

# AFib & Stroke Risk

For people with atrial fibrillation (AFib), a type of irregular heartbeat, not caused by a heart valve problem

## Your Guide to Starting ELIQUIS

### USE THIS GUIDE TO LEARN ABOUT:

- Reducing risk of stroke due to AFib not caused by a heart valve problem
- ELIQUIS and how it may help you
- Risk of bleeding when taking a blood thinner
- ELIQUIS Savings and Support



We asked patients to share their experience with ELIQUIS. Keri was compensated for her time and expenses.

### INDICATION

ELIQUIS is a prescription medicine used to reduce the risk of stroke and blood clots in people who have atrial fibrillation, a type of irregular heartbeat, not caused by a heart valve problem.

### Selected Important Safety Information

**For people taking ELIQUIS® (apixaban) for atrial fibrillation: Do not stop taking ELIQUIS without talking to the doctor who prescribed it for you. Stopping ELIQUIS increases your risk of having a stroke.**

**ELIQUIS can cause bleeding**, which can be serious, and rarely may lead to death.

*Please see additional Important Safety Information throughout this brochure and **U.S. Full Prescribing Information**, including **Boxed WARNINGS**, and **Medication Guide**, or visit [ELIQUIS.com](http://ELIQUIS.com).*

**Elquis®**  
(apixaban) tablets 5mg  
2.5mg

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Please see additional Important Safety Information throughout this brochure and **U.S. Full Prescribing Information**, including **Boxed WARNINGS**, and **Medication Guide**, or visit [ELIQUIS.com](http://ELIQUIS.com).

## Activate your Co-Pay Card today

**Eliquis**<sup>®</sup>  
(apixaban) tablets 5mg  
2.5mg

If you've been prescribed ELIQUIS, it's important to fill your prescription and begin treatment as soon as possible. If you have questions about cost, savings, or support, don't delay—visit [ELIQUIS.com/AFib-support](https://www.ELIQUIS.com/AFib-support) or call the number below to get the information you need, so that you can get started on ELIQUIS right away.



### Call 1-855-ELIQUIS (354-7847)

Monday–Friday, 8 AM–8 PM (ET) or  
Saturday–Sunday, 9 AM–6 PM (ET)



Activate your Co-pay Card now by visiting  
[ELIQUIS.com/AFib-support](https://www.ELIQUIS.com/AFib-support) or calling 1-855-ELIQUIS.

See [eligibility requirements and terms of use](#).

**INDICATION:** ELIQUIS is a prescription medicine used to reduce the risk of stroke and blood clots in people who have atrial fibrillation, a type of irregular heartbeat, not caused by a heart valve problem.

## Selected Important Safety Information

ELIQUIS may need to be stopped prior to surgery or a medical or dental procedure. Your doctor will tell you when you should stop taking ELIQUIS and when you may start taking it again. If you have to stop taking ELIQUIS, your doctor may prescribe another medicine to help prevent a blood clot from forming.

Please see additional Important Safety Information throughout this brochure and U.S. Full Prescribing Information, including **Boxed WARNINGS**, and Medication Guide, or visit [ELIQUIS.com](https://www.ELIQUIS.com).

## ELIQUIS 360 Support: Your connection to information and resources

ELIQUIS 360 Support offers Live Specialists to help you understand your insurance coverage and potential ways to save on out-of-pocket costs.



### For Prescription Coverage Assistance, call 1-855-ELIQUIS (354-7847)

Monday–Friday, 8 AM–8 PM (ET).

### Live Specialists are here to:

- Help you find out if ELIQUIS is covered by your insurance plan
- Determine if you are eligible for assistance with paying for ELIQUIS
- Assist by providing forms to your doctor for prior authorizations and/or formulary exception requests, if required by your insurance plan



### Sign up to receive helpful information

With ELIQUIS 360 Support you can receive emails or mailings with helpful information about your condition and taking ELIQUIS.

### Sign up online at [ELIQUIS.com](https://www.ELIQUIS.com) or by calling 1-855-ELIQUIS (354-7847)

Monday–Friday, 8 AM–8 PM (ET) or Saturday–Sunday,  
9 AM–6 PM (ET).

## Using this guide

In 2021, approximately 8.7 million patients in the U.S. are projected to have the type of AFib that is not caused by a heart valve problem.

If you've recently found out that you have AFib not caused by a heart valve problem, you may still be adjusting to learning about increased risk of stroke. Perhaps you have concerns about taking a blood thinner medicine like ELIQUIS. Or you may have questions about insurance coverage and paying for ELIQUIS.

This guide will address these topics and provide information about:

- Taking ELIQUIS
- Tips for starting a routine
- Definitions of terms you may be hearing more often
- Risk of bleeding when taking a blood thinner

Along the way, you will see other ELIQUIS patients who know what it's like to be living with increased risk of stroke due to AFib not caused by a heart valve problem.



“*My cardiologist said when you have atrial fibrillation, your blood can pool and you can create a clot.*”



Watch Ken share his story at [ELIQUIS.com/MeetKen](https://www.ELIQUIS.com/MeetKen)

Ken was diagnosed with AFib not caused by a heart valve problem. We asked patients to share their experience with ELIQUIS. Ken was compensated for his time and expenses.

### Some common terms

**Atrial fibrillation not caused by a heart valve problem** (also known as nonvalvular AFib, or NVAf) is an irregular and often rapid heartbeat.

**Stroke** occurs when the blood supply to part of the brain is interrupted or reduced, depriving brain tissue of oxygen and nutrients, causing it to die.



To learn more about ELIQUIS and reducing the risk of stroke due to AFib not caused by a heart valve problem, visit [ELIQUIS.com](https://www.ELIQUIS.com).

### Selected Important Safety Information (cont'd)

**ELIQUIS can cause bleeding**, which can be serious, and rarely may lead to death. This is because ELIQUIS is a blood thinner medicine that reduces blood clotting.

**You may have a higher risk of bleeding if you take ELIQUIS and** take other medicines that increase your risk of bleeding, such as aspirin, nonsteroidal anti-inflammatory drugs (called NSAIDs), warfarin, heparin, selective serotonin reuptake inhibitors (SSRIs) or serotonin norepinephrine reuptake inhibitors (SNRIs), and other medicines to help prevent or treat blood clots. **Tell your doctor about all of the medicines you take**, including any over-the-counter medicines, vitamins, and herbal supplements.

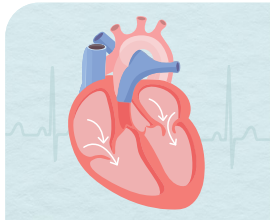
Please see additional Important Safety Information throughout this brochure and **U.S. Full Prescribing Information**, including **Boxed WARNINGS**, and **Medication Guide**, or visit [ELIQUIS.com](https://www.ELIQUIS.com).

# Understanding your condition

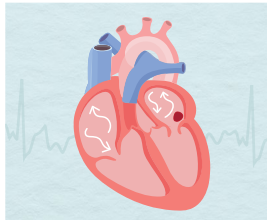
## The link between AFib and stroke

Patients with AFib not caused by a heart valve problem are approximately **5x** more likely to have a stroke.

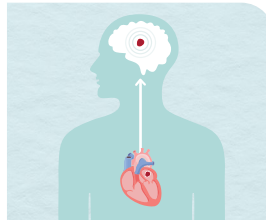
**So how can AFib not caused by a heart valve problem lead to a stroke in the brain?**



In a **healthy heart**, the upper chambers (atria) pump blood to the lower chambers (ventricles) and to the rest of the body



**With AFib**, the atria quiver instead of pumping with a steady beat. This may cause blood to pool in the atria, which can lead to blood clots forming



If a blood clot, or piece of it, breaks off, it can travel out of the heart, through the blood vessels, and to the brain—where it **can cause a stroke**



**Some common symptoms of AFib include irregular heartbeat, heart palpitations, shortness of breath, chest pain, light-headedness, or fatigue. Symptoms may not always be the same, and some people may not have any symptoms at all.**

If you have been prescribed a blood thinner, remember to take it exactly as prescribed by your doctor even if you are not experiencing symptoms. This is important because patients with AFib not caused by a heart valve problem have an increased risk of stroke.



## Facts about stroke

- Strokes related to AFib are often more severe than strokes from other causes
- Stroke is the fifth leading cause of death in the U.S.
- Stroke is a leading cause of disability among Americans



**Helping to reduce the risk of blood clots and stroke due to AFib not caused by a heart valve problem is why your doctor may prescribe an anticoagulant, a type of blood thinner. Because blood thinner medicines reduce blood clotting, they can cause bleeding, which can be serious and rarely may lead to death.**

## Some common terms

**Anticoagulant**—a type of blood-thinner medicine that interferes with the blood-clotting process to reduce the risk of blood clots forming.

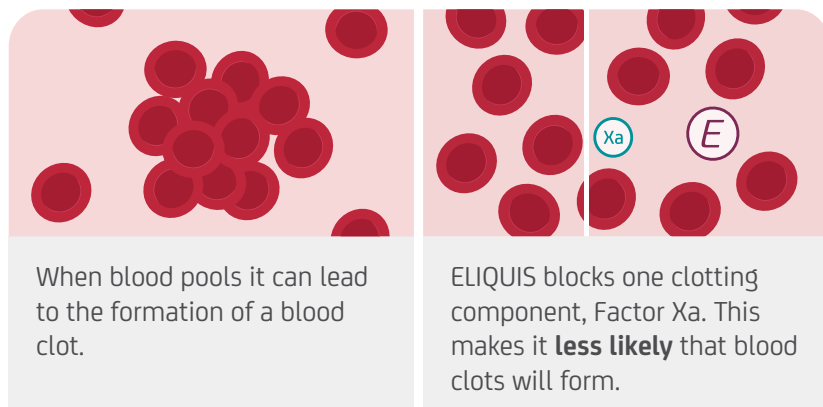
**Blood clots** are gel-like clumps of blood. They are beneficial when they form in response to an injury or a cut, and stop the bleeding. Blood clots that develop inside the blood vessels and do not dissolve naturally may require medical attention.

**Blood thinner** refers to medicines that help prevent blood clots. Anticoagulants are blood thinners often prescribed to reduce risk of stroke due to AFib not caused by a heart valve problem, because they slow down the body's process of making clots.

## How ELIQUIS works

Blood clots form through a chain of events that involves several clotting components that interact to cause red blood cells to form a clot.

**ELIQUIS selectively blocks one clotting factor, known as Factor Xa,** and this makes it less likely that blood clots will form. For patients with AFib not caused by a heart valve problem, ELIQUIS reduces the risk of blood clots and stroke.



ELIQUIS is a medicine that lowers your chance of having a stroke by helping to prevent clots from forming. Even though you cannot feel that ELIQUIS is working, it is important to not stop taking ELIQUIS without talking to the doctor who prescribes it to you.

**Do not stop taking ELIQUIS without talking to the doctor who prescribed it for you. Stopping ELIQUIS increases your risk of having a stroke. Because ELIQUIS is a blood thinner medicine that reduces clotting, it can cause bleeding, which can be serious, and rarely may lead to death.**

## Selected Important Safety Information (cont'd)

While taking ELIQUIS, you may bruise more easily and it may take longer than usual for any bleeding to stop.

## More about blood thinners



Blood thinners reduce the risk of **“bad”** blood clots that can form in the heart and then break off and travel to the brain.

Blood thinners can also slow the formation of **“good”** blood clots, causing unexpected bleeding or slowing the clotting that forms at the site of an injury to stop the bleeding.



Because they help reduce the risk of blood clots forming, **blood thinners increase the risk of bleeding, which can be serious and rarely may lead to death.**

While taking a blood thinner, you may bruise more easily and it may take longer than usual for any bleeding to stop. Be sure to seek medical attention right away if you have signs or symptoms of bleeding such as unexpected bleeding or bleeding that lasts a long time. You may have a higher risk of bleeding if you take blood thinners and take other medicines that increase your risk of bleeding.

See additional important safety information throughout this brochure, for more comprehensive information you should be aware of about bleeding and ELIQUIS.

*Please see additional Important Safety Information throughout this brochure and **U.S. Full Prescribing Information**, including **Boxed WARNINGS**, and **Medication Guide**, or visit **ELIQUIS.com**.*



## Talking with your doctor

It's important to discuss the benefits, risks, and potential side effects of ELIQUIS with your doctor or anyone from your care team—including nurses, physician assistants (PAs), and pharmacists. They are there to help you understand your treatment plan and answer questions.

### Here are some questions you can ask:

- What are the benefits and risks of ELIQUIS?
- How long should I take ELIQUIS?
- Who should not take ELIQUIS?
- What is considered major bleeding and minor bleeding when taking a blood thinner?



On the ELIQUIS website, you can create a **personalized discussion guide** to help you go to your next appointment prepared to discuss the questions that matter to you. To learn more, visit [ELIQUIS.com/AFib-guide](https://www.ELIQUIS.com/AFib-guide).

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**ELIQUIS can cause bleeding, which can be serious, and rarely may lead to death. While taking ELIQUIS, you may bruise more easily and it may take longer than usual for any bleeding to stop.** Be sure to call your doctor right away if you have signs or symptoms of bleeding such as unexpected bleeding or bleeding that lasts a long time. **Learn more about signs and symptoms of bleeding on page 12.**

*Elquis*<sup>®</sup>  
(apixaban) tablets 5mg  
2.5mg

*“ I learned from my doctor that taking ELIQUIS is an important part of helping manage my condition. ”*



Watch Myra share her story at  
[ELIQUIS.com/MeetMyra](https://www.ELIQUIS.com/MeetMyra)



Myra was diagnosed with AFib not caused by a heart valve problem. We asked patients to share their experience with ELIQUIS. Myra was compensated for her time and expenses.

## Selected Important Safety Information (cont'd)

**Call your doctor or get medical help right away if you have any of these signs or symptoms of bleeding when taking ELIQUIS:**

- unexpected bleeding or bleeding that lasts a long time, such as unusual bleeding from the gums, nosebleeds that happen often, or menstrual or vaginal bleeding that is heavier than normal
- bleeding that is severe or you cannot control
- red, pink, or brown urine; red or black stools (looks like tar)
- coughing up or vomiting blood or vomit that looks like coffee grounds
- unexpected pain, swelling, or joint pain
- headaches, or feeling dizzy or weak

Please see additional Important Safety Information throughout this brochure and *U.S. Full Prescribing Information*, including **Boxed WARNINGS**, and *Medication Guide*, or visit [ELIQUIS.com](https://www.ELIQUIS.com).

# ELIQUIS Is Supported by Extensive Clinical Research

ELIQUIS was studied in 2 clinical trials to evaluate reducing the risk of stroke and blood clots in people with atrial fibrillation (AFib), a type of irregular heartbeat, not caused by a heart valve problem:



**Trial One:** Compared ELIQUIS to warfarin in people with AFib not caused by a heart valve problem.

**Trial Two:** Compared ELIQUIS to aspirin in people with AFib not caused by a heart valve problem who were not suitable for treatment with warfarin.

Based on the results of these clinical trials, ELIQUIS was approved to reduce the risk of stroke and blood clots in people with AFib, a type of irregular heartbeat, not caused by a heart valve problem.

In Trial One, ELIQUIS had significantly less major bleeding than warfarin. In Trial Two, ELIQUIS had a modest increase in major bleeding compared to aspirin.

**ELIQUIS and other blood thinners increase the risk of bleeding, which can be serious, and rarely may lead to death.**

## Selected Important Safety Information (cont'd)

**ELIQUIS (apixaban) is not for patients with artificial heart valves.**

# In Trial One, ELIQUIS Was Proven Better Than Warfarin

**Elquis<sup>®</sup>**  
(apixaban) tablets 5mg  
2.5mg

**In people with AFib not caused by a heart valve problem, ELIQUIS:**

**Reduced the risk of stroke better than warfarin**

**Had significantly less major bleeding\* than warfarin**

In Trial Two, ELIQUIS had a modest increase in major bleeding compared to aspirin.

**ELIQUIS and other blood thinners increase the risk of bleeding, which can be serious, and rarely may lead to death.**

*\*Major bleeding included noticeable bleeding with at least 1 of the following—a transfusion of 2 or more units of blood; bleeding that occurred in the brain, spine, eye, inside the abdomen, around the heart, in a joint, or in a muscle, leading to damage; or fatal bleeding.*

## Selected Important Safety Information (cont'd)

**Spinal or epidural blood clots (hematoma).** People who take ELIQUIS, and have medicine injected into their spinal and epidural area, or have a spinal puncture have a risk of forming a blood clot that can cause long-term or permanent loss of the ability to move (paralysis). Your risk of developing a spinal or epidural blood clot is higher if:

- a thin tube called an epidural catheter is placed in your back to give you certain medicine
- you take NSAIDs or a medicine to prevent blood from clotting
- you have a history of difficult or repeated epidural or spinal punctures
- you have a history of problems with your spine or have had surgery on your spine

Please see additional Important Safety Information throughout this brochure and **U.S. Full Prescribing Information**, including **Boxed WARNINGS**, and **Medication Guide**, or visit **ELIQUIS.com**.



# How to take ELIQUIS



Be sure to take ELIQUIS twice every day exactly as prescribed by your doctor. If you have difficulty swallowing the tablet whole, talk to your doctor about other ways to take ELIQUIS. Do not change your dose or stop taking ELIQUIS unless your doctor tells you to.



Take it either with or without food and store at room temperature. There are no restrictions or “watch-outs” for foods like green leafy vegetables.



If you miss a dose of ELIQUIS, take it as soon as you remember and do not take more than one dose at the same time.



Don't take ELIQUIS if you currently have certain types of abnormal bleeding, or if you've had a serious allergic reaction to ELIQUIS. Ask your doctor if you're not sure.



**Your doctor will decide how long you should take ELIQUIS. Don't change your dose or stop taking ELIQUIS without first talking with your doctor. If you are taking ELIQUIS for atrial fibrillation, stopping ELIQUIS may increase your risk of having a stroke.**



**Do not run out of ELIQUIS. Refill your prescription before you run out.**

If you take too much ELIQUIS, call your doctor or go to the nearest hospital emergency room right away.

Call your doctor or healthcare provider right away if you fall or injure yourself, especially if you hit your head. Your doctor or healthcare provider may need to check you.

*Elquis*<sup>®</sup>  
(apixaban) tablets 5mg  
2.5mg

## Selected Important Safety Information (cont'd)

If you take ELIQUIS and receive spinal anesthesia or have a spinal puncture, your doctor should watch you closely for symptoms of spinal or epidural blood clots or bleeding. Tell your doctor right away if you have tingling, numbness, or muscle weakness, especially in your legs and feet.

ELIQUIS is not for use in people with antiphospholipid syndrome (APS), especially with positive triple antibody testing, who have a history of blood clots.

**Do not take ELIQUIS if you** currently have certain types of abnormal bleeding or have had a serious allergic reaction to ELIQUIS.

**Before you take ELIQUIS,** tell your doctor if you have kidney or liver problems, have antiphospholipid syndrome, have any other medical condition, or have ever had bleeding problems. Tell your doctor if you are pregnant or breastfeeding, or plan to become pregnant or breastfeed. You and your doctor should decide if you will take ELIQUIS or breastfeed. You should not do both. **Females who are able to become pregnant:** talk with your healthcare provider about pregnancy planning, and your risk of severe uterine bleeding if you are treated with blood thinner medicines, including ELIQUIS.

**Take ELIQUIS exactly as prescribed by your doctor.** Take ELIQUIS twice every day with or without food, and do not change your dose or stop taking it unless your doctor tells you to. If you miss a dose of ELIQUIS, take it as soon as you remember, and do not take more than one dose at the same time. **If you are taking ELIQUIS for atrial fibrillation, stopping ELIQUIS may increase your risk of having a stroke. Do not run out of ELIQUIS. Refill your prescription before you run out.** When leaving the hospital following hip or knee replacement, be sure that you will have ELIQUIS available to avoid missing any doses.

*Please see additional Important Safety Information throughout this brochure and **U.S. Full Prescribing Information**, including **Boxed WARNINGS**, and **Medication Guide**, or visit [ELIQUIS.com](http://ELIQUIS.com).*

## Tips for starting a routine

Here are some tips for taking ELIQUIS and setting up a routine that works for you:



**Make it a habit:**

Take your medication at the same time each morning and evening.



**Set alarms or alerts:**

Use your watch or your smartphone.



**Create a pill reminder card:**

Post it on your fridge or somewhere you'll see each day.



**Time around your daily activity:**

Time your medication to a daily activity, like brushing your teeth.



**Keep your meds in sight:**

Consider places like your kitchen counter or bedroom dresser (but always keep medication away from children).

## Selected Important Safety Information (cont'd)

**Possible serious side effects include bleeding or a reaction to ELIQUIS itself.** A reaction to ELIQUIS can cause hives, rash, itching, and possibly trouble breathing. If you get this reaction, it will usually happen soon after you take a dose of ELIQUIS. Get medical help right away if you have sudden chest pain or chest tightness, have sudden swelling of your face or tongue, have trouble breathing, wheezing, or feeling dizzy or faint.

Please see additional Important Safety Information throughout this brochure and *U.S. Full Prescribing Information*, including **Boxed WARNINGS**, and *Medication Guide*, or visit [ELIQUIS.com](http://ELIQUIS.com).

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2.5mg



“My doctor and I chose ELIQUIS to reduce risk of stroke due to AFib not caused by a heart valve problem...I’m a creature of habit and taking ELIQUIS is just a part of my routine.”



Watch Joe share his story at  
[ELIQUIS.com/MeetJoe](http://ELIQUIS.com/MeetJoe)

Joe was diagnosed with AFib not caused by a heart valve problem. We asked patients to share their experience with ELIQUIS. Joe was compensated for his time and expenses.



### Share your story

If you have been prescribed ELIQUIS, you are invited to learn about the **Strength in Sharing** program. You may have the opportunity to tell your story. To learn more, call us toll-free at **1-844-384-4957** or email us at [info@strengthinsharing.com](mailto:info@strengthinsharing.com).



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