



Ways to work toward your goals

Mental health recovery is an ongoing process, not a single outcome. There are ups and downs along the way, but it is important to be hopeful. There are 3 things to consider as you stay on your path to recovery: being an active part of your treatment, setting achievable goals, and clearly communicating with those around you. You are more than your diagnosis. And a treatment plan can help you move forward in your treatment journey so you can focus more on the things that are important to you.



INDICATION

INVEGA TRINZA® (3-month paliperidone palmitate) is a prescription medicine given by injection every 3 months by a healthcare professional and used to treat schizophrenia. INVEGA TRINZA® is used in people who have been treated with INVEGA SUSTENNA® (1-month paliperidone palmitate) for at least 4 months.

INVEGA SUSTENNA® (In-VEY-guh Suss-TEN-uh) (paliperidone palmitate) is a prescription medicine given by injection by a healthcare professional. INVEGA SUSTENNA® is used to treat schizophrenia in adults.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about INVEGA TRINZA® and INVEGA SUSTENNA®?

INVEGA TRINZA® and INVEGA SUSTENNA® can cause serious side effects, including an increased risk of death in elderly people who are confused, have memory loss, and have lost touch with reality (dementia-related psychosis).

INVEGA TRINZA® and INVEGA SUSTENNA® are not for treating dementia-related psychosis.

Please read the additional Important Safety Information on pages 6-8 and the full Prescribing Information, including Boxed WARNING, for [INVEGA TRINZA®](#) and [INVEGA SUSTENNA®](#) and discuss any questions you have with your healthcare professional.

Be an active part of your treatment

You're the most important member of your own Treatment Team, so it's important to feel empowered to participate in significant decisions and day-to-day care. Below are 3 ways that both you and your caregiver can be an active part of your treatment journey. Check the boxes for each of the strategies below that you and a caregiver would like to consider doing.



1. Take your medication as prescribed

It can sometimes be a challenge to take medication as prescribed every single day. But there are strategies to help you remember.

- Use tools like alarms, pillboxes, calendars, and apps to remind you when to take medication
- Ask your support network to help remind you
- Ask your healthcare professional about medication options with less-frequent dosing, like long-acting injections such as [INVEGA SUSTENNA®](#) (1-month paliperidone palmitate) or transitioning to [INVEGA TRINZA®](#) (3-month paliperidone palmitate)

2. Stay consistent when transitioning care

When you are transitioning from inpatient hospital care to outpatient care, there's a possibility your recovery and medication history may get lost in the shuffle. But there are ways to ensure a smooth transition.

- Keep a folder of all your medication history and documents so all your information is in one place
- Make sure you have access to your medication while waiting for your first outpatient appointment
- Visit the outpatient clinic or mental health center you'll be attending so you know where to go and how to get there

3. Go to all your appointments

Often there can be long periods between Treatment Team visits. But there are ways to help you remember and get to all your appointments.

- Write appointments down in a calendar or set a reminder on your phone
- Ask for a reminder call the day before an appointment
- Ask your support network to remind you
- Figure out in advance how you will get to your appointment (walk, take train, bus, drive, have someone else take you)

Set achievable goals

Goals can motivate you and give you something to work toward. Some goals can seem overwhelming or unrealistic, but here are 3 steps to make them easier to achieve.



Step 1: Identify your goals

Goals can be either short-term (can be accomplished in less than 3 months) or long-term (will take more than 3 months to accomplish).

Some examples of short-term goals are taking medication regularly, discussing with your doctor about starting an exercise routine, and going to all your appointments.

Some long-term goals include going back to school, finding a job, and getting a pet. If long-term goals seem overwhelming, you can break them down into smaller, short-term goals that are more manageable. For example, if your long-term goal is finding a job, you can break it down into short-term goals like creating a résumé, calling companies with open positions, and finding a nice interview outfit.

Step 2: Make sure your goals are SMART

Specific

Measurable

Attainable

Relevant

Time trackable

Below is an example of taking a common goal and making it SMART.

There's a blank template on the next page for you to make your own goals SMART.

Goal	Specific	Measurable	Attainable	Relevant	Time trackable
Prepare meals	Set up a weekly schedule of which meal (1 per day) I will be responsible for preparing	A planned meal will be on the table at a specified time (depending on whether it's breakfast, lunch, or dinner)	I used to cook meals for myself, and I know how to do this	Eating healthy meals regularly can help with my treatment journey	When my meal is on the table at the specified time of day

Step 3: Make your goals known

Write down your goals. It helps you keep yourself accountable and committed to them. Also, share your goals with your loved ones and Treatment Team so they can help keep you on track to achieving them.



Goal	Specific	Measurable	Attainable	Relevant	Time trackable

Goal	Specific	Measurable	Attainable	Relevant	Time trackable

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Communicate clearly

It's important that you and the people supporting you on your recovery journey communicate in a way that makes you both feel heard and respected. That means saying the right things, at the right time, in the right way.



Say the right things

To instill confidence

- "I know you'll do fine"
- "You can handle it"
- "I trust you to work it out"

To show acceptance

- "I like the way you approach that"
- "I'm glad you enjoy learning"
- "I'm happy for you"

To recognize improvement or effort

- "It took a lot of courage for you to follow through"
- "You have done more than you realize"
- "You really thought things through"

To acknowledge strengths and contributions

- "Your idea really helped us think things through"
- "We really need some help, and you have the special skills we need"
- "I can use all the help you'd be willing to offer"

At the right time

Discuss important issues when everyone is calm and relaxed so that it's easier to think clearly, listen well, and focus on finding a solution together.

In the right way

The majority of how we communicate is not the actual words we say, but how we say them. Our tone of voice, eye contact, and body language are often more important than the words themselves. Here are some tips for positive non-verbal communication:

- Maintain eye contact when listening or speaking to someone
- Stand close to the other person, but don't crowd their personal space
- Actively listen by nodding your head, and asking questions to clarify anything that isn't clear

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Do not receive INVEGA TRINZA® or INVEGA SUSTENNA® if you are allergic to paliperidone, paliperidone palmitate, risperidone, or any of the ingredients in INVEGA TRINZA® or INVEGA SUSTENNA®. See the end of the Patient Information leaflet in the full Prescribing Information for a complete list of INVEGA TRINZA® and INVEGA SUSTENNA® ingredients.

Before you receive INVEGA TRINZA® or INVEGA SUSTENNA®, tell your healthcare professional about all your medical conditions, including if you:

- have had Neuroleptic Malignant Syndrome (NMS)
- have or have had heart problems, including a heart attack, heart failure, abnormal heart rhythm, or long QT syndrome
- have or have had low levels of potassium or magnesium in your blood
- have or have had uncontrolled movements of your tongue, face, mouth, or jaw (tardive dyskinesia)
- have or have had kidney or liver problems
- have diabetes or have a family history of diabetes
- have had a low white blood cell count
- have had problems with dizziness or fainting or are being treated for high blood pressure
- have or have had seizures or epilepsy
- have any other medical conditions
- are pregnant or plan to become pregnant. It is not known if INVEGA TRINZA® or INVEGA SUSTENNA® will harm your unborn baby
 - If you become pregnant while taking INVEGA TRINZA® or INVEGA SUSTENNA®, talk to your healthcare professional about registering with the National Pregnancy Registry for Atypical Antipsychotics. You can register by calling 1-866-961-2388 or visit <http://womensmentalhealth.org/clinical-and-research-programs/pregnancyregistry>.
 - Infants born to women who are treated with INVEGA TRINZA® or INVEGA SUSTENNA® may experience symptoms such as tremors, irritability, excessive sleepiness, eye twitching, muscle spasms, decreased appetite, difficulty breathing, or abnormal movement of arms and legs. Let your healthcare professional know if these symptoms occur.
- are breastfeeding or plan to breastfeed. INVEGA TRINZA® or INVEGA SUSTENNA® can pass into your breast milk. Talk to your healthcare professional about the best way to feed your baby if you receive INVEGA TRINZA® or INVEGA SUSTENNA®.

Tell your healthcare professional about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Know the medicines you take. Keep a list of them to show to your healthcare professional or pharmacist when you get a new medicine.

Patients (particularly the elderly) taking antipsychotics with certain health conditions or those on long-term therapy should be evaluated by their healthcare professional for the potential risk of falls.

What should I avoid while receiving INVEGA TRINZA® or INVEGA SUSTENNA®?

- INVEGA TRINZA® and INVEGA SUSTENNA® may affect your ability to make decisions, think clearly, or react quickly. **Do not** drive, operate heavy machinery, or do other dangerous activities until you know how INVEGA TRINZA® or INVEGA SUSTENNA® affects you.
- Avoid getting overheated or dehydrated.

INVEGA TRINZA® and INVEGA SUSTENNA® may cause serious side effects, including:

- **See “What is the most important information I should know about INVEGA TRINZA® and INVEGA SUSTENNA®?”**
- **stroke in elderly people (cerebrovascular problems) that can lead to death**
- **Neuroleptic Malignant Syndrome (NMS).** NMS is a rare but very serious problem that can happen in people who receive INVEGA TRINZA® or INVEGA SUSTENNA®. NMS can cause death and must be treated in a hospital. Call your healthcare professional right away if you become severely ill and have any of these symptoms: high fever; severe muscle stiffness; confusion; loss of consciousness; changes in your breathing, heartbeat, and blood pressure.
- **problems with your heartbeat.** These heart problems can cause death. Call your healthcare professional right away if you have any of these symptoms: passing out or feeling like you will pass out, dizziness, or feeling as if your heart is pounding or missing beats.
- **uncontrolled movements of your tongue, face, mouth, or jaw (tardive dyskinesia)**
- **metabolic changes.** Metabolic changes may include high blood sugar (hyperglycemia), diabetes mellitus and changes in the fat levels in your blood (dyslipidemia), and weight gain.
- **low blood pressure and fainting**
- **changes in your blood cell counts**
- **high level of prolactin in your blood (hyperprolactinemia).** INVEGA TRINZA® or INVEGA SUSTENNA® may cause a rise in the blood levels of a hormone called prolactin (hyperprolactinemia) that may cause side effects including missed menstrual periods, leakage of milk from the breasts, development of breasts in men, or problems with erection.
- **problems thinking clearly and moving your body**
- **seizures**
- **difficulty swallowing that can cause food or liquid to get into your lungs**
- **prolonged or painful erection lasting more than 4 hours.** Call your healthcare professional or go to your nearest emergency room right away if you have an erection that lasts more than 4 hours.
- **problems with control of your body temperature, especially when you exercise a lot or spend time doing things that make you warm. It is important for you to drink water to avoid dehydration.**

The most common side effects of INVEGA TRINZA® include: injection site reactions, weight gain, headache, upper respiratory tract infections, feeling restless or difficulty sitting still, slow movements, tremors, stiffness and shuffling walk.

The most common side effects of INVEGA SUSTENNA® include: injection site reactions; sleepiness or drowsiness; dizziness; feeling of inner restlessness or needing to be constantly moving; abnormal muscle movements, including tremor (shaking), shuffling, uncontrolled involuntary movements, and abnormal movements of your eyes.

Tell your healthcare professional if you have any side effect that bothers you or does not go away. These are not all the possible side effects of INVEGA TRINZA® or INVEGA SUSTENNA®. For more information, ask your healthcare professional or pharmacist.

Call your healthcare professional for medical advice about side effects. You may report side effects of prescription drugs to the FDA at 1-800-FDA-1088.

General information about the safe and effective use of INVEGA TRINZA® or INVEGA SUSTENNA®

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use INVEGA TRINZA® or INVEGA SUSTENNA® for a condition for which it was not prescribed. Do not give INVEGA TRINZA® or INVEGA SUSTENNA® to other people, even if they have the same symptoms that you have. It may harm them. You can ask your pharmacist or healthcare professional for information about INVEGA TRINZA® or INVEGA SUSTENNA® that is written for healthcare professionals.

This Patient Information leaflet summarizes the most important information about INVEGA TRINZA® and INVEGA SUSTENNA®. If you would like more information, talk with your healthcare professional.

You can ask your healthcare professional or pharmacist for more information that is written for healthcare professionals. For more information, go to www.invegatrinza.com or www.invegasustenna.com or call 1-800-526-7736.

Please read the full Prescribing Information, including Boxed WARNING, for [INVEGA TRINZA®](#) and [INVEGA SUSTENNA®](#) and discuss any questions you have with your healthcare professional.

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