

Your Injection Tracker

Designed to help you track
and remember each injection,
and prepare for the next one.

 BioJAMP

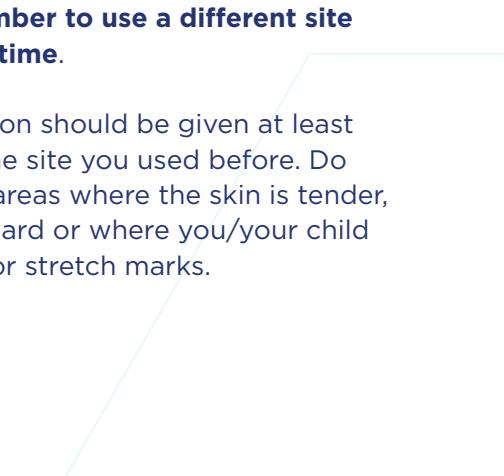
Pr **Simlandi**TM
adalimumab

How to Use Your Injection Tracker



Taking your Simlandi is simple, and this diary makes it even easier. Every time you take your Simlandi, simply **write down the date and record your injection site**. Be sure to follow the dosing and injection schedule provided by your healthcare professional.

After your injection, you can **take notes** of anything you want to discuss with your healthcare professional the next time you see them. And when it's time to take your next dose, just **remember to use a different site as the previous time**.



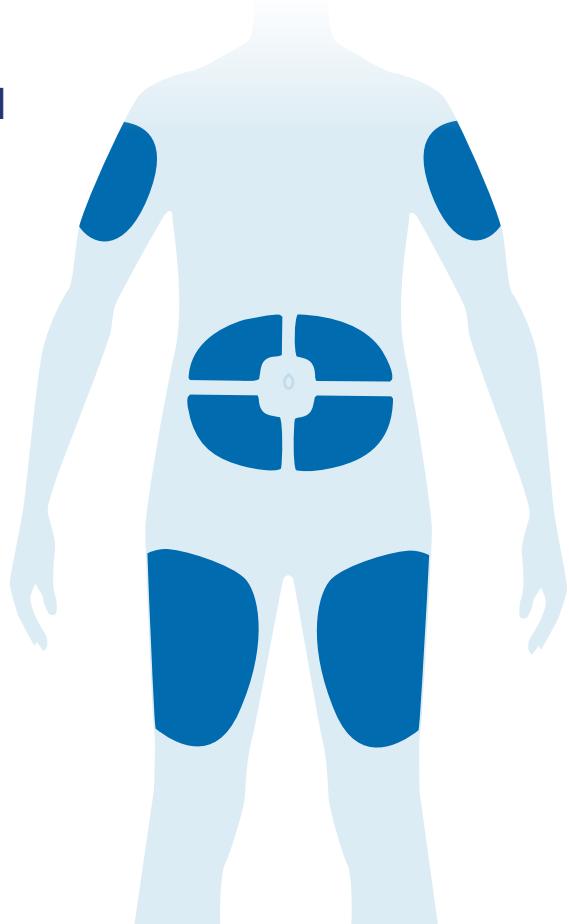
Each new injection should be given at least one inch from the site you used before. Do NOT inject into areas where the skin is tender, bruised, red or hard or where you/your child have/has scars or stretch marks.



**Record your injection site.
Remember, next time you should
use a different site.**

Date

Date of next injection





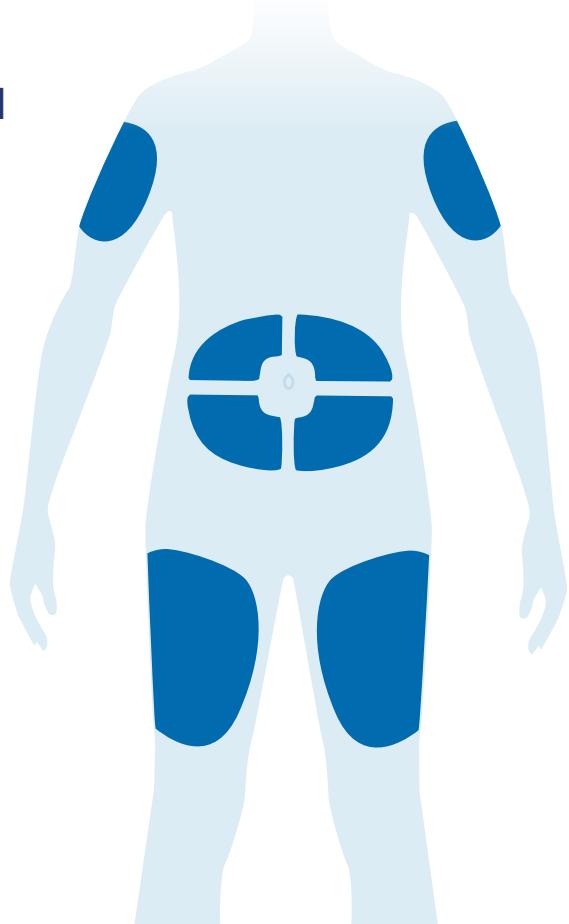
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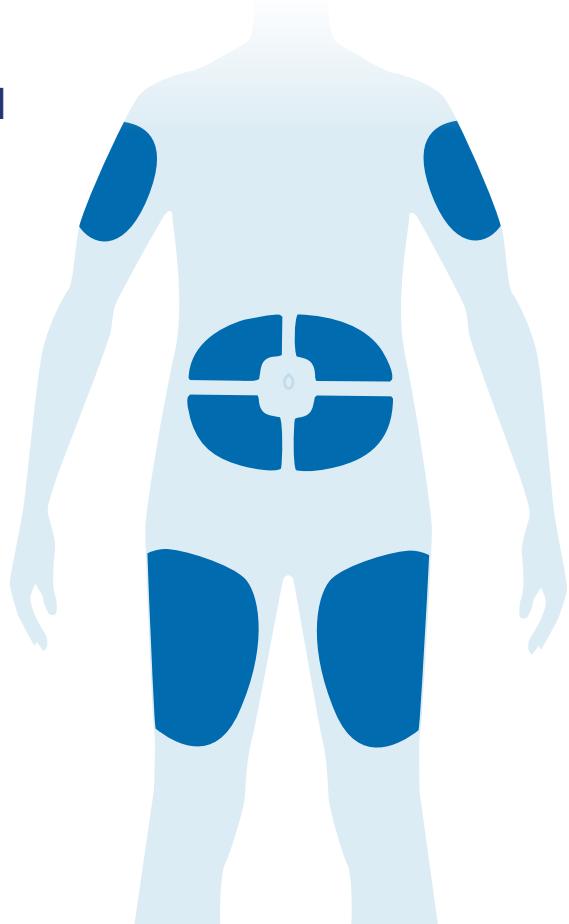
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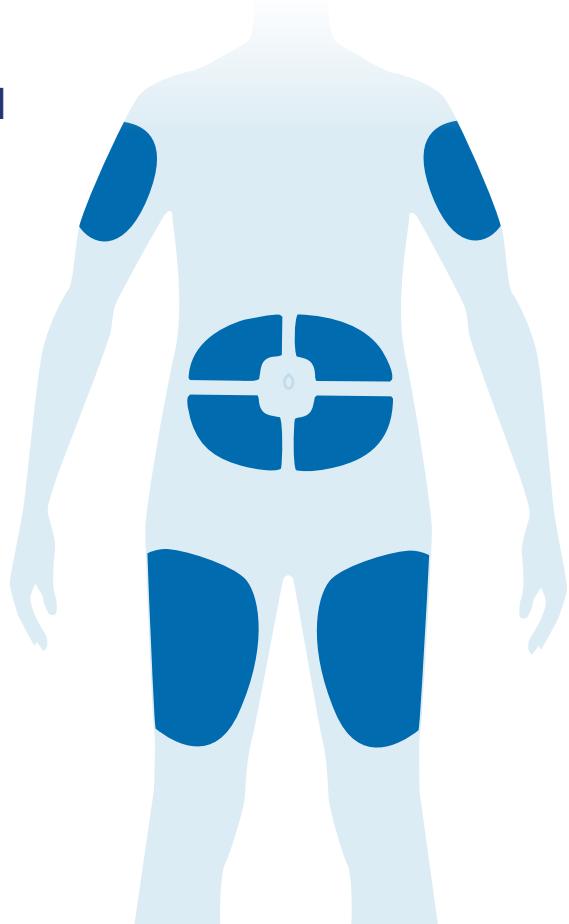
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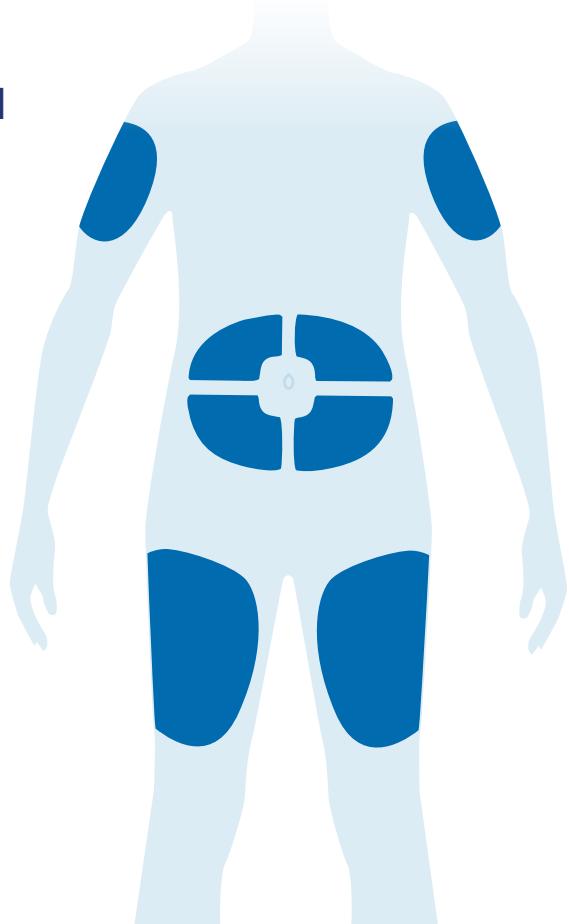
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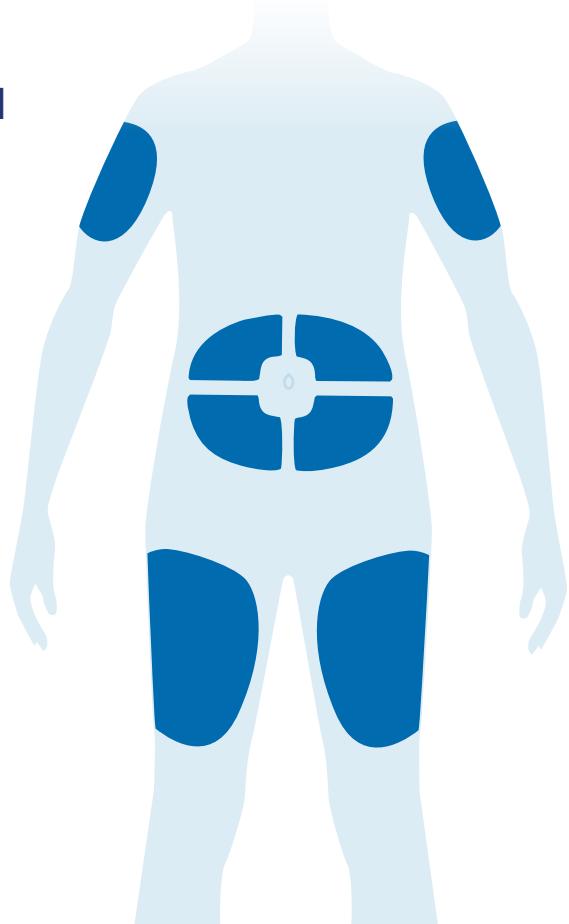
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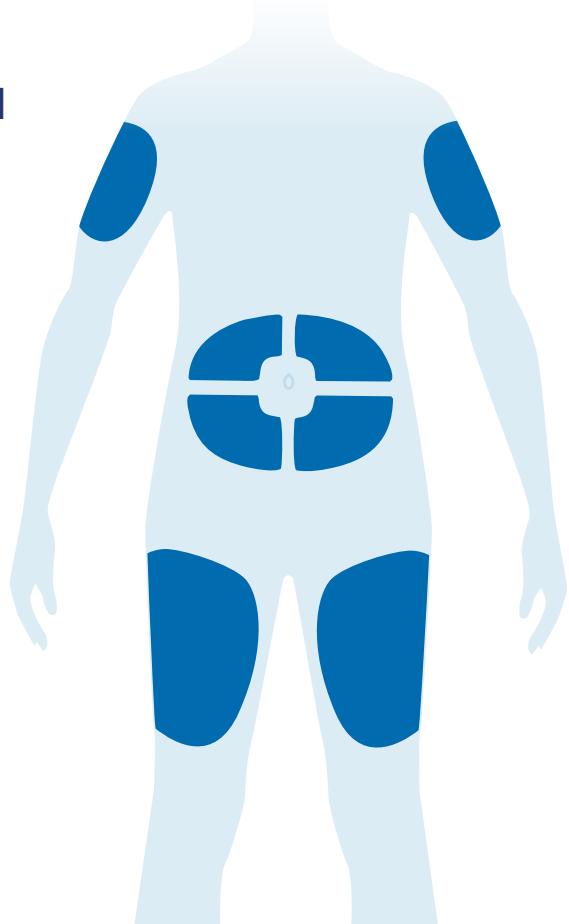
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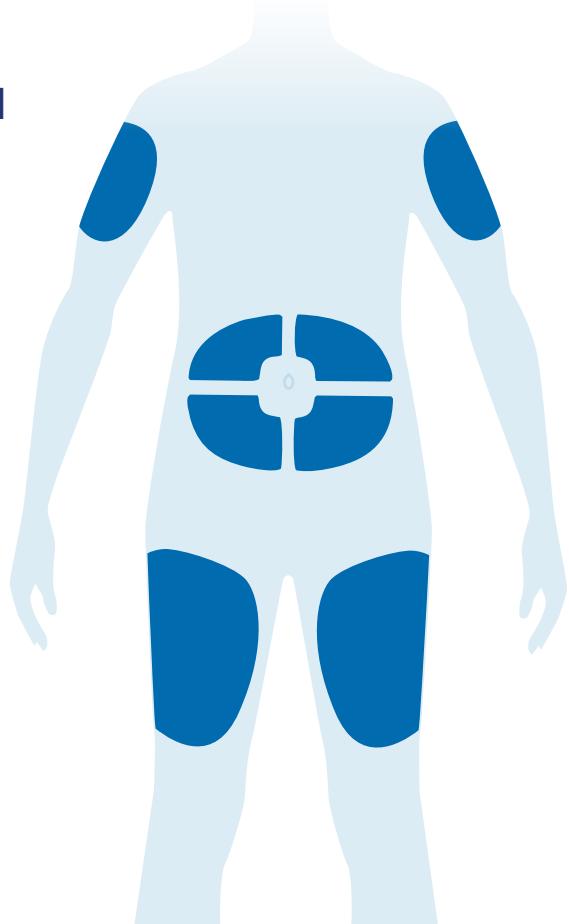
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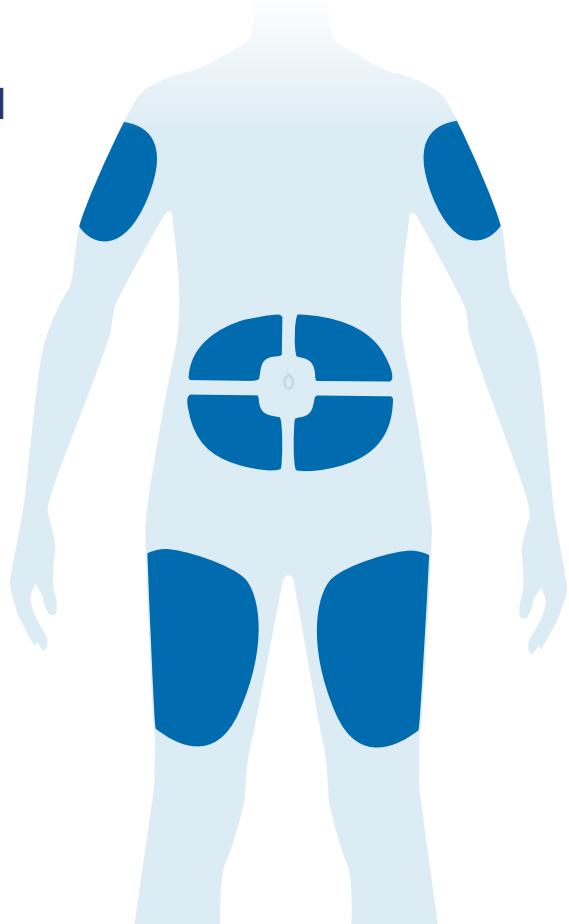
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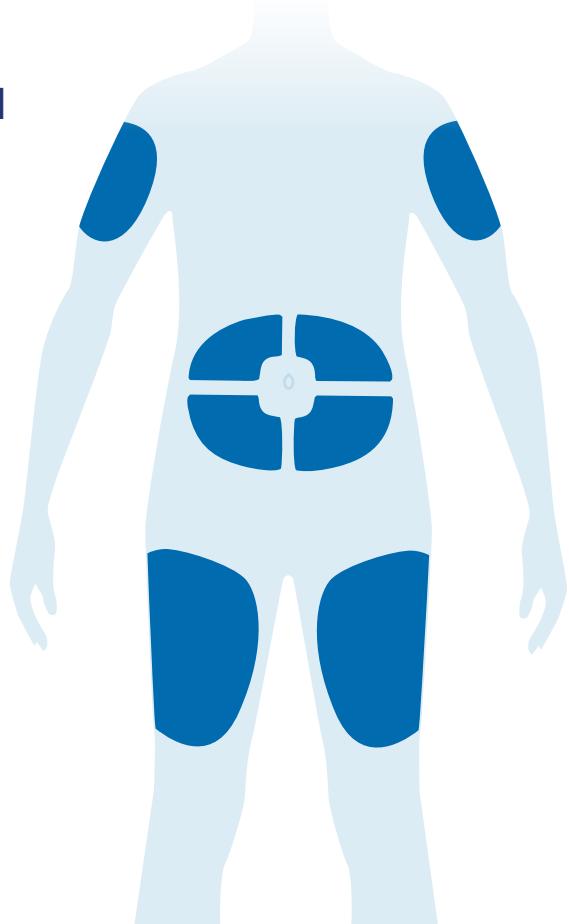
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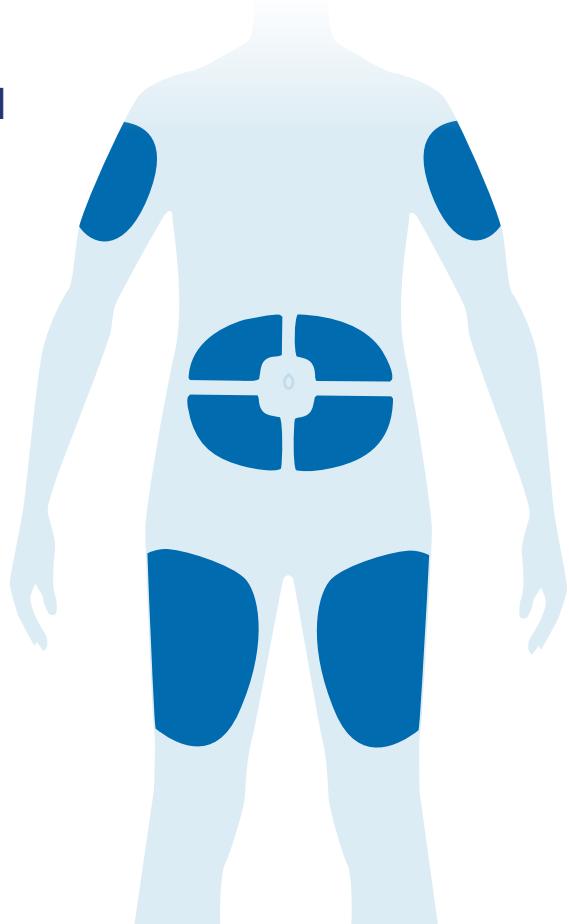
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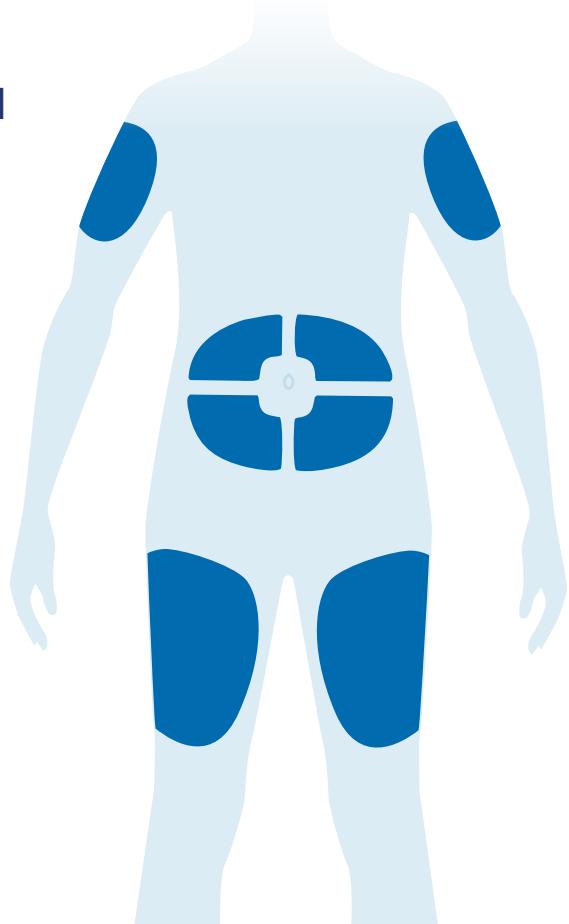
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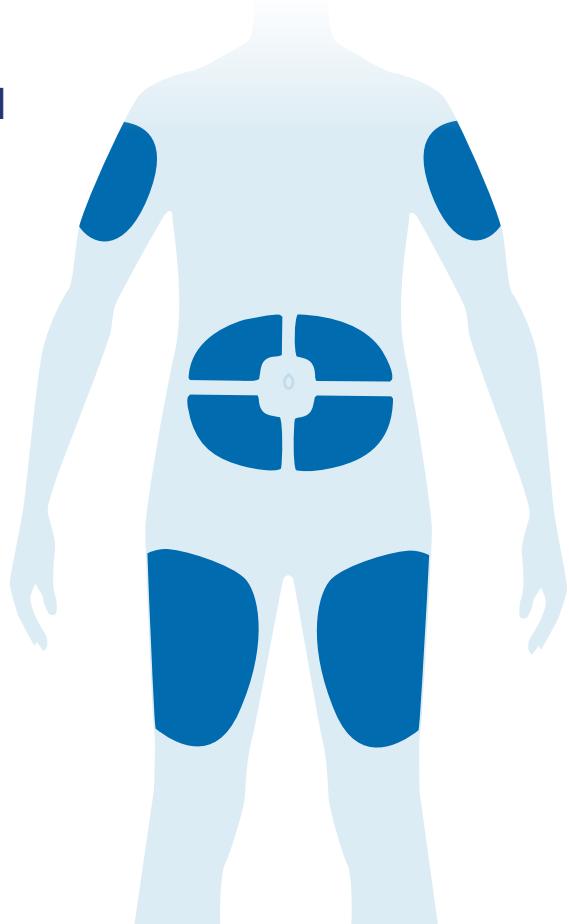
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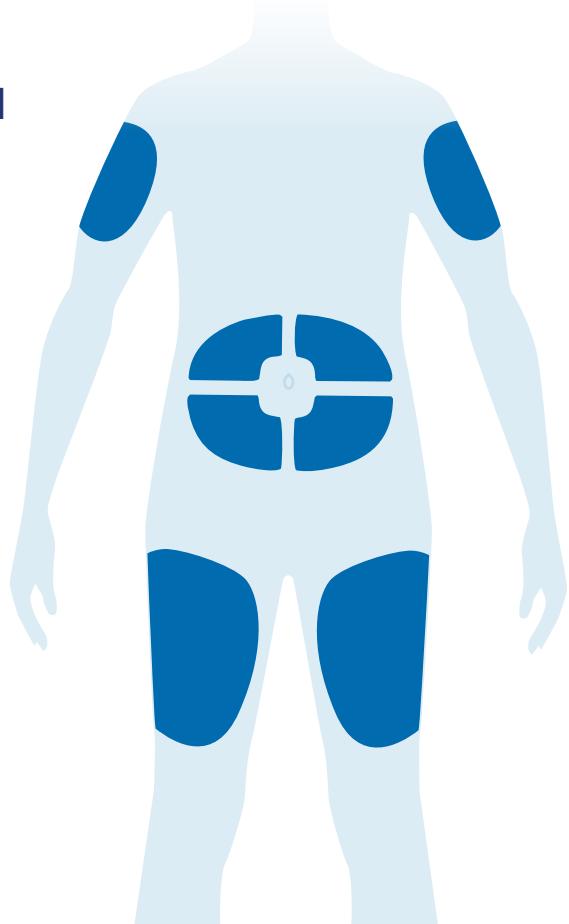
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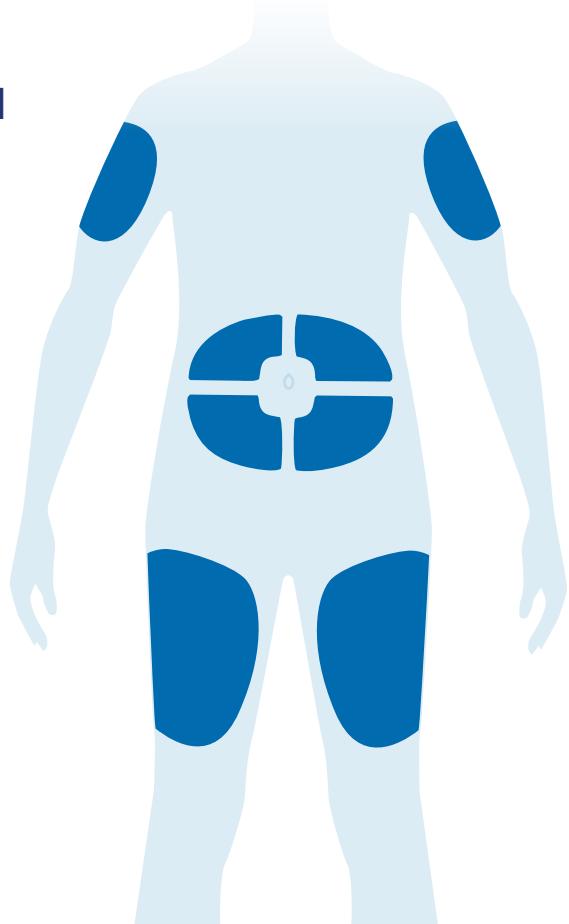
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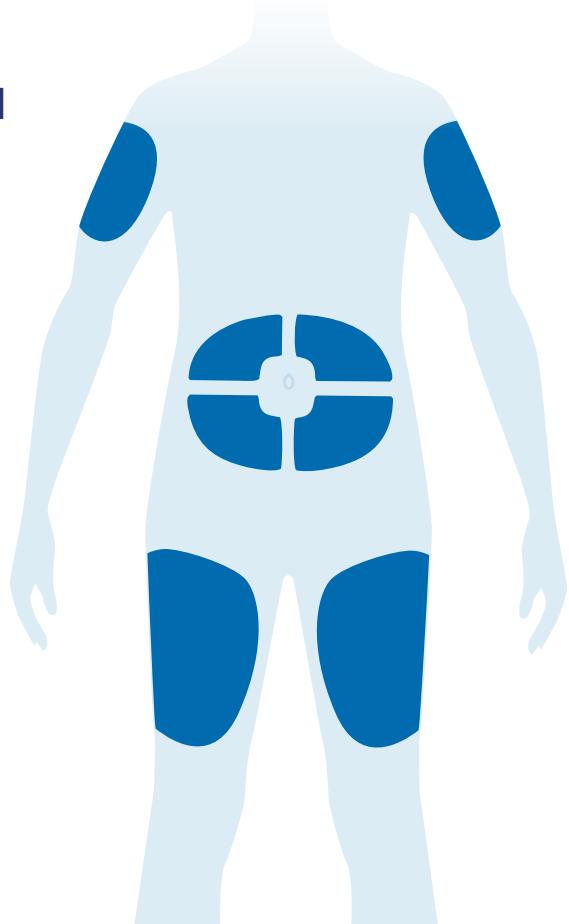
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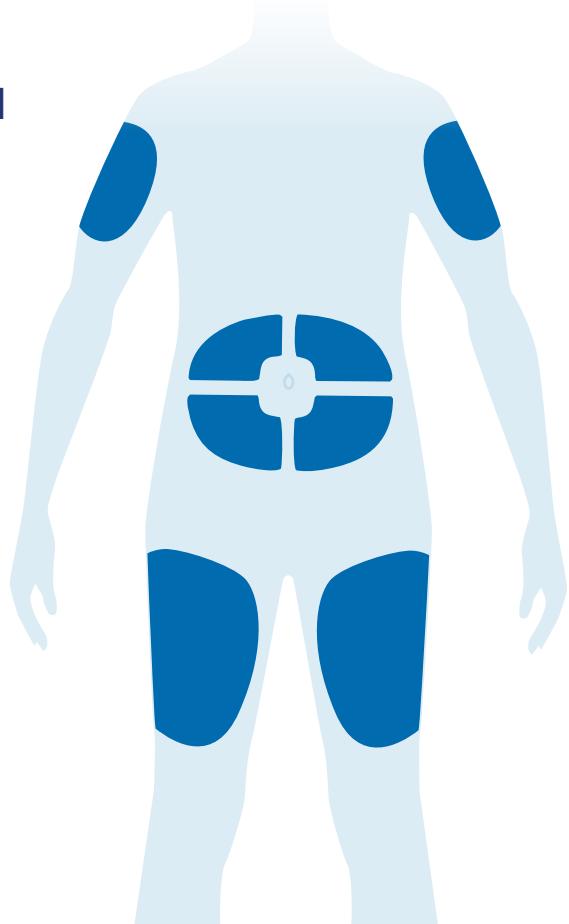
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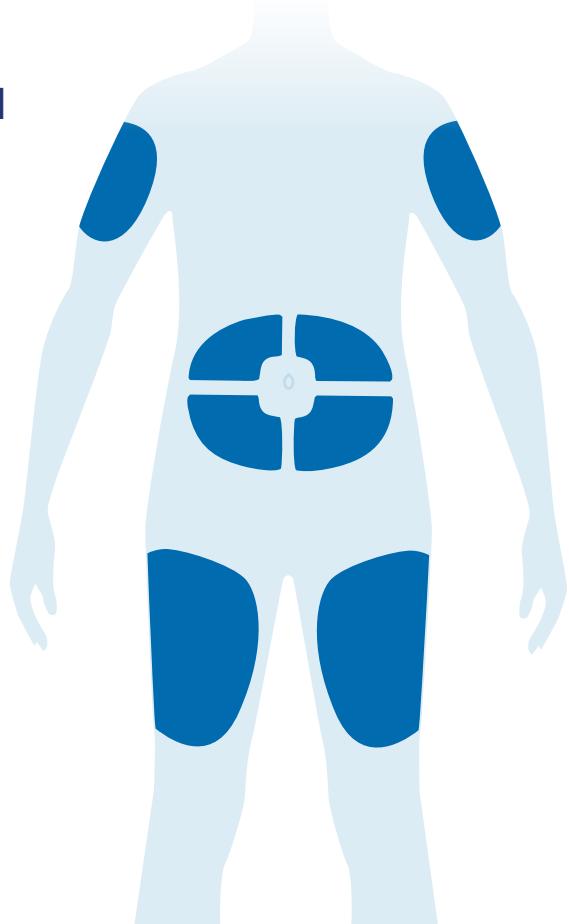
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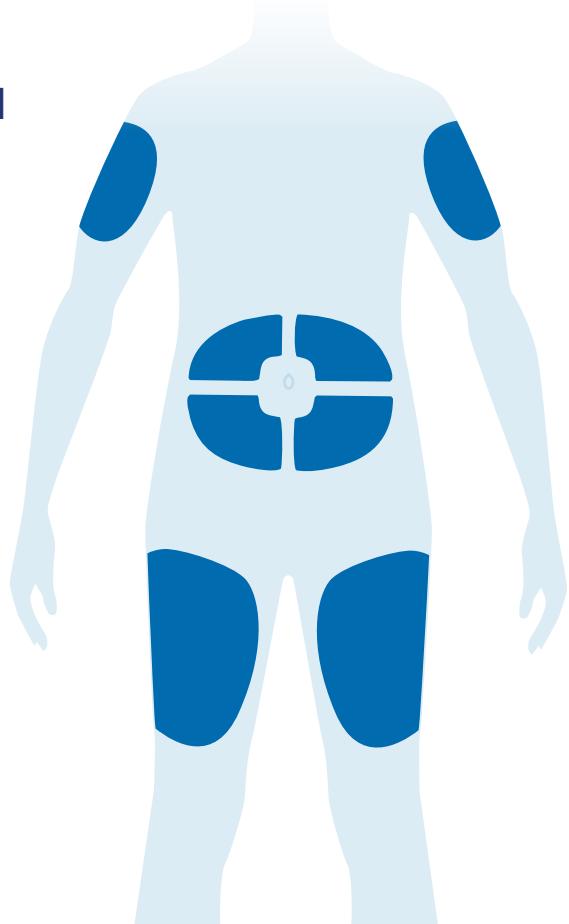
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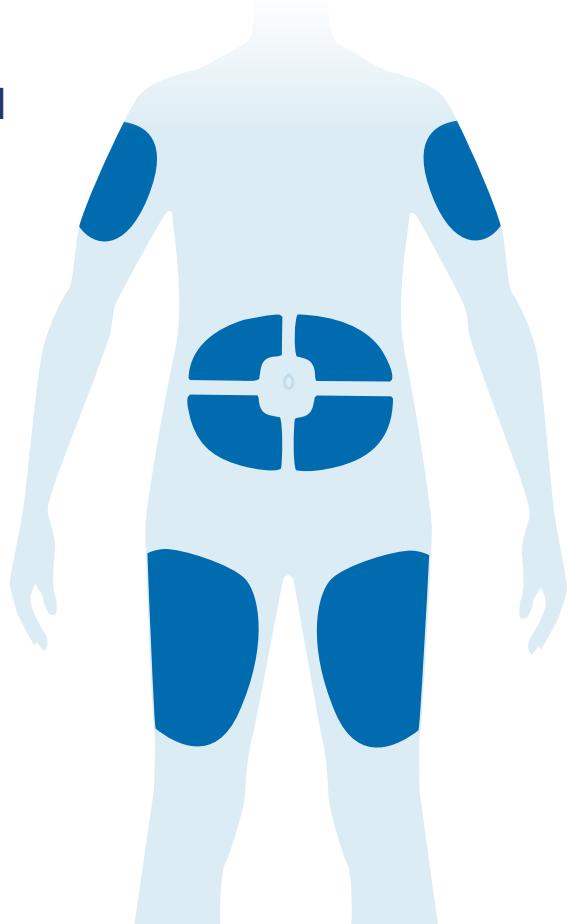
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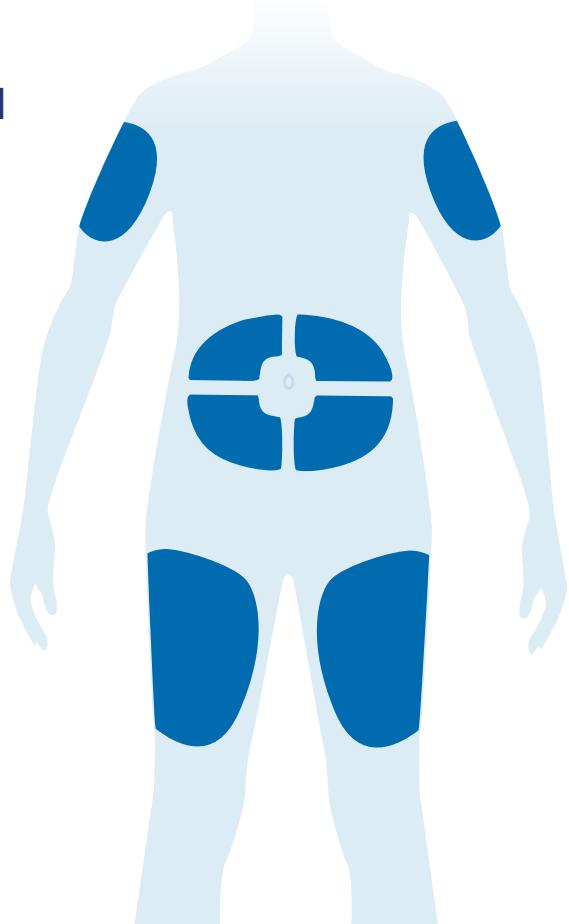
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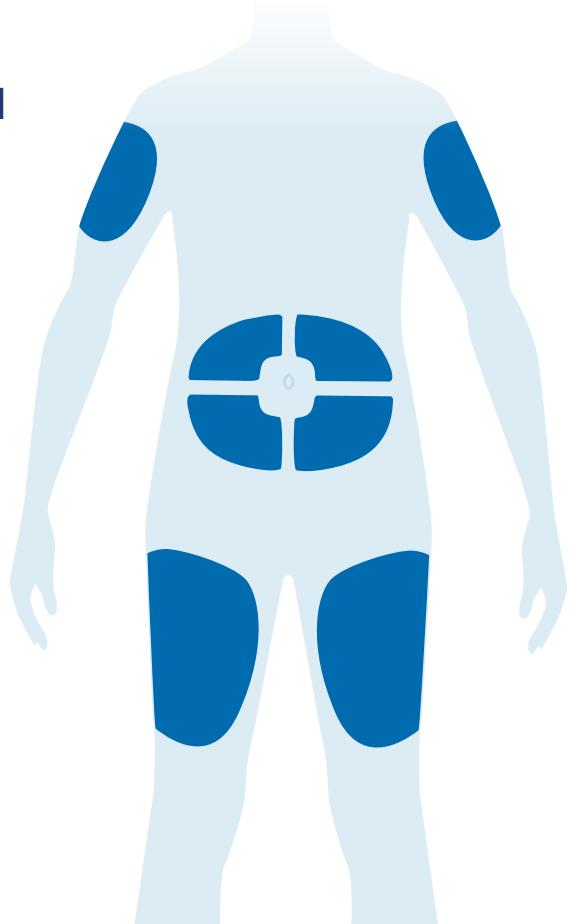
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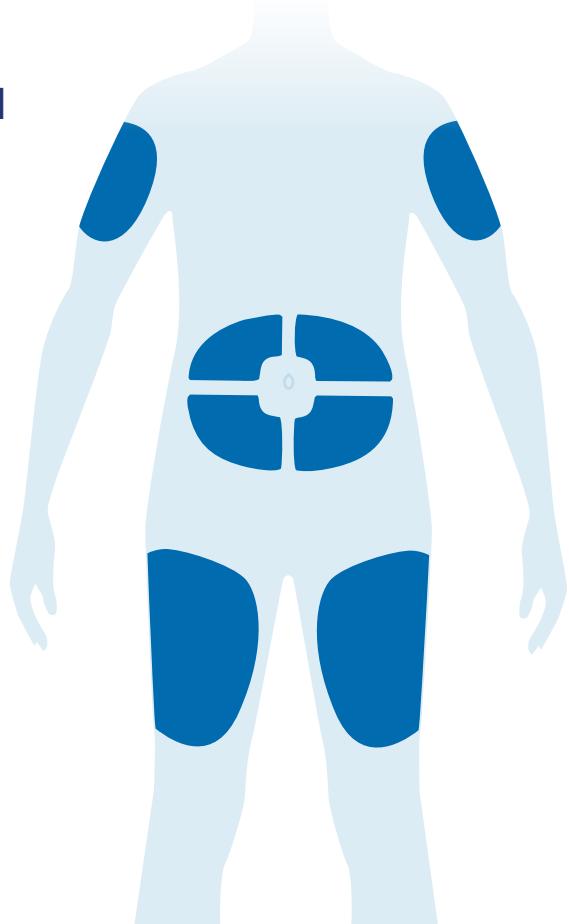
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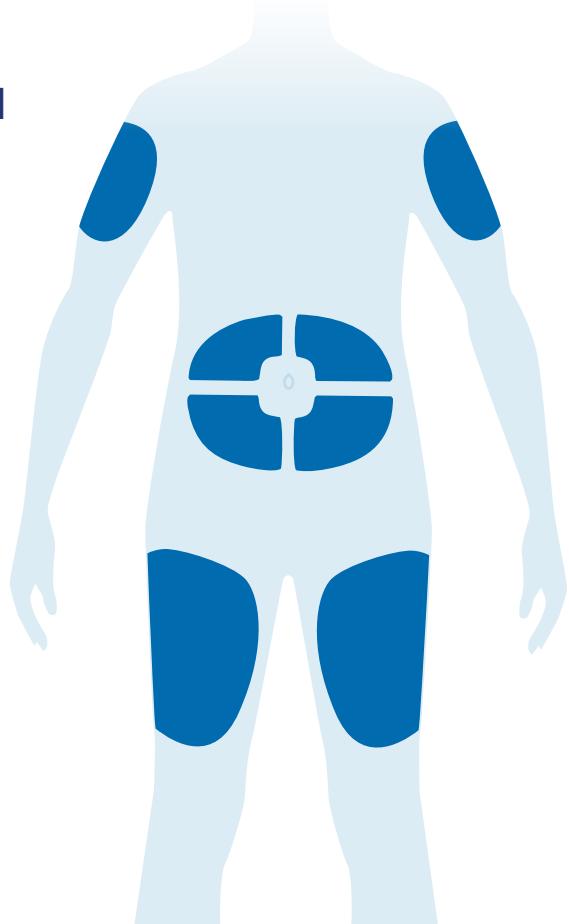
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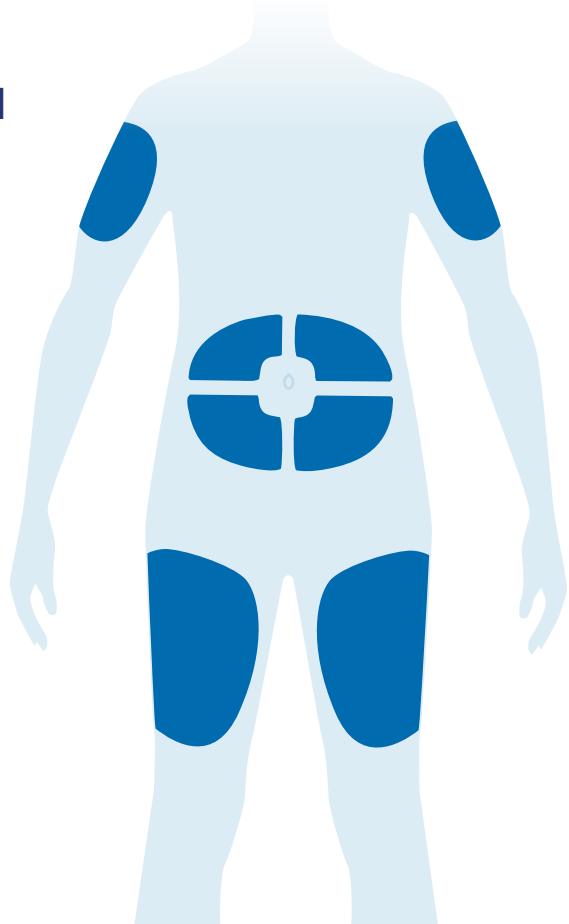
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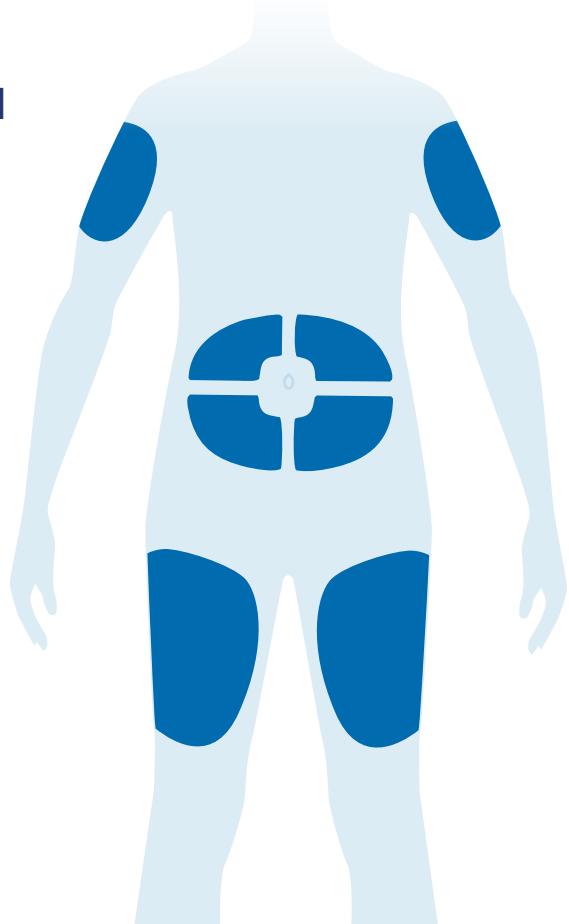
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**To order another injection tracker, contact
your JAMP Care Nurse at 1-855-310-5102.**

The information contained herein is provided solely for informational purposes and is not intended to be a substitute for guidance or advice from a healthcare professional. Patients are encouraged to consult a healthcare professional for any questions they may have regarding their medication. Always keep Simlandi and other medicines stored in a safe place, out of reach of children.