  
and continue on your journey.



Can you think of a short-term goal? A simple thing you want to do next? If you want, take the space on this page to write or draw it out.





## MORE THAN JUST MEDICINE

Your depression journey isn't just about the medicine you take. There are a lot of simple activities you can do in your day-to-day life to engage your mind, practice self-care, and enjoy the things around you. A few things you can do are:

- №1** Take a bath, consider using aromatherapy, moisturize. Remember you come first, and sometimes taking care of what's on the outside is important, too.
  
- №2** Pay attention to your breath: as you take several breaths, visualize and feel the way the air fills your body
  
- №3** Take a moment to think about what interests you. Maybe it's a craft, like sewing, or you've always wanted to try home improvements. It feels good focusing on something creative.













HOW ARE YOU FEELING TODAY?



A large rectangular grid consisting of 20 columns and 30 rows of empty squares, intended for writing or drawing a response to the question above.

HOW ARE YOU FEELING TODAY?



Lined writing area consisting of 25 horizontal lines for text entry.

HOW ARE YOU FEELING TODAY?










HOW ARE YOU FEELING TODAY?




HOW ARE YOU FEELING TODAY?



A series of horizontal lines for writing.



# INDICATION AND IMPORTANT SAFETY INFORMATION FOR REXULTI® (brexpiprazole)

## INDICATION:

REXULTI is a prescription medicine used along with antidepressant medicines to treat major depressive disorder (MDD) in adults.

It is not known if REXULTI is safe and effective in children with MDD.

## IMPORTANT SAFETY INFORMATION:

- **Increased risk of death in elderly people with dementia-related psychosis. Medicines like REXULTI can raise the risk of death in elderly people who have lost touch with reality (psychosis) due to confusion and memory loss (dementia). REXULTI is not approved for the treatment of people with dementia-related psychosis without agitation that may happen with dementia due to Alzheimer's disease.**
- **Increased risk of suicidal thoughts and actions. REXULTI and antidepressant medicines may increase suicidal thoughts and actions in some people 24 years of age and younger, especially within the first few months of treatment or when the dose is changed. Depression and other mental illnesses are the most important causes of suicidal thoughts and actions. Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, especially sudden changes in mood, behaviors, thoughts, or feelings. Report any change in these symptoms immediately to the doctor.**

**Do not take REXULTI if you** are allergic to brexpiprazole or any of the ingredients in REXULTI.

**REXULTI may cause serious side effects, including:**

- **Cerebrovascular problems, including stroke, in elderly people with dementia-related psychosis that can lead to death.**
- **Neuroleptic malignant syndrome (NMS) is a serious condition that can lead to death.** Call your healthcare provider or go to the nearest hospital emergency room right away if you have some or all of the following signs and symptoms of NMS: high fever; changes in your pulse, blood pressure, heart rate, and breathing; stiff muscles; confusion; increased sweating
- **Uncontrolled body movements (tardive dyskinesia).** REXULTI may cause movements that you cannot control in your face, tongue, or other body parts. Tardive dyskinesia may not go away, even if you stop taking REXULTI. Tardive dyskinesia may also start after you stop taking REXULTI.
- **Problems with your metabolism such as:**
  - **high blood sugar (hyperglycemia) and diabetes.** Increases in blood sugar can happen in some people who take REXULTI. Extremely high blood sugar can lead to coma or death. Your healthcare provider should check your blood sugar before you start, or soon after you start REXULTI and then regularly during long term treatment with REXULTI.

*(Continued on next page)*

# IMPORTANT SAFETY INFORMATION:

*(continued)*

- **Problems with your metabolism such as: (continued)**

**Call your healthcare provider if you have any of these symptoms of high blood sugar during treatment with REXULTI:**

- feel very thirsty
- feel very hungry
- feel sick to your stomach
- need to urinate more than usual
- feel weak or tired
- feel confused, or your breath smells fruity

- **increased fat levels (cholesterol and triglycerides) in your blood.** Your healthcare provider should check the fat levels in your blood before you start, or soon after you start REXULTI, and then periodically during treatment with REXULTI.
- **weight gain.** You and your healthcare provider should check your weight before you start and often during treatment with REXULTI.
- **Unusual and uncontrollable (compulsive) urges.** Some people taking REXULTI have had strong unusual urges, to gamble and gambling that cannot be controlled (compulsive gambling). Other compulsive urges include sexual urges, shopping, and eating or binge eating. If you or your family members notice that you are having new or unusual strong urges or behaviors, talk to your healthcare provider.
- **Low white blood cell count.** Your healthcare provider may do blood tests during the first few months of treatment with REXULTI.
- **Decreased blood pressure (orthostatic hypotension) and fainting.** You may feel dizzy, lightheaded or pass out (faint) when you rise too quickly from a sitting or lying position.
- **Falls.** REXULTI may make you sleepy or dizzy, may cause a decrease in your blood pressure when changing position (orthostatic hypotension), and can slow your thinking and motor skills which may lead to falls that can cause fractures or other injuries.
- **Seizures (convulsions).**
- **Problems controlling your body temperature so that you feel too warm.** Do not become too hot or dehydrated during treatment with REXULTI. Do not exercise too much. In hot weather, stay inside in a cool place if possible. Stay out of the sun. Do not wear too much clothing or heavy clothing. Drink plenty of water.
- **Difficulty swallowing** that can cause food or liquid to get into your lungs.
- **Sleepiness, drowsiness, feeling tired, difficulty thinking and doing normal activities.** Do not drive a car, operate machinery, or do other dangerous activities until you know how REXULTI affects you. REXULTI may make you feel drowsy.

*(Continued on next page)*

## IMPORTANT SAFETY INFORMATION: (continued)

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

- have or have had heart problems or a stroke
- have or have had low or high blood pressure
- have or have had diabetes or high blood sugar or a family history of diabetes or high blood sugar. Your healthcare provider should check your blood sugar before you start REXULTI and during treatment with REXULTI.
- have or have had high levels of total cholesterol, LDL cholesterol, or triglycerides, or low levels of HDL cholesterol
- have or have had seizures (convulsions)
- have or have had kidney or liver problems
- have or have had a low white blood cell count
- are pregnant or plan to become pregnant. REXULTI may harm your unborn baby. Taking REXULTI during your third trimester of pregnancy may cause your baby to have abnormal muscle movements or withdrawal symptoms after birth. Talk to your healthcare provider about the risk to your unborn baby if you take REXULTI during pregnancy.
  - Tell your healthcare provider if you become pregnant or think you are pregnant during treatment with REXULTI.
  - There is a pregnancy exposure registry for women who are exposed to REXULTI during pregnancy. If you become pregnant during treatment with REXULTI, talk to your healthcare provider about registering with the National Pregnancy Registry for Atypical Antipsychotics. You can register by calling 1-866-961-2388 or visit <http://womensmentalhealth.org/clinical-and-research-programs/pregnancyregistry/>.
- are breastfeeding or plan to breastfeed. It is not known if REXULTI passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby during treatment with REXULTI.

**Tell your healthcare provider about all the medicines you take**, including prescription and over-the-counter medicines, vitamins, and herbal supplements. REXULTI and other medicines may affect each other causing possible serious side effects. REXULTI may affect the way other medicines work, and other medicines may affect how REXULTI works. Your healthcare provider can tell you if it is safe to take REXULTI with your other medicines. Do not start or stop any medicines during treatment with REXULTI without first talking to your healthcare provider.

**The most common side effects of REXULTI** include weight gain, sleepiness, dizziness, common cold symptoms, and restlessness or feeling like you need to move (akathisia).

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

You are encouraged to report side effects of REXULTI (brexpiprazole). Please contact Otsuka America Pharmaceutical, Inc. at 1-800-438-9927 or FDA at 1-800-FDA-1088 ([www.fda.gov/medwatch](http://www.fda.gov/medwatch)).



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