



To Whom It May Concern:

This letter is to confirm that \_\_\_\_\_ is prescribed HUMIRA (adalimumab), a medication indicated for reducing the signs and symptoms of moderate to severe Rheumatoid Arthritis (RA), Psoriatic Arthritis, Psoriasis, Ankylosing Spondylitis and Crohn's Disease (CD).

HUMIRA is supplied in a carton containing either 2 pre-filled syringes or 2 auto-injector Pens, and is administered by subcutaneous injection.

HUMIRA must be kept in its original carton and refrigerated between 2 and 8 degrees Celsius (36-46 degrees Fahrenheit) until ready to use.

The patient has the option to store the HUMIRA Pen or pre-filled syringe at temperatures up to a maximum of 25°C (77 °F) for a single period of up to 14 days. The HUMIRA Pen or pre-filled syringe stored at temperatures up to a maximum of 25°C (77 °F) must be discarded if not used within the 14-day period.

Once the product is taken out of the fridge, it must be used within 14 days. This is true even if the product is placed back in the fridge before the 14 day period ends.

It should be hand-carried at all times and should not be checked with regular luggage when traveling.

HUMIRA may be passed through x-ray security check as we are not aware of any precautions needed to be taken.

Physician's name: \_\_\_\_\_

Telephone: \_\_\_\_\_

<sup>1</sup> A study conducted by Abbott evaluated the potential impact of x-ray exposure on HUMIRA during an automated visual inspection (AVI) operation. The AVI operation is similar to the x-ray machine used for airport or other security screening purposes. Following exposure, there were no differences in physiochemical properties or molecular structure between HUMIRA exposed to increased x-ray energy and an unexposed (control) HUMIRA. Data on file, Abbott Park, IL: Abbott



## Traveling with your Medication

1. Use a well-insulated cooler bag to fit the box of HUMIRA.
2. HUMIRA must be kept in its original carton and refrigerated between 2 and 8 degrees Celsius (36-46 degrees Fahrenheit) until ready to use.
3. Please maintain the original sticker from the pharmacy on the box.
4. Please have a physician sign the travel letter\*.
5. Contact your airline to determine what type of ice packs are allowed – some airlines do not allow gel ice packs.
6. Please check with your airline for the most current policies about traveling with medications.
7. Show the HUMIRA travel letter provided by AbbVie Care to customs.
8. Bring good quality Ziploc bags and ask for ice on the plane, if your ice packs have become thawed out. (if applicable)
9. We are not aware of any specific precautions needed to be taken when HUMIRA goes through x-ray during security checks.
10. HUMIRA should be hand-carried at all times and should not be checked with regular luggage when traveling.

NOTE: HUMIRA patients have the option to store HUMIRA at temperatures up to a maximum of 25°C (77 °F) for a single period of up to 14 days. HUMIRA stored at temperatures up to a maximum of 25°C (77 °F) must be discarded if not used within the 14-day period. This is true even if the product is placed back in the fridge before the 14 day period ends.

\* Please contact AbbVie Care (toll free) for a copy of this letter at 1-866-848-6472 (1-866-8HUMIRA) or download a copy from the AbbVie Care website at [www.abbviecare.ca](http://www.abbviecare.ca) (DIN: 02258595)