



Travel Planning Guide

Getting ready for your getaway

Planning on taking a well-deserved escape? Whether you're embarking on a weekend trip or an extended vacation—in the summer months or the winter season—this booklet from Teva **Shared Solutions**[®] Digital Services can help you prepare for the adventures that lie ahead.

On the Go

- 3-times-a-week COPAXONE[®] (glatiramer acetate injection) 40 mg gives you the freedom to choose a dosing schedule that works for you. Injections must be at least 48 hours apart. For injection-free weekends, you can choose Monday, Wednesday, and Friday as injection days.
- Use the COPAXONE iTracker[®] 2.0 mobile app for iPhone[®] and Android[™] to help you track your injections and maintain your injection schedule wherever your travels take you. The app assists with:
 - Injection logs and reminders
 - Injection site rotation tracking
 - Recording and organizing injection notes
 - Video injection tutorials and helpful tips

For more information, please visit **COPAXONE.com**.

Use

COPAXONE[®] is a prescription medicine that is used to treat relapsing forms of multiple sclerosis (MS), to include clinically isolated syndrome, relapsing-remitting disease, and active secondary progressive disease, in adults.

Important Safety Information

Do not use COPAXONE[®] if you are allergic to glatiramer acetate or mannitol.

Please see Important Safety Information on Pages 9-10, and click [here](#) to read/print the Patient Information in the full Prescribing Information or visit www.COPAXONE.com.

Plan ahead

Getting organized and planning ahead can take some of the stress out of traveling. Here are some strategies to help you prepare for your trip:

Arranging travel

- If you're booking online, call the airline or carrier's customer service number to make inquiries and special requests.
- If you're working with a travel agent, be sure to communicate your needs, such as seat preference, meal requests, transportation between airline gates, etc.



Checking the weather

- Check your destination's forecast when arranging travel and again prior to departure, so you can plan activities accordingly and ensure you will be able to properly store COPAXONE® (glatiramer acetate injection).
 - Store COPAXONE® refrigerated at 36°F to 46°F (2°C to 8°C). If needed, COPAXONE® may be stored for up to one month at room temperature of 59°F to 86°F (15°C to 30°C), but refrigeration is preferred.
 - Always protect COPAXONE® from high temperatures or intense light. Do not freeze COPAXONE®. If a COPAXONE® syringe freezes, it should be discarded.



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Reserving accommodations

- Before making a decision about where to stay, contact the facility to learn more about the amenities that are offered, and whether they meet your needs.
- Inquire about areas that may be of concern to you, such as elevators, restrooms, and pool access.
- Note the location of nearby pharmacies, as well as urgent care and hospital facilities, should you require medical assistance.
- Browse online reviews of hotels, resorts, home rentals, and cruises submitted by other travelers to help you decide.



Vaccines for international travel

- If you are planning international travel, ask your doctor if vaccinations are recommended for your destination, and how they may impact your COPAXONE® (glatiramer acetate injection) therapy and any other medicines you may be taking.

Remember to bring your travel itinerary!

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Personal items

Because it can be easy to over-pack, making a list ahead of time can help. Some key points to remember as you gather your things:

Medical supplies

- Bring more COPAXONE® (glatiramer acetate injection) and supplies than you need in case of unexpected travel delays and/or prolonged stays.
- Bring your current prescription label and your doctor's contact information with you. The prescription label should match your name as it appears on your travel documents.
- Make sure you have an FDA-cleared sharps disposal container for needle disposal.
- **During air travel, keep your injection supplies in your carry-on luggage so they are:**
 - Available during inspection
 - Available if your luggage is lost, delayed, or damaged
 - Protected from possible extreme temperatures in the cargo hold



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Personal effects

- Pack what you can lift—but don't be afraid to ask for help while boarding, if you need it.
- Pack an outfit in your carry-on in case your checked-in luggage is lost, delayed, or damaged.
- Bring weather-appropriate attire and essentials. For example:
 - Hat, sunglasses, and sunscreen for hot, sunny destinations.
 - Gloves, scarves, and earmuffs for chillier climates.
- Remember to bring batteries and/or chargers for all of your electronic devices such as your mobile phone, laptop, tablet, camera, etc.



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Ready for the ride

However you choose to travel, take these steps to ensure you can sit back and enjoy the ride.

By air

- Contact your airline in advance to secure gate assistance, priority boarding, flight status, or to reserve your preferred seats.
- Most airlines offer online check-in 24 hours before your flight. Download or print your boarding passes at home and skip the lines at the airport.
- Medications are exempt from the no-liquids-on-board rule. Keep your COPAXONE® (glatiramer acetate injection) and supplies in your carry-on luggage for easy access.
 - Clearly label your COPAXONE® injection supplies with your name, your therapy, and your doctor's contact information.
 - We are not aware of any effect that x-rays, magnetic fields, or metal detectors have on Teva's COPAXONE.®
 - For the most up-to-date regulations, contact the Transportation Security Administration (TSA) at **1-866-289-9673**, or visit **[tsa.gov/traveler-information](https://www.tsa.gov/traveler-information)**.



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By land

- If you're taking a bus or train, call ahead to learn about the types of assistance available to you and get departure updates.
 - Request your preferred seats (eg, seats closer to the restroom or snack car).
 - Find out how frequently stops will be made (if any) so you can anticipate meal times, restroom breaks, etc.
- Avoid lines by printing your ticket beforehand.
- If you will require a taxi, rideshare, or car service, call ahead or check your preferred app for vehicle choices and available assistance.
- If you're driving, be sure to take breaks and rest whenever you need it.



By sea

- Going on a cruise? Call ahead to ask about what kind of medical assistance, mobility access, etc., are available on board.
- Get to know what kind of activities are offered so that you can create an itinerary beforehand—one that's tailored to your interests, energy level, and abilities.



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Use

COPAXONE® (glatiramer acetate injection) is a prescription medicine that is used to treat relapsing forms of multiple sclerosis (MS), to include clinically isolated syndrome, relapsing-remitting disease, and active secondary progressive disease, in adults.

Important Safety Information

Do not use COPAXONE® if you are allergic to glatiramer acetate or mannitol.

Serious side effects may happen right after or within minutes after you inject COPAXONE® at any time during your course of treatment. Call your doctor right away if you have any of these immediate post-injection reaction symptoms including: redness to your cheeks or other parts of the body (flushing); chest pain; fast heart beat; anxiety; breathing problems or tightness in your throat; or swelling, rash, hives, or itching. If you have symptoms of an immediate post-injection reaction, do not give yourself more injections until a doctor tells you to.

You can have chest pain as part of an immediate post-injection reaction or by itself. This type of chest pain usually lasts a few minutes and can begin around 1 month after you start using COPAXONE®. Call your doctor right away if you have chest pain while using COPAXONE®.

Please see Important Safety Information continued on the following page and click [here](#) to read/print the Patient Information in the full Prescribing Information or visit www.COPAXONE.com.

Important Safety Information (Continued)

Damage to the fatty tissue just under your skin's surface (lipoatrophy) and, rarely, death of your skin tissue (necrosis) can happen when you use COPAXONE® (glatiramer acetate injection). Damage to the fatty tissue under your skin can cause a "dent" at the injection site that may not go away. You can reduce your chance of developing these problems by following your doctor's instructions for how to use COPAXONE® and choosing a different injection area each time you use COPAXONE®.

Liver problems, including liver failure, can occur with COPAXONE®. Call your healthcare provider right away if you have symptoms, such as nausea, loss of appetite, tiredness, dark colored urine and pale stools, yellowing of your skin or the white part of your eye, bleeding more easily than normal, confusion, or sleepiness.

The most common side effects of COPAXONE® include redness, pain, swelling, itching, or a lump at the injection site; rash; shortness of breath; flushing; and chest pain.

Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of COPAXONE®. For more information, ask your doctor or pharmacist. Call your doctor for medical advice about side effects.

You are encouraged to report side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

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Travel Checklist

What to pack:

COPAXONE® (glatiramer acetate injection) prefilled syringes

Quantity: _____

Injection supplies

Current prescription label

Travel itinerary

Important Phone Numbers

Doctor: _____

Pharmacy: _____

Emergency contact: _____

Other: _____

Notes: _____

Online travel resources

www.tsa.gov

Airline security regulations

www.weather.com

Current worldwide weather

wwwnc.cdc.gov/travel

Health topics, including vaccinations for international travel outside the US

www.travel.state.gov

Passport requirements for travel outside the US



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