

Toujeo® SoloStar®

Welcome Pack For Diabetes



Welcome to Toujeo® Starter Guide, which has been **designed especially for you**.
It's full of lots of useful information that will help you get started with your
Toujeo® SoloStar® and support you to live well with diabetes.

MAT-MY-2101585 (V1.0) | DOP: January 2022

sanofi

This item is intended for people with diabetes who have been prescribed Toujeo® SoloStar®. It has been developed and funded by Sanofi to provide additional support that complements the advice from your healthcare professional.

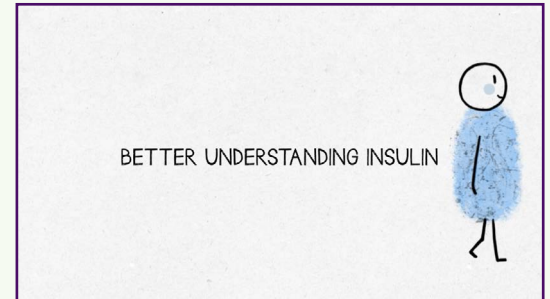
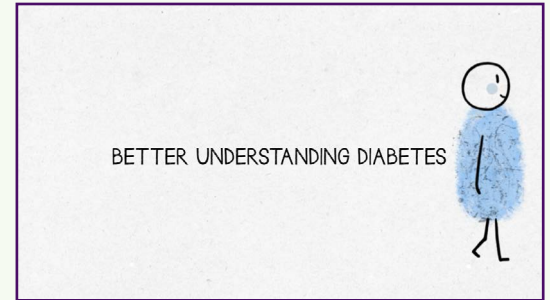
You can live well with diabetes. The important thing is to manage your condition, as this will support you to stay well and limit the chances of complications now and in the future.

It may feel like there is a lot to learn at the start, but if you invest some time upfront, you will find that managing your diabetes becomes more natural, especially if you can build it into your daily routines.

This Starter Guide is full of information to help and support you to understand diabetes and to get to grips with good diabetes management. Help is always at hand through your healthcare team.

Take time to watch these introductory videos about Understanding Diabetes and Understanding Insulin.

Starting well is important, it will help you set good habits that will help you manage your diabetes as part of your normal life. Take a bit of time to understand what diabetes is, as when you understand it, you can then manage it even better.



Getting Off To A Good Start With Your Insulin

It's normal for insulin doses to be adjusted over time. Your healthcare team will help you to adjust your insulin as you need to. This short video explains about how insulin is taken, as well as the importance of monitoring blood sugar which can help your healthcare team and you to see if you are using the right dose of insulin. Take a quick look, as getting to grips with some of the basics like this will support you manage your diabetes well.

BETTER UNDERSTANDING HOW TO TAKE INSULIN



Home Monitoring Diary

It really helps to keep a record of all your readings, especially in the early weeks and months, so you can spot any patterns. It can also help your healthcare team to see how you are doing on a daily basis and to help you make positive changes.

Sanofi's Home Monitoring Diary is designed to help you track your daily readings as a written record.



sanofi

For printed version please request from healthcare professional

Using Your Toujeo® Solostar®

Your Toujeo® Solostar® is the device that will help deliver the right dose of insulin for you. It is simple to use and you will quickly get to grips with how to use it, where to store it and how to adjust your insulin doses. Take a look at the short video and the digital handbook to familiarise yourself with your Toujeo® Solostar®.



Support is important

Managing your diabetes well is really important. It will help you to achieve good daily control of your blood sugar and to avoid longer term complications.

Coming to terms with and managing diabetes on a daily basis can be difficult. Your healthcare team will be there to offer help and support and to answer your questions. If you are worried about any aspects of your diabetes contact your healthcare team.

For the full prescribing information, please scan the QR Code or visit the link provided.

Full prescribing information is also available upon request from: sanofi-aventis (Malaysia) Sdn Bhd (334110-P), Unit TB-18-1, Level 18, Tower B, Plaze 33, No. 1 Jalan kemajuan, Seksyen 13, 46200 Petaling Jaya, Selangor Darul Ehsan, Malaysia. Tel: 03 7651 0800, Fax: 03 7651 0805.

For knowing more about insulin, can visit <https://getinsulinright.my>.



TOUJEO MY PI
<https://suri.sanofi.com/toujeomy>
PV-malaysia@sanofi.com

Reporting of side effects: If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via PV-malaysia@sanofi.com