

From: RTC Mail Tester <rtc.smtp@gmail.com>
Sent: Thursday, July 17, 2014 5:08 PM
To: Jordan, Devon
Subject: Conv Exist Mem Vic 001 A EM 3 V3

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"Check in" with your doctor—and us

Victoza® starts to lower blood sugar in as soon as 2 weeks, lowers A1C—and has been shown to keep it down in a 2-year study. It's taken **once-a-day at any time of day**, with or without meals. ~~And, while it's not a weight loss product, Victoza® may help you lose some weight.~~

In medical studies, many people taking Victoza® were able to reach the American Diabetes Association's A1C goal of less than 7%. Read on. ~~Then ask your health care professional if Victoza® is right for you.~~

Checking in with us at Cornerstones4Care.com can be helpful. We can explain in detail how [knowing your A1C level](#), which gives a picture of your average blood sugar control for the past 2 to 3 months, gives you a good idea of how your diabetes care plan is working—making it an important part of your plan. And we can show you how your A1C and blood sugar levels go together. Discuss your A1C levels with your diabetes care team to see how you are doing.

And when you start on Victoza®, you have access to VictozaCare™ Coaches - trained diabetes educators and nurses, who can answer your questions about Victoza® and offer tips to help you manage your type 2 diabetes. Just call 1-866-441-2521.

~~**Special Savings**
Check out Victoza® and find out how you may be able to **pay no more than \$25** for each of your prescriptions.~~

Check out another treatment option



Non-insulin [Victoza®](#) helps lower blood sugar and:

- ✓ Helps keep important cells in your pancreas that control blood sugar—called beta cells—working the way they should
- ✓ While not a weight-loss product, Victoza® may also help you lose some weight

Victoza® is taken once a day using the Victoza® Pen. One of the needles that can be used with the Victoza® Pen is the NovoFine® 30G (8mm) or 32G Tip (6mm) needle. The 30G needle was found to be **practically pain-free** by 90% of the people surveyed.

For comparison, here's how the NovoFine® 32G Tip needle looks next to a dime. Needles are sold separately and may require a prescription in some states.



For more information on Victoza®, [click here](#).

~~If you need help reaching your target A1C levels, check in with your health care professional and ask if Victoza® is right for you.~~

~~If Victoza® is determined to be a good option for managing your diabetes, you may be able to **pay no more than \$25** for each of your Victoza® prescriptions.*~~

~~*Restrictions apply.~~

Indications and Usage

Victoza® (liraglutide [rDNA origin] injection) is an injectable prescription medicine that may improve blood sugar (glucose) in adults with type 2 diabetes when used along with diet and exercise.

In this e-mail, check out tools and tips for:

- [Healthy eating](#)
 - [Physical activity](#)
 - [Being active](#)
- And be sure to visit Cornerstones4Care.com for more!

You Could Pay No More Than \$25

Enroll in VictozaCare™ for prescription savings and a free box of needles.*

[Click here](#)

*Maximum savings of \$150 per prescription. Other restrictions may apply. [See terms and conditions.](#)

Get Instant Savings

You may be able to get exclusive savings with the Victoza® Instant Savings Card.*

[Learn more](#)

~~*Restrictions apply.~~

Learn About Victoza®

Find out about Victoza®, a non-insulin medicine you take once a day.

[Learn more](#)

Keep Moving

When it comes to getting physical activity, small changes can make a big difference. Remember to talk with your doctor before you begin or change your physical activity routine.

[See how](#)

Your Diabetes Health Coach

If you haven't experienced the **Cornerstones4Care® Diabetes Health Coach**,

here's what you're missing:

- A customized learning and action plan based on your personal health assessment, providing you with the right information at the right time

Victoza® is not recommended as the first medication to treat diabetes. Victoza® has not been studied in patients with history of inflammation of the pancreas (pancreatitis). Victoza® is not a substitute for insulin and has not been studied in combination with prandial (mealtime) insulin. Victoza® is not for people with type 1 diabetes or people with diabetic ketoacidosis. It is not known if Victoza® is safe and effective in children. Victoza® is not recommended for use in children.

Important Safety Information

In animal studies, Victoza® caused thyroid tumors—including thyroid cancer—in some rats and mice. It is not known whether Victoza® causes thyroid tumors or a type of thyroid cancer called medullary thyroid cancer (MTC) in people, which may be fatal if not detected and treated early. Do not use Victoza® if you or any of your family members have a history of MTC or if you have Multiple Endocrine Neoplasia syndrome type 2 (MEN 2). While taking Victoza®, tell your doctor if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath. These may be symptoms of thyroid cancer.

[Click here](#) for more Important Safety Information.

[Click here](#) for Prescribing Information.

Check out these comfort food classics

Where can you find diabetes-friendly versions of your old corner diner favorites? At Cornerstones4Care®, of course! Meatloaf with Rice Pilaf, Crispy Baked Chicken, and Fettuccini with Creamy Mushroom Sauce are all [on the menu](#).

Check out the neighborhood

Walking around your neighborhood every day is one way to be active. Some people start slowly by walking 5 to 10 minutes a day and then add more time until they reach 30 minutes a day. Be sure to talk to your diabetes care team about ways you can be more active every day. Remember to always talk with your doctor or diabetes care team before beginning or changing your physical activity routine. [Get more activity tips here](#).

Get a customized learning and action plan

The **Cornerstones4Care® Diabetes Health Coach** is a powerful online program that is designed to help you build the skills you need to manage your diabetes.

The **Diabetes Health Coach** features:

- A **customized learning and action plan** based on your personal health assessment, providing you with the right information at the right time
- **Online coaching sessions and videos** on topics that matter to you—from How to Read Food Labels to How to Fit Injections Into Your Daily Routine
- The ability to **track your progress** as you start to make healthy changes to your life
- Support every step of the way with **tips, reminders,** and **motivation**

If you haven't set up your personal plan, [login and get started](#) today.

Already working on your plan? Then check out your accomplishments in the [Progress Tracker](#).

Important Safety Information (cont'd)

Do not use Victoza® if you are allergic to liraglutide or any of the ingredients in Victoza®. Serious allergic reactions can happen with Victoza®. If symptoms of serious allergic reactions occur, stop taking Victoza® and seek medical attention. Pancreatitis may be severe and lead to death. Before taking Victoza®, tell your doctor if you have had pancreatitis, gallstones, a history of alcoholism, or high blood triglyceride levels since these medical conditions make you more likely to get pancreatitis.

Stop taking Victoza® and call your doctor right away if you have pain in your stomach area that is severe and will not go away, occurs with or without vomiting, or is felt going from your stomach area through to your back. These may be symptoms of pancreatitis.

Before using Victoza®, tell your doctor about all the medicines you take, especially sulfonylurea medicines or insulin, as taking them with Victoza® may affect how each medicine works. If you use Victoza® with insulin, you may give both injections in the same body area (for example, your stomach area), but not right next to each other.

Also tell your doctor if you have severe stomach problems such as slowed emptying of your stomach (gastroparesis) or problems with digesting food; have or have had kidney or liver problems; have any other medical conditions; or are pregnant or plan to become pregnant. Tell your doctor if you are breastfeeding or plan to breastfeed. It is unknown if Victoza® will harm your unborn baby or if Victoza® passes into your breast milk.

Your risk for getting hypoglycemia, or low blood sugar, is higher if you take Victoza® with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin. The dose of your sulfonylurea medicine or insulin may need to be lowered while taking Victoza®.

Victoza® may cause nausea, vomiting, or diarrhea leading to dehydration, which may cause kidney

- Online coaching sessions and videos on topics that matter to you—from How to Read Food Labels to How to Fit Injections Into Your Daily Routine
- The ability to track your progress as you start to make healthy changes to your life
- Support at every step of the way with tips, reminders, and motivation

[Get started today](#)

failure. This can happen in people who have never had kidney problems before. Drinking plenty of fluids may reduce your chance of dehydration.

The most common side effects with Victoza® include headache, nausea, and diarrhea. Nausea is most common when first starting Victoza®, but decreases over time in most people. Immune system related reactions, including hives, were more common in people treated with Victoza® compared to people treated with other diabetes drugs in medical studies.

[Download Victoza® Prescribing Information and Medication Guide.](#)

Wishing you good health,
Your **Cornerstones4Care®** Team

Victoza® is a prescription medicine.

Talk to your doctor about the importance of diet and exercise in your treatment plan. 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.



Partnership for
Prescription Assistance

If you need assistance with prescription drug costs, help may be available. Visit pparx.org or call 1-888-4PPA-NOW.

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