

Original Supply

Name:

Contact Number:

Address:

Date:

Prescription Number:

1. About Your Medicine

Setting Goals

Your doctor may have discussed goals with you before prescribing Saxenda®. For most people with overweight or obesity, a reduction in weight of 5-10% will offer improvements in overall health and a reduction in important risk factors.

Discuss with your doctor, nurse or pharmacist the goals you have for your weight management. It may relate to reduced kilograms, but may also include other aspects of your life. Perhaps you would like to be able to undertake some physical activity that is currently a challenge? Everybody's weight loss journey is unique, and so your long term plan with your doctor should reflect what is important to you. Whatever you set as your own goals, ensure that they are realistic and achievable. Remember, even modest weight loss can help many people live a healthier life.

Perhaps more important than weight loss, and certainly just as challenging, is the objective of keeping the weight off. If you are able to achieve a drop in your weight, consider what small changes

you can consider to make healthiness a part of your everyday life.

Following your doctor's advice

Your doctor, nurse or pharmacist should have explained how to use Saxenda®, along with healthy eating and increased physical activity, to achieve weight loss and keep the weight off. Your doctor may also be interested in other parts of your overall health that are often impacted by weight: such as blood pressure, blood lipids, blood glucose, sleep apnoea, anxiety or depression, and general quality of life.

Because your doctor is interested in helping you remain healthy, they will sometimes recommend treatments that may include prescription medicines. The dosing schedule of these medicines is based on extensive research, and as such, should be relied upon to offer the best and safest results for a patient. For this reason, you should always speak with your doctor before changing your dose outside of their recommendation. If you experience an unexpected reaction from your

medicine, always speak with your doctor.

Your pharmacist is also well placed to ensure that your medicines can be appropriately used at the same time. Unless advised otherwise, you should continue with your other medications while taking Saxenda®.

New Needles Supply

If you are enrolled in SaxendaCare™ - the patient support program – you will be entitled to free needles to suit the Saxenda® Pen. Your pharmacist will supply you with a box of 100 NovoFine® 6mm needles, which will be enough for the next three months (using a new needle each day).

This is also a good time to discuss with your pharmacist your injection technique and use of the Saxenda® Pen. You can view a video of device and injection instructions at www.saxendacare.com.au.

2. SaxendaCare™ and the Saxenda® Pharmacy Program

eForm

Our Pharmacist explained the following key Saxenda® Pharmacy Program elements to you:

- Your medicine was provided to you at the cost of no more than \$387.00.
- Our Pharmacist explained a few key quality use of medicines initiatives detailed above.
- Our pharmacist explained that you are enrolled in SaxendaCare™ which is a patient support program. This leaflet will be given to you to take home and read at each dispensing. Please contact any of our pharmacists if you have any questions

Our pharmacist may also discuss additional information about Saxenda® which they believe is important for you to know.

3. Pharmacist Recommendation

From our discussion today the following professional pharmacy services may be of benefit to you:

Pharmacy Follow-up

Home Medicines Review

MedsCheck Service

Dose Administration Aid/Weekly Medicines Pack

I attest that I have completed the requirements of this service in accordance with the Program Protocol.

Pharmacist Initials:

Name:

Date:

This pharmacy collects information about you, including information about your health, so that we can provide pharmacy services to you. Our pharmacy may use your personal information to inform you about our pharmacy services and programs. Novo Nordisk Pty Ltd facilitates the SaxendaCare™ Patient Support Program via a third party company Sinapse Pty Ltd. None of your personal data is sent to Novo Nordisk Pty Ltd. Your personal data is only maintained by Sinapse Pty Ltd to enable an audit process to confirm the community pharmacist is providing patients the service they committed to in the Terms and Conditions of enrolment. For the professional time and resources provided for this service the pharmacy is paid a professional fee of \$22.36 by Novo Nordisk Pty Ltd. The pharmacy and Sinapse Pty Ltd will NOT disclose your personal information to any other service provider. De-identified information is used for Program Administration and record keeping. You are entitled to access your personal information held by us.