Please see complete Important Safety Information, including Boxed Warning for supine hypertension, and the accompanying full Prescribing Information.

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LET'S KEEP ON MOVING!

Summer 2020 issue

Living with symptomatic neurogenic orthostatic hypotension (nOH) can be challenging—but don't give up!

All of us here at Lundbeck are committed to helping you move forward while living with symptomatic nOH. Whether you have just been diagnosed, are starting treatment, or are caring for a loved one taking NORTHERA® (droxidopa), we've got you covered.

Here are a few things you'll find in this newsletter:

- A "**Spotlight Story**" featuring a patient and her journey with symptomatic nOH and NORTHERA.
- **Quick tips** and tools you can use to check on and track your symptoms.
- A **healthcare provider's perspective** on finding the right dosage strength for you.
- Timely information and guidance to help you navigate the insurance landscape and access financial assistance.

IN THE SPOTLIGHT

Meet Gail and learn about her experience with symptomatic nOH*

"I would feel very lightheaded, I would feel very dizzy, I really felt like I was going to faint. I didn't tell the doctor for a while because I just thought that's what having Parkinson's disease was. I didn't understand ***the relationship between falling blood pressure and the symptoms*** *I had and the fact that I had Parkinson's."*

Gail is a retired elementary school music teacher who lives in Boynton Beach, Florida, with her husband. They have two grown children and two grandchildren. For a long time, Gail thought her symptoms were due to her Parkinson's disease (PD). As her symptoms increased and began to interfere with the school day, she decided to retire early from the job she loved.

"Getting the diagnosis of symptomatic nOH was such a relief. I was able to let my family know that what I

was experiencing was something that was not necessarily because I had Parkinson's, it was something I had along with my Parkinson's."

"[Symptomatic] nOH never goes away, but with the NORTHERA...I don't even think about it anymore, to be honest with you."

*Patient results may vary. NORTHERA may not work for everyone.

Other patients are moving forward while living with symptomatic nOH

SEE HOW

TIPS FOR

MOVING FORWARD

It can feel like a big step to talk to your doctor—we understand. But if you're not sure what's causing your symptoms, it may be a good idea to get an expert's opinion. Take some time to reflect on the following:

- **Your symptoms and when they occur.** Do they happen more when you are standing up or changing position? More in the morning vs the evening? These are important clues for your doctor.

- **How are you feeling?** Are you dizzy or lightheaded? Feel like you may "black out" or faint? Or is there something else? Think about the words you would use to describe your symptoms to a loved one—this will help your doctor problem-solve with you.

- **How much do symptoms bother you?** Are they severe and don't feel like they are getting better? Are they usually under control? Or is it somewhere in the middle?

- **What approaches have you and your doctor agreed on** to help manage your current symptoms? Is there anything else you can think of that you've tried or used to help manage your symptoms?

Be an advocate for yourself—you know your body best.

Having an open and honest conversation with your doctor will help ensure you get the best results possible. To help with this conversation, **download these tips for discussing symptoms with your doctor**. This will help them determine if NORTHERA may be right for you.

Could NORTHERA® (droxidopa) Be Right for You?

A Guide for Talking to Your Doctor About Your Symptomatic nOH Management Plan

If you are suffering from symptomatic neurogenic orthostatic hypotension (nOH), NORTHERA may help. Use this guide to help you prepare for a discussion with your doctor. Then bring it to your next appointment to help you start a discussion about your options for managing your symptomatic nOH, including NORTHERA.

Preparing for a Visit With Your Doctor

Here are a few tips to help you talk to your doctor about NORTHERA at your next appointment:

Record your symptoms and blood pressure readings as directed by your doctor. This information helps him or her understand any changes in your symptoms since your last appointment. Visit NORTHERA.com/diary to help you keep track of your symptoms and blood pressure readings.

Advocate for yourself to get the best results for you. Be ready to talk to your doctor about your current symptomatic nOH management plan, including which symptoms are most bothersome to you, which parts of your management plan are and are not working, and your goals for symptom management.

Bring someone with you to your appointment. A care partner or friend can take notes and help you remember everything you talked about with your doctor.

About NORTHERA

NORTHERA is the first and only FDA-approved treatment specifically studied in patients with symptomatic nOH. The exact way NORTHERA works is unknown. However, one of the effects of NORTHERA is a small and temporary increase in norepinephrine, a chemical in the body that signals your blood vessels to tighten and helps to regulate blood pressure.

Use

NORTHERA (droxidopa) is a prescription medication used to reduce dizziness, lightheadedness, or the "feeling that you are about to black out" in adults who experience a significant drop in blood pressure when changing positions or standing (called symptomatic neurogenic orthostatic hypotension) and who have Parkinson's disease, multiple system atrophy, pure autonomic failure, dopamine beta-hydroxylase deficiency, or non-diabetic autonomic neuropathy. Effectiveness beyond 2 weeks of treatment has not been established, and your doctor will decide if you should continue taking NORTHERA.

WARNING: SUPINE HYPERTENSION (this is high blood pressure while lying down)

When lying down, elevating the head and upper body lowers the risk of high blood pressure. Check your blood pressure in this position prior to starting and during NORTHERA treatment. If you experience high blood pressure, talk to your doctor about your NORTHERA treatment.

Please see complete Important Safety Information, including Boxed Warning for supine hypertension, on page 3 of this document.

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YOU ARE NOT ALONE

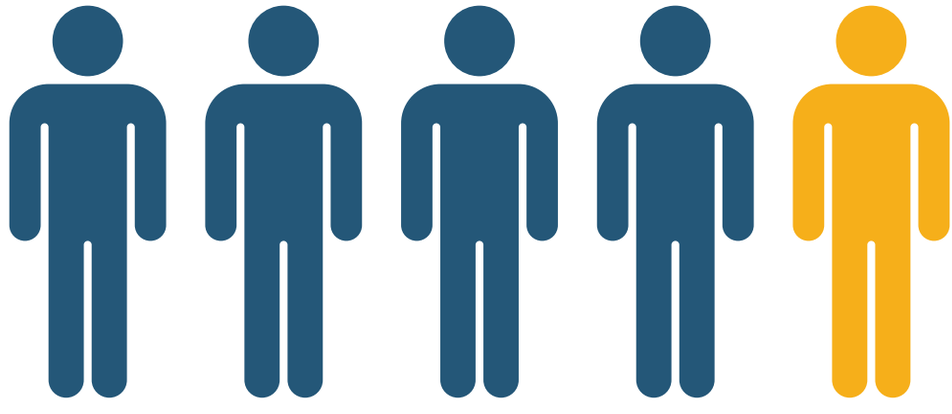
It may feel like no one else is experiencing the same challenges as you or your loved one, but that's not the case: there are others going through it along with you.

Symptomatic nOH can occur in people who have PD, multiple system atrophy (MSA), or pure autonomic failure (PAF).

ABOUT

1/5

About **1 in 5 people** with PD may also have symptomatic nOH.



About **4 in 5 people** with MSA may have symptomatic nOH.

Nearly 100% of people with PAF have symptomatic nOH.

And while there is no cure for symptomatic nOH, NORTHERA may help reduce the symptoms

LEARN HOW

A DOCTOR'S

PERSPECTIVE

"The goal of the treatment with NORTHERA is to make the symptoms better."

—Dr. Salima Brillman, MD

It's important to note that most patients start out on a low dosage strength of NORTHERA.

By starting low, your doctor can gradually increase the dosage strength over time, until you reach the level that best manages your symptoms. The process of finding the right dosage strength for you is called "titration." During this process, it's likely that your doctor will adjust your NORTHERA dosage strength every 24 to 48 hours.

“Finding the right dose is very personal. We take it person by person, step by step.”

—Dr. Salima Brillman, movement disorder specialist, on titrating patients on NORTHERA

To help your doctor determine if NORTHERA is working for you, it’s important that you keep track of your nOH symptoms consistently. Be patient if your symptoms don’t seem to improve right away: discuss this with your doctor. They may want to adjust your dosage strength.

- Report any increases or decreases in symptoms, especially after your doctor changes your dosage strength.
- Check in with your doctor every 24 to 48 hours (1 to 2 days) while your dosage strength is being changed (during the process of titration).

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YOUR SYMPTOMATIC nOH DIARY

Use this daily diary to help monitor your symptoms of neurogenic orthostatic hypotension (nOH) and to record your blood pressure

USE

NORTHERA (droxidopa) is a prescription medication used to reduce dizziness, lightheadedness, or the "feeling that you are about to black out" in adults who experience a significant drop in blood pressure when changing positions or standing (called symptomatic neurogenic orthostatic hypotension) and who have Parkinson's disease, multiple system atrophy, pure autonomic failure, dopamine beta-hydroxylase deficiency, or non-diabetic autonomic neuropathy. Effectiveness beyond 2 weeks of treatment has not been established, and your doctor will decide if you should continue taking NORTHERA.

WARNING: SUPINE HYPERTENSION
(this is high blood pressure while lying down)

When lying down, elevating the head and upper body lowers the risk of high blood pressure. Check your blood pressure in this position prior to starting and during NORTHERA treatment. If you experience high blood pressure, talk to your doctor about your NORTHERA treatment.

Please see complete Important Safety Information, including Boxed Warning for supine hypertension, on page 8, and the accompanying full Prescribing Information.

Take action: **download a Symptomatic nOH Diary** to help keep track of your blood pressure and nOH symptoms.

This will make it easier to share your symptoms with your doctor.

TIPS TO HELP YOU NAVIGATE THE INSURANCE LANDSCAPE

Insurance coverage tends to be confusing to everyone, whether it's **commercial (also known as "private insurance") or through Medicare and Medicaid**.

To help, we've created resources to help patients **better understand insurance terms** and a summary of the **steps you can expect along the way** to receiving your NORTHERA prescription.

Lundbeck has also created a **Commercial Copay Assistance Program** to help eligible commercial patients with their copays for NORTHERA. We're on your side and want to support your efforts to access treatment.

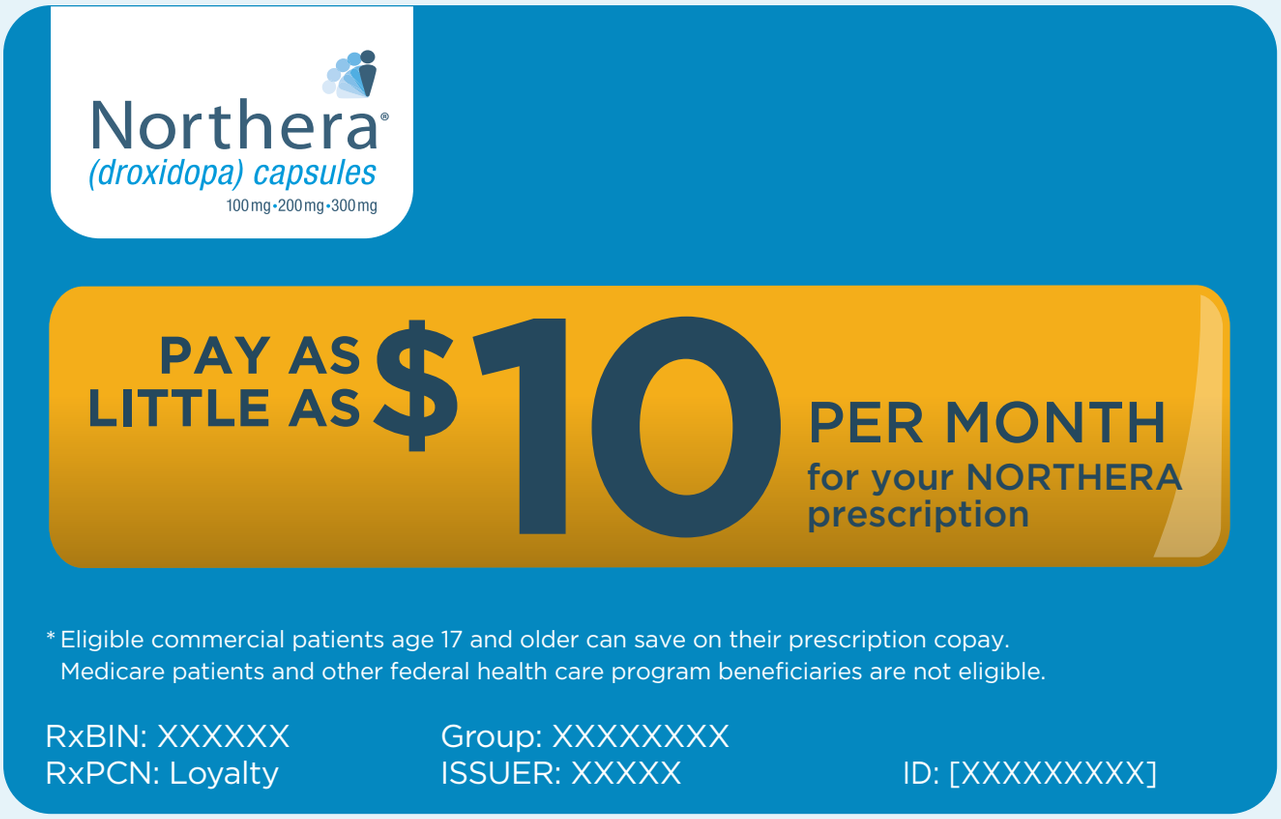

Image above is not a real Commercial Copay Assistance Card.*

- Patients are not eligible for this assistance if they are uninsured or if the prescription is eligible to be reimbursed, in whole or in part, by any state or federal healthcare programs, including but not limited to Medicare or Medicaid, VA, DOD, or TRICARE.

- **Go online to see all eligibility requirements as well as additional terms and conditions.**

*Please note that a physical Commercial Copay Assistance card is not sent to participants. Copay information is sent electronically and should be printed out or written down so it can be shared with the specialty pharmacy over the phone.

At Lundbeck, it's our passion for patients that binds us together and drives us to act with urgency to address unmet needs today and into the future. We hope you found this e-newsletter helpful and we're committed to bringing you more.

Until then, be well and keep on moving.

Your Lundbeck NORTHERA Team

USE

NORTHERA (droxidopa) is a prescription medication used to reduce dizziness, lightheadedness, or the "feeling that you are about to black out" in adults who experience a significant drop in blood pressure when changing positions or standing (called symptomatic neurogenic orthostatic hypotension (nOH)) and who have one of the following:

- Parkinson's disease (PD), a neurodegenerative disease that causes slowness in muscle movement as well as shaking in the hands

- Multiple system atrophy (MSA), a Parkinson's-like disorder with more widespread effects on the brain and body

- Pure autonomic failure (PAF), a neurodegenerative disease that results in frequent drops in blood pressure upon standing

- Dopamine beta-hydroxylase deficiency, a condition where the body cannot make enough of the hormones that help regulate blood pressure

- Non-diabetic autonomic neuropathy, an inability to maintain blood pressure upon standing that can be caused by a number of rare diseases

Effectiveness beyond 2 weeks of treatment has not been established, and your doctor will decide if you should continue taking NORTHERA.

IMPORTANT SAFETY INFORMATION

WARNING: SUPINE HYPERTENSION (this is high blood pressure while lying down)

When lying down, elevating the head and upper body lowers the risk of high blood pressure. Check your blood pressure in this position prior to starting and during NORTHERA treatment. If you experience high blood pressure, talk to your doctor about your NORTHERA

treatment.

- Do not take NORTHERA if you have a known allergy to NORTHERA or its ingredients.
- NORTHERA may cause high blood pressure when lying down, which could lead to strokes, heart attacks, and death. To reduce this risk of supine hypertension, take your late afternoon dose of NORTHERA at least 3 hours before going to bed.
- Neuroleptic malignant syndrome (NMS) is a rare but potentially life-threatening side effect reported with NORTHERA. Call your doctor right away and go to the nearest emergency room if you develop these signs and symptoms: high fever, stiff muscles, movements that you cannot control, confusion or problems thinking, very fast or uneven heartbeats, or increased sweating. NORTHERA should be stopped immediately if NMS is diagnosed.

- If you have coronary artery disease, irregular heartbeat, or heart failure, NORTHERA may worsen the symptoms of these disorders. Call your doctor if your symptoms become worse.

- NORTHERA may cause allergic reactions. Stop taking NORTHERA and contact your doctor right away, or go to the nearest emergency room if you experience any signs or symptoms of an allergic reaction such as: fast heartbeat, nausea, vomiting, swelling, trouble breathing, hives, or rash. NORTHERA contains tartrazine (FD&C Yellow No. 5), which may also cause an allergic reaction, especially if you have had a reaction to aspirin.

- The most common side effects with NORTHERA are headache, dizziness, nausea, and high blood pressure.
- Taking NORTHERA with other medications may cause side effects. Tell your doctor if you take prescription or over-the-counter medicines, vitamins, or herbal supplements.
- You should not breastfeed during treatment with NORTHERA.
- If you plan to become or are currently pregnant, talk to your doctor as it is not known if NORTHERA could harm your unborn baby.
- Take NORTHERA the same way each time, either with or without food.

- If you miss a dose of NORTHERA, take your next dose at the regularly scheduled time. Do not double the dose.

For more information, please see the accompanying full Prescribing Information, including Boxed Warning for supine hypertension, or go to www.NORTHERA.com.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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