healthy habits tracker

better health can start with keeping track

INVOKANA® (canagliflozin) works to **help manage your blood sugar and lower your A1C**. But successfully managing type 2 diabetes can mean paying attention to more than just blood sugar levels—and this tracker can help.

Use it to **note your progress and share with your doctor** at your next visit.

Remember—if you miss a day, keep at it. Just pick up where you left off and keep going.

Keeping an eye on healthy habits can help you stay motivated.
Try to check off these 3 important activities every day:

I took my medicine

I exercised

I ate well

Also note your daily fasting glucose* (your blood sugar in the morning before you eat) and your weight weekly for 30 days. Then, keep it up! Go to **www.INVOKANA.com/tracker** for additional pages and share your progress with your doctor at your next checkup. Give it a try—paying attention to your habits can really help.

Start by recording where you are today and use the following pages to note your progress:

Today's date ____/____/____	
Current A1C _____%	**Current weight** _____lbs.

*Be sure to check your glucose as often as your doctor advises. This tracker is only intended to show how you're doing over time.

Invokana®
canagliflozin tablets

Please read Important Safety Information for INVOKANA® on the following pages and full Product Information and Medication Guide on www.INVOKANA.com.

day 1 ___/___/___

record your fasting glucose every morning below.

mg/dL

day 2 ___/___/___

mg/dL

day 3 ___/___/___

mg/dL

day 4 ___/___/___

mg/dL

day 5 ___/___/___

mg/dL

day 6 ___/___/___

mg/dL

day 7 ___/___/___

weigh-in day

mg/dL lbs.

day 8 ___/___/___

mg/dL

day 9 ___/___/___

mg/dL

day 10 ___/___/___

mg/dL

day 11 ___/___/___

mg/dL

day 12 ___/___/___

mg/dL

day 13 ___/___/___

mg/dL

day 14 ___/___/___

weigh-in day

mg/dL lbs.

day 15 ___/___/___

mg/dL

day 16 ___/___/___

mg/dL

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day 17 ___/___/___

mg/dL

day 18 ___/___/___

mg/dL

day 19 ___/___/___

mg/dL

day 20 ___/___/___

mg/dL

day 21 ___/___/___

weigh-in day

mg/dL lbs.

day 22 ___/___/___

mg/dL

day 23 ___/___/___

mg/dL

day 24 ___/___/___

mg/dL

day 25 ___/___/___

mg/dL

day 26 ___/___/___

mg/dL

day 27 ___/___/___

mg/dL

day 28 ___/___/___

weigh-in day

mg/dL lbs.

day 29 ___/___/___

mg/dL

day 30 ___/___/___

mg/dL

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Take down your numbers at your next appointment and compare them to the last time you were there. If you've been tracking every day, you may have something to smile about.

Today's date ____/____/____	
Current A1C _____ %	**Current weight** _____ lbs.

a few simple tips that can really make a difference

Start small. Park farther away from your destination, take the stairs, and walk in place during commercial breaks. Increase your activity until you're up to at least 30 minutes a day.

Stick with it. Everyone slips up, and we all have bad days. Don't give up on a healthy plan—sticking to it long-term is what really matters.

Take a deep breath. Stress can really affect your blood sugar levels. Closing your eyes, slowing down your breathing, and thinking about things you love can really help.

Go green. Add spinach or other vegetables to soups, stews, and casseroles. They add volume and flavor for almost no additional calories.

WHAT IS INVOKANA® (canagliflozin)?

INVOKANA® is a prescription medicine used along with diet and exercise to lower blood sugar in adults with type 2 diabetes. INVOKANA® is not for people with type 1 diabetes or with diabetic ketoacidosis (increased ketones in blood or urine). It is not known if INVOKANA® is safe and effective in children under 18 years of age.

IMPORTANT SAFETY INFORMATION

INVOKANA® can cause important side effects, including:

- **Dehydration. INVOKANA® can cause some people to become dehydrated (the loss of too much body water), which may cause you to feel dizzy, faint, lightheaded, or weak, especially when you stand up (orthostatic hypotension).** You may be at higher risk of dehydration if you have low blood pressure, take medicines to lower your blood pressure (including diuretics [water pills]), are on a low sodium (salt) diet, have kidney problems, or are 65 years of age or older
- **Vaginal yeast infection.** Women who take INVOKANA® may get vaginal yeast infections. Symptoms include: vaginal odor, white or yellowish vaginal discharge (discharge may be lumpy or look like cottage cheese), or vaginal itching
- **Yeast infection of the penis (balanitis or balanoposthitis).** Men who take INVOKANA® may get a yeast infection of the skin around the penis. Symptoms include: redness, itching, or swelling of the penis; rash of the penis; foul-smelling discharge from the penis; or pain in the skin around penis

Talk to your doctor about what to do if you get symptoms of a yeast infection of the vagina or penis.

Do not take INVOKANA® if you:

- are allergic to canagliflozin or any of the ingredients in INVOKANA®. Symptoms of allergic reaction may include: rash; raised red patches on your skin (hives); or swelling of the face, lips, tongue, and throat that may cause difficulty in breathing or swallowing
- have severe kidney problems or are on dialysis

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IMPORTANT SAFETY INFORMATION (cont.)

Before you take INVOKANA®, tell your doctor if you have kidney problems; liver problems; history of urinary tract infections or problems with urination; are on a low sodium (salt) diet; are going to have surgery; are eating less due to illness, surgery, or change in diet; pancreas problems; drink alcohol very often (or drink a lot of alcohol in short-term); ever had an allergic reaction to INVOKANA®; or have other medical conditions.

Tell your doctor if you are or plan to become pregnant, are breastfeeding, or plan to breastfeed. INVOKANA® may harm your unborn baby. If you become pregnant while taking INVOKANA®, tell your doctor right away. INVOKANA® may pass into your breast milk and may harm your baby. Do not breastfeed while taking INVOKANA®.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Especially tell your doctor if you take diuretics (water pills), rifampin (used to treat or prevent tuberculosis), phenytoin or phenobarbital (used to control seizures), ritonavir (Norvir®, Kaletra® – used to treat HIV infection), or digoxin (Lanoxin® – used to treat heart problems).

Possible Side Effects of INVOKANA®

INVOKANA® may cause serious side effects, including:

- **Ketoacidosis** (increased ketones in your blood or urine). **Ketoacidosis has happened in people who have type 1 or type 2 diabetes**, during treatment with INVOKANA®. Ketoacidosis can be life-threatening and may need to be treated in a hospital. **Ketoacidosis can happen with INVOKANA® even if your blood sugar is less than 250 mg/dL. Stop taking INVOKANA® and call your doctor right away if you get any of the following symptoms: nausea, vomiting, stomach-area pain, tiredness, or trouble breathing**
- **Kidney problems.** Sudden kidney injury has happened to people taking INVOKANA®. Talk to your doctor right away if you: 1) reduce the amount of food or liquid you drink, if you are sick, or cannot eat or 2) you start to lose liquids from your body from vomiting, diarrhea, or being in the sun too long
- **A high amount of potassium in your blood (hyperkalemia)**
- **Serious Urinary Tract Infections:** may lead to hospitalization and have happened in people taking INVOKANA®. Tell your doctor if you have signs or symptoms of a urinary tract infection such as: burning feeling while urinating, need to urinate often or right away, pain in the lower part of your stomach (pelvis), or blood in the urine. Some people may also have high fever, back pain, nausea, or vomiting
- **Low blood sugar (hypoglycemia).** If you take INVOKANA® with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you take INVOKANA®

Signs and symptoms of low blood sugar may include: headache, drowsiness, weakness, dizziness, confusion, irritability, hunger, fast heartbeat, sweating, shaking, or feeling jittery.

Serious allergic reaction. If you have any symptoms of a serious allergic reaction, stop taking INVOKANA® and call your doctor right away or go to the nearest hospital emergency room.

Broken Bones (fractures): Bone fractures have been seen in patients taking INVOKANA®. Talk to your doctor about factors that may increase your risk of bone fracture.

The most common side effects of INVOKANA® include: vaginal yeast infections and yeast infections of the penis; changes in urination, including urgent need to urinate more often, in larger amounts, or at night.

Tell your doctor if you have any side effect that bothers you or that does not go away. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088. You may also report side effects to Janssen Scientific Affairs, LLC at 1-800-526-7736.

Please see full Product Information and Medication Guide on www.INVOKANA.com.

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Janssen Pharmaceuticals, Inc.

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