

DYSKINESIA AND OFF TIME IMPACT DAILY LIFE

Activities may become
emotionally and physically
draining



Uncontrolled, involuntary movements (dyskinesia) and stiffness, slowness, and tremors (OFF time) can occur unpredictably throughout the day, interrupting your ability to function. Talk to your doctor to better understand and manage how Parkinson's disease impacts your daily activities.^{1,2,3,4}

Dyskinesia, OFF time and their unpredictable nature may significantly impact daily living³⁻⁵



SOCIAL

Casual meetups with friends and family may become limited or uncomfortable



ROUTINE ACTIVITIES

Stiffness, rigidity, writhing, and flailing make simple tasks like typing, signing your name, texting, or dialing a phone difficult; it can also be embarrassing, irritating, and stressful



HOBBIES

Participating in hobbies like gardening or painting may become difficult if you are experiencing dyskinesia and OFF time



WORK

You may not feel confident in day-to-day tasks or may feel embarrassed around coworkers



SPECIAL MOMENTS

Not wanting to feel awkward at events like birthdays and family reunions may prevent you from going at all



MEALS

You may not be able to finish meals without an accident so it could become difficult to eat in public

**DISCUSS WITH YOUR DOCTOR HOW DYSKINESIA AND OFF TIME
IN PARKINSON'S DISEASE IMPACT YOUR DAILY LIFE**

FLIP THE PAGE >

ASK THE RIGHT QUESTIONS ABOUT DYSKINESIA AND OFF TIME

Talking to your doctor about Parkinson's disease dyskinesia and OFF time is an important step to take in your care plan. Since every situation is different, use these questions as a guide and conversation starter



How do I know what I am experiencing is dyskinesia rather than a symptom of PD, like a tremor?



The unpredictable nature of my dyskinesia and OFF time make it difficult for me to plan for my daily activities. What are my treatment options?



What does OFF time feel like?
Why do I experience OFF time?



What advice do you have for my care partner to better observe and track my dyskinesia and OFF time so we can better discuss my symptoms at my next visit?



As I continue levodopa treatment, am I likely to develop dyskinesia?

THESE QUESTIONS MAY HELP YOUR DOCTOR UNDERSTAND HOW DYSKINESIA AND OFF TIME IMPACT YOUR DAILY ACTIVITIES

START THE CONVERSATION

References: 1. Dyskinesia. The Michael J. Fox Foundation website. <https://www.michaeljfox.org/news/dyskinesia>. Accessed October 18, 2019. 2. Ask the MD: 'off' time in Parkinson's disease. The Michael J. Fox Foundation website. <https://www.michaeljfox.org/news/ask-md-time-parkinsons-disease>. Accessed October 18, 2019. 3. Bhatia S, Gupta A. Impairments in activities of daily living in Parkinson's disease: implications for management. *NeuroRehabilitation*. 2003;18(3):209-214. 4. Zadikoff C, Kianirad Y. *Managing PD Mid-stride: A Treatment Guide to Parkinson's Disease*. New York, NY: Parkinson's Foundation. 5. Unified Dyskinesia Rating Scale (UDysRS). International Parkinson and Movement Disorder Society website. https://www.movementdisorders.org/MDS-Files1/PDFs/UDysRS_English_FINAL.pdf. Accessed January 21, 2019.



Adamas is a registered trademark of Adamas Pharmaceuticals, Inc. or its related companies.
© 2019 Adamas Pharmaceuticals, Inc. or its related companies.
All rights reserved. UNB-0286 10/19



Deborah

I never take no for an answer

A REAL **GO**GETTER

Real GO GETTERS don't want Parkinson's disease (PD) dyskinesia and *OFF* time to disrupt their lives. That's why they talk to their doctors about GOCOVRI—the only medication that has been clinically proven to treat dyskinesia while also reducing *OFF* time.

WHAT IS GOCOVRI?

GOCOVRI is a prescription medicine for treating dyskinesia (sudden uncontrolled movements) in Parkinson's disease patients treated with levodopa therapy, with or without other medicines that increase the effects of dopamine in the brain. It is not known if GOCOVRI is safe and effective in children.

IMPORTANT SAFETY INFORMATION

- **Do not** take GOCOVRI if you have severe kidney problems

Please see Important Safety Information throughout and Important Facts about GOCOVRI in pocket.

ONCE DAILY AT BEDTIME
GOCOVRI[®]
(amantadine) extended release capsules
68.5 mg | 137 mg

DYSKINESIA AND OFF TIME DISRUPT DAILY LIFE

Experiencing dyskinesia and *OFF* time throughout the day can affect activities of daily living and make it difficult for people to start and plan their day

➤ **DYSKINESIA** can be defined as uncontrolled, involuntary, and unpredictable movements of the face, arms, legs, and/or torso. They are often fluid and dance-like and may look like fidgeting or wriggling, but can affect each person differently.

➤ **OFF TIME** is when PD medication, like levodopa, is wearing off or not working optimally and PD symptoms (stiffness, slowness, tremors) return.

**HAVE YOU NOTICED SIGNS OF DYSKINESIA AND OFF TIME?
TRACK YOUR SYMPTOMS ON PAGE 7 AND BRING THIS
BROCHURE TO YOUR NEXT DOCTOR'S APPOINTMENT**

ON COVER: **DEBORAH, 64** – DEVELOPED DYSKINESIA 10 YEARS AFTER HER PD DIAGNOSIS AND TRIED AMANTADINE IR, BUT IT IS NOT INDICATED FOR DYSKINESIA



Ervin

I'm afraid of freezing. I'm afraid of bumping into people. People are just looking like "are you okay?"

ERVIN, 66 – NOTICED DYSKINESIA 11 YEARS AFTER HIS PD DIAGNOSIS, BUT WOULDN'T LET DYSKINESIA AND *OFF* TIME KEEP HIM FROM HELPING OTHERS

REAL GO GETTERS WANT BOTH— LESS DYSKINESIA AS WELL AS LESS OFF TIME

Only GOCOVRI has been clinically proven to reduce dyskinesia while also reducing *OFF* time, without changes to levodopa

GOCOVRI was studied in 2 clinical trials* of nearly 200 people with PD who had dyskinesia. In both studies, people added GOCOVRI to their existing PD medications, without changing their dose. People experienced less dyskinesia as well as less *OFF* time, leading to more functional time (*ON* time without troublesome dyskinesia) in their day.

*In both studies, the primary goal was to measure the change in dyskinesia using a scale that assesses how dyskinesia impacts everyday activities such as speech, handwriting, chewing and swallowing, using utensils, getting dressed, and participating in social activities and hobbies. Secondary goals were to measure the number of hours per day of *OFF* time and functional time, which were done using PD home diaries.

IMPORTANT SAFETY INFORMATION

BEFORE TAKING GOCOVRI, TELL YOUR DOCTOR ABOUT ALL MEDICAL CONDITIONS, INCLUDING IF YOU:

- have kidney problems; unexpected sleepiness; take medicine to help you sleep or that makes you drowsy; have mental problems, such as suicidal thoughts, depression, or hallucinations; unusual urges including gambling, increased sex drive, compulsive eating, or shopping; or if you drink alcoholic beverages
- are pregnant or plan to become pregnant or are breastfeeding or plan to breastfeed. GOCOVRI may harm your unborn baby and can pass into your breastmilk

Please see Important Safety Information throughout and Important Facts about GOCOVRI in pocket.



Less dyskinesia



Less *OFF* time



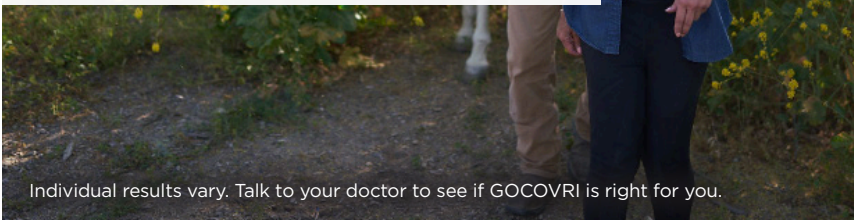
More functional time



Deborah
Having more functional time just feeds my soul... that means I can be with family...I can do my art... I can just relax



Laura
I still have dyskinesia, but it's not as severe as it was, and it's less frequent, so I'm very pleased with my results



Individual results vary. Talk to your doctor to see if GOCOVRI is right for you.

SCAN TO WATCH REAL
GO GETTERS TALK ABOUT
LIFE WITH GOCOVRI



ONCE DAILY AT BEDTIME
GOCOVRI
(amantadine) extended release capsules
68.5 mg | 137 mg

HOW ARE DYSKINESIA AND OFF TIME AFFECTING YOU?

Use this tracker to document the impact both dyskinesia and OFF time have on your daily life

Make sure to bring your tracker and questions from your discussion guide (see page 13) to your next appointment.

LAURA, 64 - DIAGNOSED WITH PD AT A YOUNG AGE AND BEGAN EXPERIENCING DYSKINESIA SHORTLY AFTER; WANTED TO AVOID SURGICAL TREATMENT FOR HER DYSKINESIA



Laura
It's very disruptive in your life... the more you try and control it, the worse it gets

DAY 1

1 Estimate the total number of hours during the day that you experienced dyskinesia

- ☐ Less than 1 hour
- ☐ 3-5 hours
- ☐ 1-3 hours
- ☐ 5+ hours

2 Estimate the total number of hours during the day that you experienced OFF time

- ☐ Less than 1 hour
- ☐ 3-5 hours
- ☐ 1-3 hours
- ☐ 5+ hours

3 What time(s) of day was your dyskinesia most troublesome?

- ☐ Morning
- ☐ Early evening
- ☐ Midday
- ☐ Night
- ☐ After levodopa dose

4 At what time(s) did you take your PD medication(s) today?

5 How did dyskinesia affect your daily activities? Check all that apply

- ☐ Dyskinesia was present but did not interfere with what I was doing
- ☐ It caused some problems and things took a little longer than usual, but I was still able to perform most things by myself
- ☐ I wasn't able to participate in activities fully
- ☐ I needed help with normal daily activities from another person when I had dyskinesia
- ☐ It made me feel anxious or embarrassed

6 What types of activities of daily living did your dyskinesia impact? Check all that apply

- ☐ Getting dressed and undressed
- ☐ Eating/Drinking
- ☐ Walking
- ☐ Exercising
- ☐ Washing/Bathing/Shaving
- ☐ Working
- ☐ Participating in social activities and hobbies
- ☐ Achieving other treatment goals

DAY 2

1 Estimate the total number of hours during the day that you experienced dyskinesia

- ☐ Less than 1 hour
- ☐ 3-5 hours
- ☐ 1-3 hours
- ☐ 5+ hours

2 Estimate the total number of hours during the day that you experienced *OFF* time

- ☐ Less than 1 hour
- ☐ 3-5 hours
- ☐ 1-3 hours
- ☐ 5+ hours

3 What time(s) of day was your dyskinesia most troublesome?

- ☐ Morning
- ☐ Early evening
- ☐ Midday
- ☐ Night
- ☐ After levodopa dose

4 At what time(s) did you take your PD medication(s) today?

5 How did dyskinesia affect your daily activities? Check all that apply

- ☐ Dyskinesia was present but did not interfere with what I was doing
- ☐ It caused some problems and things took a little longer than usual, but I was still able to perform most things by myself
- ☐ I wasn't able to participate in activities fully
- ☐ I needed help with normal daily activities from another person when I had dyskinesia
- ☐ It made me feel anxious or embarrassed

6 What types of activities of daily living did your dyskinesia impact? Check all that apply

- ☐ Getting dressed and undressed
- ☐ Eating/Drinking
- ☐ Walking
- ☐ Exercising
- ☐ Washing/Bathing/Shaving
- ☐ Working
- ☐ Participating in social activities and hobbies
- ☐ Achieving other treatment goals

DAY 3

1 Estimate the total number of hours during the day that you experienced dyskinesia

- ☐ Less than 1 hour
- ☐ 3-5 hours
- ☐ 1-3 hours
- ☐ 5+ hours

2 Estimate the total number of hours during the day that you experienced *OFF* time

- ☐ Less than 1 hour
- ☐ 3-5 hours
- ☐ 1-3 hours
- ☐ 5+ hours

3 What time(s) of day was your dyskinesia most troublesome?

- ☐ Morning
- ☐ Early evening
- ☐ Midday
- ☐ Night
- ☐ After levodopa dose

4 At what time(s) did you take your PD medication(s) today?

5 How did dyskinesia affect your daily activities? Check all that apply

- ☐ Dyskinesia was present but did not interfere with what I was doing
- ☐ It caused some problems and things took a little longer than usual, but I was still able to perform most things by myself
- ☐ I wasn't able to participate in activities fully
- ☐ I needed help with normal daily activities from another person when I had dyskinesia
- ☐ It made me feel anxious or embarrassed

6 What types of activities of daily living did your dyskinesia impact? Check all that apply

- ☐ Getting dressed and undressed
- ☐ Eating/Drinking
- ☐ Walking
- ☐ Exercising
- ☐ Washing/Bathing/Shaving
- ☐ Working
- ☐ Participating in social activities and hobbies
- ☐ Achieving other treatment goals

DAY 4

1 Estimate the total number of hours during the day that you experienced dyskinesia

- ☐ Less than 1 hour
- ☐ 3-5 hours
- ☐ 1-3 hours
- ☐ 5+ hours

2 Estimate the total number of hours during the day that you experienced *OFF* time

- ☐ Less than 1 hour
- ☐ 3-5 hours
- ☐ 1-3 hours
- ☐ 5+ hours

3 What time(s) of day was your dyskinesia most troublesome?

- ☐ Morning
- ☐ Early evening
- ☐ Midday
- ☐ Night
- ☐ After levodopa dose

4 At what time(s) did you take your PD medication(s) today?

5 How did dyskinesia affect your daily activities? Check all that apply

- ☐ Dyskinesia was present but did not interfere with what I was doing
- ☐ It caused some problems and things took a little longer than usual, but I was still able to perform most things by myself
- ☐ I wasn't able to participate in activities fully
- ☐ I needed help with normal daily activities from another person when I had dyskinesia
- ☐ It made me feel anxious or embarrassed

6 What types of activities of daily living did your dyskinesia impact? Check all that apply

- ☐ Getting dressed and undressed
- ☐ Eating/Drinking
- ☐ Walking
- ☐ Exercising
- ☐ Washing/Bathing/Shaving
- ☐ Working
- ☐ Participating in social activities and hobbies
- ☐ Achieving other treatment goals

DAY 5

1 Estimate the total number of hours during the day that you experienced dyskinesia

- ☐ Less than 1 hour
- ☐ 3-5 hours
- ☐ 1-3 hours
- ☐ 5+ hours

2 Estimate the total number of hours during the day that you experienced *OFF* time

- ☐ Less than 1 hour
- ☐ 3-5 hours
- ☐ 1-3 hours
- ☐ 5+ hours

3 What time(s) of day was your dyskinesia most troublesome?

- ☐ Morning
- ☐ Early evening
- ☐ Midday
- ☐ Night
- ☐ After levodopa dose

4 At what time(s) did you take your PD medication(s) today?

5 How did dyskinesia affect your daily activities? Check all that apply

- ☐ Dyskinesia was present but did not interfere with what I was doing
- ☐ It caused some problems and things took a little longer than usual, but I was still able to perform most things by myself
- ☐ I wasn't able to participate in activities fully
- ☐ I needed help with normal daily activities from another person when I had dyskinesia
- ☐ It made me feel anxious or embarrassed

6 What types of activities of daily living did your dyskinesia impact? Check all that apply

- ☐ Getting dressed and undressed
- ☐ Eating/Drinking
- ☐ Walking
- ☐ Exercising
- ☐ Washing/Bathing/Shaving
- ☐ Working
- ☐ Participating in social activities and hobbies
- ☐ Achieving other treatment goals

PREPARE FOR YOUR NEXT DOCTOR'S APPOINTMENT

Keeping track of how dyskinesia and *OFF* time are affecting you (see page 7) and identifying the right questions to ask your doctor can help inform your treatment plan—and if GOCOVRI may be right for you.

If you are a care partner, tracking dyskinesia and *OFF* time along with your loved one can help them capture more details about their symptoms.

IMPORTANT SAFETY INFORMATION

Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. **Especially tell your doctor if you** take medicines like sodium bicarbonate.

The most common side effects of GOCOVRI include hallucination, dizziness, dry mouth, swelling of legs and feet, constipation, and falls.

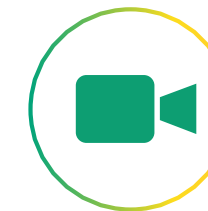
Please see Important Safety Information throughout and Important Facts about GOCOVRI in pocket.



TREATING DYSKINESIA WHILE REDUCING OFF TIME STARTS WITH AN OPEN DIALOG

Use these questions to get the conversation started—no matter where you are in your journey.

- I sometimes experience uncontrolled, involuntary, and unpredictable movements. They occur in my face, arms, legs, and/or torso. Could this be dyskinesia?
- I've heard that one way to manage dyskinesia is to adjust my levodopa dose. Will lowering my levodopa make me experience more *OFF* time? What else could I be doing?
- My dyskinesia is interfering with my daily activities and achieving my treatment goals. What are my treatment options and could GOCOVRI be right for me?
- How did GOCOVRI help people in clinical studies?
- How does GOCOVRI treat dyskinesia while also reducing *OFF* time?
- What are the side effects of GOCOVRI?
- What is the dosing of GOCOVRI?
- Will taking GOCOVRI require adjustments to my levodopa dosing?



Track your symptoms and take videos



Ask about GOCOVRI and the option of a free trial

ONCE DAILY AT BEDTIME
GOCOVRI[®]
(amantadine) extended release capsules
68.5 mg | 137 mg

GET HELP ACCESSING GOCOVRI

A GOCOVRI Onboard Patient Care Coordinator can work with you to see if you are eligible for programs to help you pay for GOCOVRI



Co-pay Program

If you have a commercial health plan, the Co-pay Program can help you pay for your share of GOCOVRI



Patient Assistance Program

If you don't have insurance, your insurance does not cover* GOCOVRI, or if you can't afford GOCOVRI, the Patient Assistance Program can help you get GOCOVRI at no cost



Independent Charitable Foundations

If you have government-sponsored insurance, independent organizations and/or other resources may be available to help†

Call 1-844-GOCOVRI (1-844-462-6874)

Press 1 to speak to a GOCOVRI Onboard Patient Care Coordinator
Monday–Friday, 8 AM–8 PM ET

*After prior authorization and appeal processes have been exhausted.
†Financial and medical eligibility requirements vary by organization.

IF YOUR DOCTOR STARTS YOU ON GOCOVRI, HERE'S WHAT YOU CAN EXPECT NEXT:

STEP 1

Receiving GOCOVRI starts with a call

In order to send your GOCOVRI, our specialty pharmacy partner needs to speak to you over the phone.
Expect a call from 1-412-413-8000,
or call 1-844-GOCOVRI.

STEP 2

Your GOCOVRI is express mailed to you

Once you confirm your shipping address by phone, our specialty pharmacy partner will express deliver your medicine.

STEP 3

Expect a follow-up call

After you receive your GOCOVRI, our specialty pharmacy partner will call again from the same number to answer any questions you may have and discuss next steps.

IF YOU DON'T HEAR FROM OUR SPECIALTY PHARMACY PARTNER WITHIN 2 BUSINESS DAYS, CALL 1-844-GOCOVRI (1-844-462-6874) MONDAY-FRIDAY, 8 AM-8 PM ET PRESS 1 TO SPEAK TO A PATIENT CARE COORDINATOR



REAL GO GETTERS—REAL EXPERIENCES

Talk to your doctor about GOCOVRI and watch Real GO GETTERS talk about their experiences at [GOCOVRI.com](https://www.gocovri.com)

IMPORTANT SAFETY INFORMATION (CONT'D)

WHAT SHOULD I AVOID WHILE TAKING GOCOVRI?

- **Do not** take GOCOVRI if you have severe kidney problems
- **Do not** drive, operate machinery, or do other dangerous activities until you know how GOCOVRI affects you
- **Do not** drink alcohol while taking GOCOVRI as it can increase your chances of serious side effects
- **Do not** stop or change the dose of GOCOVRI before talking with your doctor. Call your healthcare provider if you have symptoms of withdrawal such as fever, confusion, or severe muscle stiffness
- **Do not** take a flu nasal spray vaccine while taking GOCOVRI, but you can receive a flu shot

WHAT ARE THE POSSIBLE SIDE EFFECTS OF GOCOVRI?

GOCOVRI may cause serious side effects, including:

- **falling asleep during normal activities**, such as driving, talking, or eating, while taking GOCOVRI. You may fall asleep without being drowsy or warning. The risk is greater if you take GOCOVRI with medicines that cause drowsiness

WHAT ARE THE POSSIBLE SIDE EFFECTS OF GOCOVRI?

- **suicidal thoughts or actions and depression**
 - **occurrence or worsening of hallucinations** (seeing or hearing things that are not real)
 - **feeling dizzy, faint or light headed**, especially when you stand up too quickly, when first starting GOCOVRI, or if your dose has been increased
 - **unusual urges** including gambling, sexual, spending money, binge eating, and the inability to control them
- If you or your family notices that you are developing any new, unusual or sudden changes in behavior or related symptoms, tell your healthcare provider right away.**

The most common side effects of GOCOVRI include hallucination, dizziness, dry mouth, swelling of legs and feet, constipation, and falls.

Be sure to take your medicine at bedtime as instructed. You may take GOCOVRI with or without food.

Please see Important Safety Information throughout and Important Facts about GOCOVRI in pocket.



Gocovri, the Gocovri logo, Adamas, and the Adamas logo are trademarks of Adamas Pharmaceuticals, Inc. or its related companies.
© 2019 Adamas Pharmaceuticals, Inc. or its related companies.
All rights reserved. GOC-0135 V2 07/19

ONCE DAILY AT BEDTIME
GOCOVRI[®]
(amantadine) extended release capsules
68.5 mg | 137 mg