
Actor portrayal.

Once you and your doctor have decided that SPRAVATO® is right for you

SPRAVATO withMe supports you from the start

Spravato withMe

Spravato® (esketamine) CIII
28 mg nasal spray

The support and resources provided by SPRAVATO withMe are not intended to provide medical advice, replace a treatment plan you receive from your doctor or nurse, or serve as a reason for you to start or stay on treatment.

What is SPRAVATO® (esketamine) CIII nasal spray?

SPRAVATO® is a prescription medicine used:

- with or without an antidepressant taken by mouth, to treat adults with treatment-resistant depression (TRD)
- with an antidepressant taken by mouth, to treat depressive symptoms in adults with major depressive disorder (MDD) with suicidal thoughts or actions

It is not known if SPRAVATO® is safe and effective for use in preventing suicide or in reducing suicidal thoughts or actions. SPRAVATO® is not for use in place of hospitalization if your healthcare provider determines that hospitalization is needed, even if improvement is experienced after the first dose of SPRAVATO®.

It is not known if SPRAVATO® is safe and effective in children.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about SPRAVATO®?

SPRAVATO® can cause serious side effects, including:

- **Sedation, dissociation, and respiratory depression.** SPRAVATO® may cause sleepiness (sedation), fainting, dizziness, spinning sensation, anxiety, or feeling disconnected from yourself, your thoughts, feelings, space and time (dissociation), breathing problems (respiratory depression and respiratory arrest)
  - o Tell your healthcare provider right away if you feel like you cannot stay awake or if you feel like you are going to pass out.
  - o Your healthcare provider must monitor you for serious side effects for at least 2 hours after taking SPRAVATO®. Your healthcare provider will decide when you are ready to leave the healthcare setting.

(*continued*)

Please see additional Important Safety Information on pages 6 and 7 and the back cover of this brochure, see accompanying full Prescribing Information, including Boxed WARNINGS, and Medication Guide for SPRAVATO®, and discuss any questions you may have with your healthcare provider.

Once you and your doctor have decided that SPRAVATO® is right for you

Enroll in SPRAVATO withMe and get:

Cost Support
Learn ways to save on SPRAVATO® medication costs

Care Navigator
Engage with a healthcare professional* with mental health experience who is there to help and listen

*Care Navigators do not provide medical advice. Please ask your doctor any questions you might have about your disease and treatment.

Treatment Prep & Ongoing Support
Tools and resources to help you every step of the way

Spravato withMe

Start enrollment today!

Scan the QR code with your phone to authorize the use of your information. Your doctor will complete your enrollment.

Data rates may apply.

To learn about these programs and more, call a Care Navigator at 1-844-4S-WITHME (1-844-479-4846), Monday through Friday, from 8:00 AM to 8:00 PM ET.

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Have commercial or private insurance? You have 2 ways to save.

Take advantage of both of the programs below and maximize your savings

Pay as little as $10 per treatment for your SPRAVATO® medication

SPRAVATO withMe Savings Program

Treatment may include up to three devices administered on the same day. There are quantity limits and a maximum program benefit per calendar year. Offer subject to change or end without notice. Program does not cover the cost of treatment observation. Participate without sharing your income information.

See program requirements at **Spravato.com/SavingsRequirements**

Pay $0 after rebate for observation of each treatment

SPRAVATO withMe Observation Rebate Program

There is a limit to savings each year. Offer subject to change or end without notice. Not valid for residents of MA, MI, MN, or RI. Participate without sharing your income information.

See program requirements at **Spravato.com/Observation**

If insurance doesn't cover all of your costs, or if you have no insurance, SPRAVATO withMe can provide information about other cost support options.

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Spravato® (esketamine) CII
28 mg nasal spray

Spravato withMe

Personalized, 1-on-1 support from a dedicated **Care Navigator**

"I've been so surprised and impressed with how this experience has been. What you do to offer support and help others navigate this is fantastic and amazing. I've told other patients they should give you a call."

—Patient enrolled in SPRAVATO withMe


Actor portrayal.

They're in your corner and can help with:

Getting Started

Your Care Navigator will call you shortly after enrollment to help you prepare for treatment and send you a starter kit that includes:

- A warm welcome letter introducing you to SPRAVATO withMe
- A journal for keeping up with treatment and how you feel
- An eye mask for comfort
- A mini self-massager to keep you relaxed



Cost Support

Your Care Navigator can help you:

- Understand your insurance coverage
- Explore affordability options
- Enroll in savings programs and assist you in submitting claims

Staying on Track

On top of sending important updates and reminders, your Care Navigator will continue to:

- Check in to see how you are doing
- Listen to your needs
- Provide motivational encouragement

96% of patients are completely satisfied or very satisfied with their SPRAVATO withMe Care Navigator*

*According to a survey of 394 patients who interacted with the SPRAVATO withMe Care Navigator between October 2022 and March 2024. Data on file.

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Spravato® (esketamine) CIII
28 mg nasal spray

Please see Important Safety Information on pages 6 and 7 and the front and back covers of this brochure, see accompanying full Prescribing Information, including Boxed WARNINGS, and Medication Guide for SPRAVATO®, and discuss any questions you may have with your healthcare provider.

- **Abuse and misuse.** There is a risk for abuse and misuse with SPRAVATO®, which may lead to physical and psychological dependence. Your healthcare provider should check you for signs of abuse, misuse, and dependence before and during treatment.
  - Tell your healthcare provider if you have ever abused or been dependent on alcohol, prescription medicines, or street drugs.
  - Your healthcare provider can tell you more about the differences between physical and psychological dependence in drug addiction.
- **SPRAVATO® Risk Evaluation and Mitigation Strategy (REMS).** Because of the risks for sedation, dissociation, respiratory depression, and abuse and misuse, SPRAVATO® is only available through a restricted program called the SPRAVATO® Risk Evaluation and Mitigation Strategy (REMS) Program. SPRAVATO® can only be administered at healthcare settings certified in the SPRAVATO® REMS Program. Patients treated in outpatient healthcare settings (such as medical offices and clinics) must be enrolled in the program.
- **Increased risk of suicidal thoughts and actions.** Antidepressant medicines may increase suicidal thoughts and actions in some people 24 years of age and younger, **especially within the first few months of treatment or when the dose is changed. SPRAVATO® is not for use in children.**
  - Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a higher risk of having suicidal thoughts or actions. These include people who have (or have a family history of) depression or a history of suicidal thoughts or actions.
- **How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?**
  - Pay close attention to any changes, especially sudden changes, in mood, behavior, thoughts, or feelings, or if you develop suicidal thoughts or actions.
  - Tell your healthcare provider right away if you have any new or sudden changes in mood, behavior, thoughts, or feelings, or if you develop suicidal thoughts or actions.
  - Keep all follow-up visits with your healthcare provider as scheduled. Call your healthcare provider between visits as needed, especially if you have concerns about symptoms.
- **Tell your healthcare provider or get emergency help right away if you or your family member have any of the following symptoms, especially if they are new, worse, or worry you:**
  - thoughts about suicide or dying
  - new or worse depression
  - feeling very agitated or restless
  - trouble sleeping (insomnia)
  - acting aggressive, being angry or violent
  - an extreme increase in activity and talking (mania)
  - suicide attempts
  - new or worse anxiety
  - panic attacks
  - new or worse irritability
  - acting on dangerous impulses
  - other unusual changes in behavior or mood

Do not take SPRAVATO® if you:

- have blood vessel (aneurysmal vascular) disease (including in the brain, chest, abdominal aorta, arms and legs)
- have an abnormal connection between your veins and arteries (arteriovenous malformation)
- have a history of bleeding in the brain
- are allergic to esketamine, ketamine, or any of the other ingredients in SPRAVATO®.

If you are not sure if you have any of the above conditions, talk to your healthcare provider before taking SPRAVATO®.

Before you take SPRAVATO®, tell your healthcare provider about all of your medical conditions, including if you:

- have heart or brain problems, including:
  - high blood pressure (hypertension)
  - slow or fast heartbeats that cause shortness of breath, chest pain, lightheadedness, or fainting
  - history of heart attack
  - history of stroke
  - heart valve disease or heart failure
  - history of brain injury or any condition where there is increased pressure in the brain
- have liver problems
- have ever had a condition called "psychosis" (see, feel, or hear things that are not there, or believe in things that are not true).
- are pregnant or plan to become pregnant. SPRAVATO® may harm your unborn baby. You should not take SPRAVATO® if you are pregnant.
  - Tell your healthcare provider right away if you become pregnant during treatment with SPRAVATO®.
  - If you are able to become pregnant, talk to your healthcare provider about methods to prevent pregnancy during treatment with SPRAVATO®.
  - There is a pregnancy registry for women who are exposed to SPRAVATO® during pregnancy. The purpose of the registry is to collect information about the health of women exposed to SPRAVATO® and their baby. If you become pregnant during treatment with SPRAVATO®, talk to your healthcare provider about registering with the National Pregnancy Registry for Antidepressants at 1-844-405-6185 or online at https://womensmentalhealth.org/clinical-and-research-programs/pregnancyregistry/antidepressants/.
- are breastfeeding or plan to breastfeed. SPRAVATO® passes into your breast milk. You should not breastfeed during treatment with SPRAVATO®.

Tell your healthcare provider about all the medicines that you take, including prescription and over-the-counter medicines, vitamins and herbal supplements. Taking SPRAVATO® with certain medicine may cause side effects.

Especially tell your healthcare provider if you take central nervous system (CNS) depressants, psychostimulants, or monoamine oxidase inhibitors (MAOIs) medicine. Keep a list of them to show to your healthcare provider and pharmacist when you get a new medicine.

How will I take SPRAVATO®?

- You will take SPRAVATO® nasal spray yourself, under the supervision of a healthcare provider in a healthcare setting. Your healthcare provider will show you how to use the SPRAVATO® nasal spray device.
- Your healthcare provider will tell you how much SPRAVATO® you will take and when you will take it.
- Follow your SPRAVATO® treatment schedule exactly as your healthcare provider tells you to.
- During and after each use of the SPRAVATO® nasal spray device, you will be checked by a healthcare provider who will decide when you are ready to leave the healthcare setting.
- You will need to plan for a caregiver or family member to drive you home after taking SPRAVATO®.
- If you miss a SPRAVATO® treatment, your healthcare provider may change your dose and treatment schedule.
- Some people taking SPRAVATO® get nausea and vomiting. You should not eat for at least 2 hours before taking SPRAVATO® and not drink liquids at least 30 minutes before taking SPRAVATO®.
- If you take a nasal corticosteroid or nasal decongestant medicine take these medicines at least 1 hour before taking SPRAVATO®.

What should I avoid while taking SPRAVATO®?

Do not drive, operate machinery, or do anything where you need to be completely alert after taking SPRAVATO®. Do not take part in these activities until the next day following a restful sleep. See **"What is the most important information I should know about SPRAVATO®?"**

What are the possible side effects of SPRAVATO®?

SPRAVATO® may cause serious side effects including:

See **"What is the most important information I should know about SPRAVATO®?"**

Increased blood pressure. SPRAVATO® can cause a temporary increase in your blood pressure that may last for about 4 hours after taking a dose. Your healthcare provider will check your blood pressure before taking SPRAVATO® and for at least 2 hours after you take SPRAVATO®. Tell your healthcare provider right away if you get chest pain, shortness of breath, sudden severe headache, change in vision, or seizures after taking SPRAVATO®.

Problems with thinking clearly. Tell your healthcare provider if you have problems thinking or remembering.

Bladder problems. Tell your healthcare provider if you develop trouble urinating, such as a frequent or urgent need to urinate, pain when urinating, or urinating frequently at night.

(*continued*)

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3 ways to sign up for SPRAVATO withMe: Enroll in the full suite of SPRAVATO withMe support

1. SpravatowithMePatientAuth.com
2. Call 1-844-4S-WITHME (1-844-479-4846) and press option 2
   Monday-Friday,
   8:00 AM to 8:00 PM ET
3. Scan the QR code

Data rates may apply

Talk to your doctor about enrolling in SPRAVATO withMe

IMPORTANT SAFETY INFORMATION (continued)

The most common side effects of SPRAVATO® include:

- feeling disconnected from yourself, your thoughts, feelings and things around you
- dizziness
- nausea
- feeling sleepy
- spinning sensation
- decreased feeling of sensitivity (numbness)
- feeling anxious
- lack of energy
- increased blood pressure
- vomiting
- feeling drunk
- headache
- feeling very happy or excited

If these common side effects occur, they usually happen right after taking SPRAVATO® and go away the same day.

These are not all the possible side effects of SPRAVATO®.

Call your doctor for medical advice about side effects. You may report side effects to Johnson & Johnson at 1-800-526-7736, or to the FDA at 1-800-FDA-1088.

Please see accompanying full Prescribing Information, including Boxed WARNINGS, and Medication Guide for SPRAVATO® and discuss any questions you may have with your healthcare provider.

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