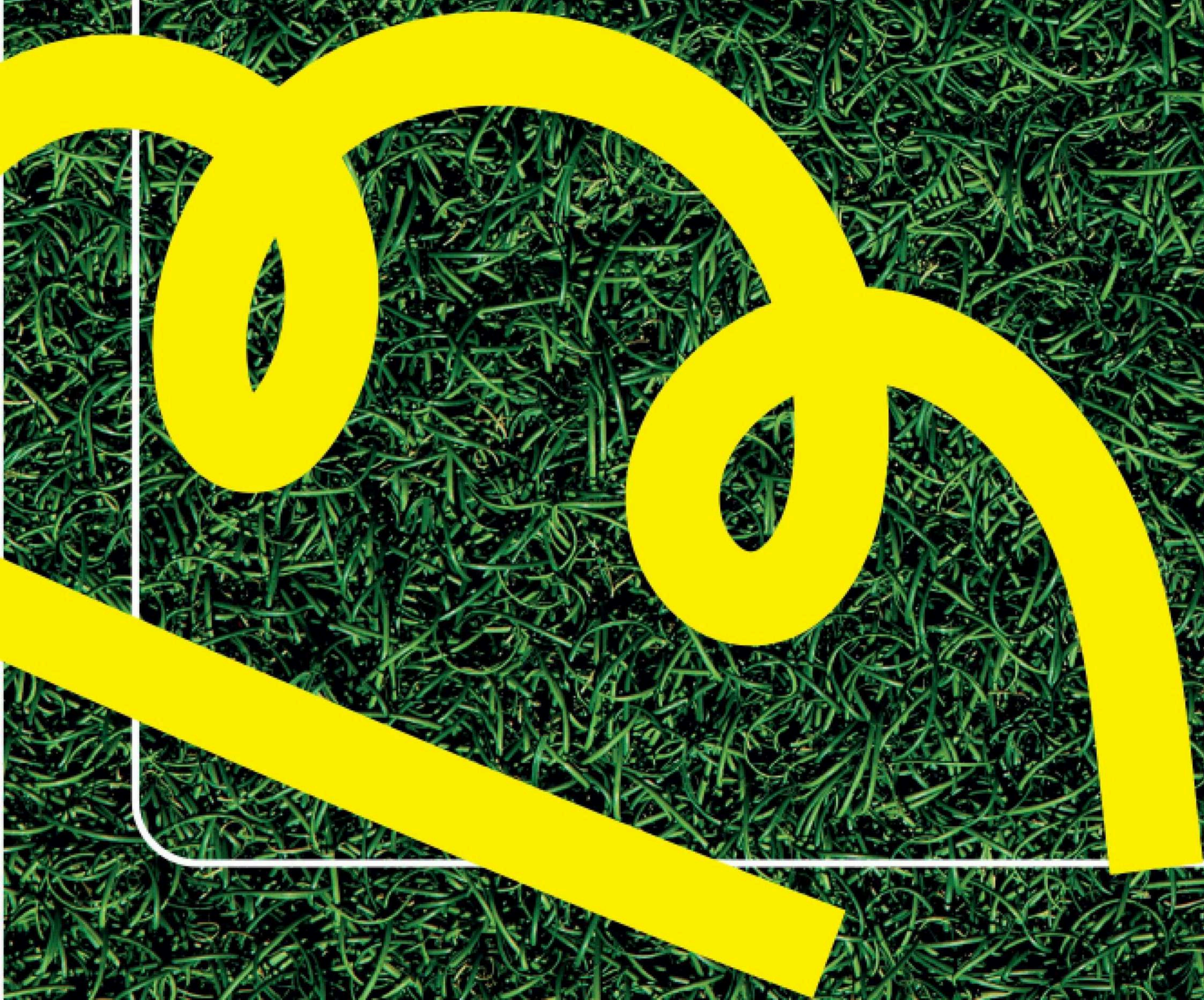




# Breathe Free:

Your Guide to Allergy Relief!





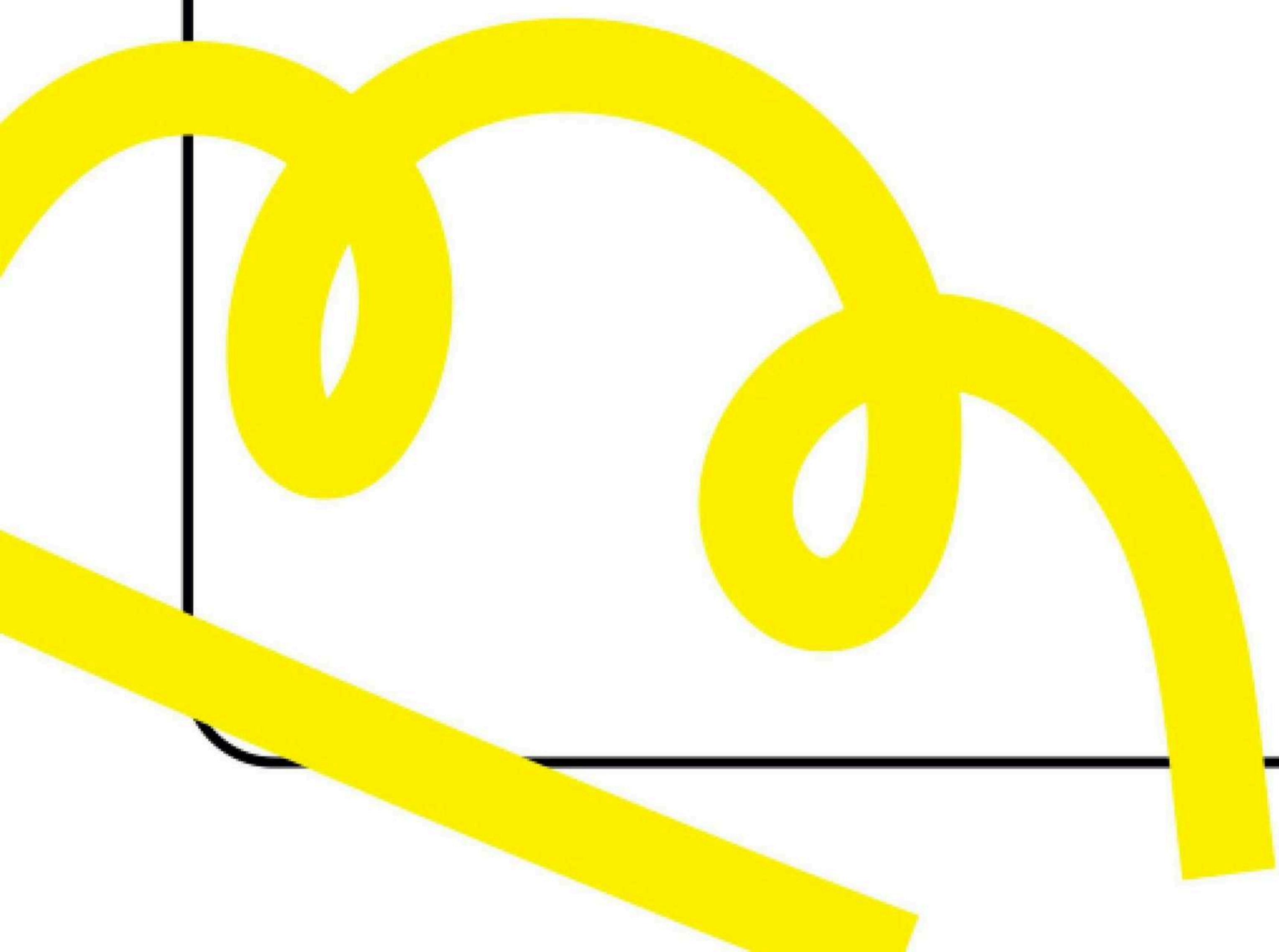
# Guide for New Members

Curex Sublingual Immunotherapy Plan



## Getting Started with Your Allergy Drops

1. Remove the cap from the bottle and screw the pump on tight.
2. To prime the pump, press down quickly and firmly a few times, until some solution squirts out. The metered dose dispenses when the pump is completely depressed (you will meet some resistance at the very end).
3. Place the pump under your tongue and firmly press the pump (1 pump = 1 drop).
4. Take 3 drops under the tongue daily. Hold for 2 minutes and then swallow.
5. Review the Action Plan for Side Effects located on the next page. If you have any questions or other side effects develop, contact your prescriber by texting **+1(857)240-1080**.

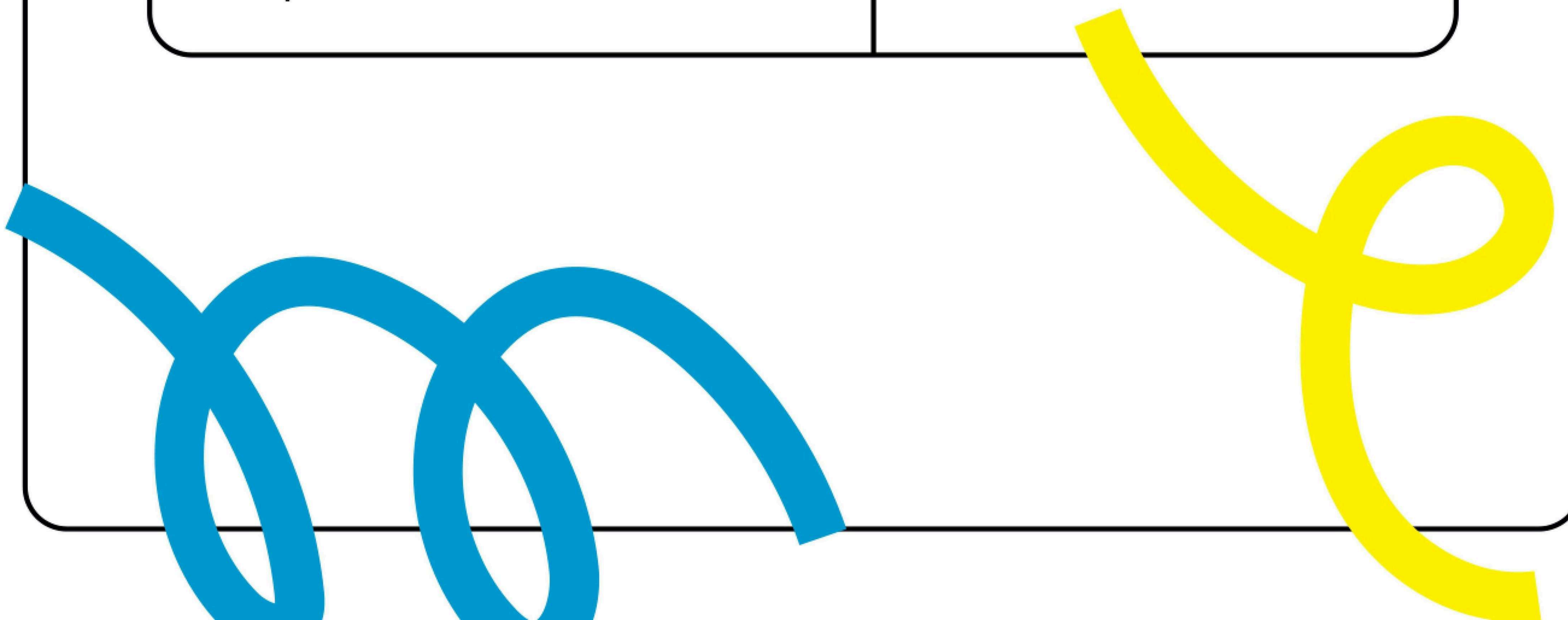




# Action Plan for Side Effects

Minor side effects are a totally normal part of starting immunotherapy, affecting about a third of patients. These typically are minor, and occur within minutes or hours of taking immunotherapy during the first 4-6 weeks.

MILD TO MODERATE LOCAL REACTIONS	ACTION:
<p><b>Mouth:</b> Bothersome itching in the mouth and/or mild swelling of lips/tongue.</p> <p><b>Throat:</b> Bothersome itching, irritation, and/or mild tightness in the throat.</p> <p><b>Ear:</b> Bothersome itching in the ears.</p> <p><b>Gastrointestinal:</b> Mild/persistent abdominal pain, nausea, and/or cramps.</p>	<p>Take antihistamine (Claritin, Benadryl, Zyrtec, Xyzal, Allegra)</p> <p>If symptoms improve, no further action is needed.</p> <p><b>For future dosing:</b> You may add an antihistamine 1 hour prior to drop administration.</p>





Sublingual immunotherapy can very **rarely** cause life-threatening allergic reactions such as anaphylaxis and severe laryngopharyngeal restriction. Read the guidance below on how to identify and respond to a reaction.

SEVERE LOCAL REACTIONS	ACTION:
<b>Mouth/Throat:</b> Swelling that causes voice hoarseness and/or throat closing.	1. Inject Epinephrine (EpiPen, AuviQ, or Adrenaclick) into the thigh using the dose below: OVER 66 pounds 0.3mg UNDER 66 pounds 0.15mg
SYSTEMIC REACTIONS	
<b>Skin:</b> Hives and/or swelling all over the body and/or redness all over the body. <b>Lungs:</b> Shortness of breath, repetitive cough, and/or wheezing. <b>Heart:</b> Weak pulse, dizziness, and/or passing out. <b>Gastrointestinal:</b> Severe abdominal pain, vomiting, diarrhea, and/or cramping.	2. Call 911 and seek Emergency Care  3. If your symptoms do not improve or if symptoms return you may administer a second dose of epinephrine 5 minutes or more after the last dose.

Once treated and resolved, please report any allergic reaction to [hi@getcurex.com](mailto:hi@getcurex.com). We will respond within normal business hours and will schedule a consultation to review your symptoms and modify your action plan, if needed

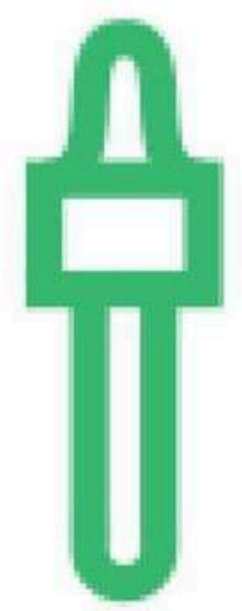




## Tips for Success



Keep the bottle you're currently using in a convenient, visible place, such as the bathroom or kitchen counter!



If you miss a dose, simply pick up where you left off that afternoon or the following day. If you miss more than 2 weeks, contact your Curex provider for advice.



Continue taking your OTC and prescribed allergy medications with the goal to decrease use of these medications in 6-12 months.



Reach out to your Curex provider any time with questions, concerns or requests!







How to administer  
Epinephrine pen



*Note: This is a generic video on using epipens. You may want to watch the video specific to the brand you have at home.*

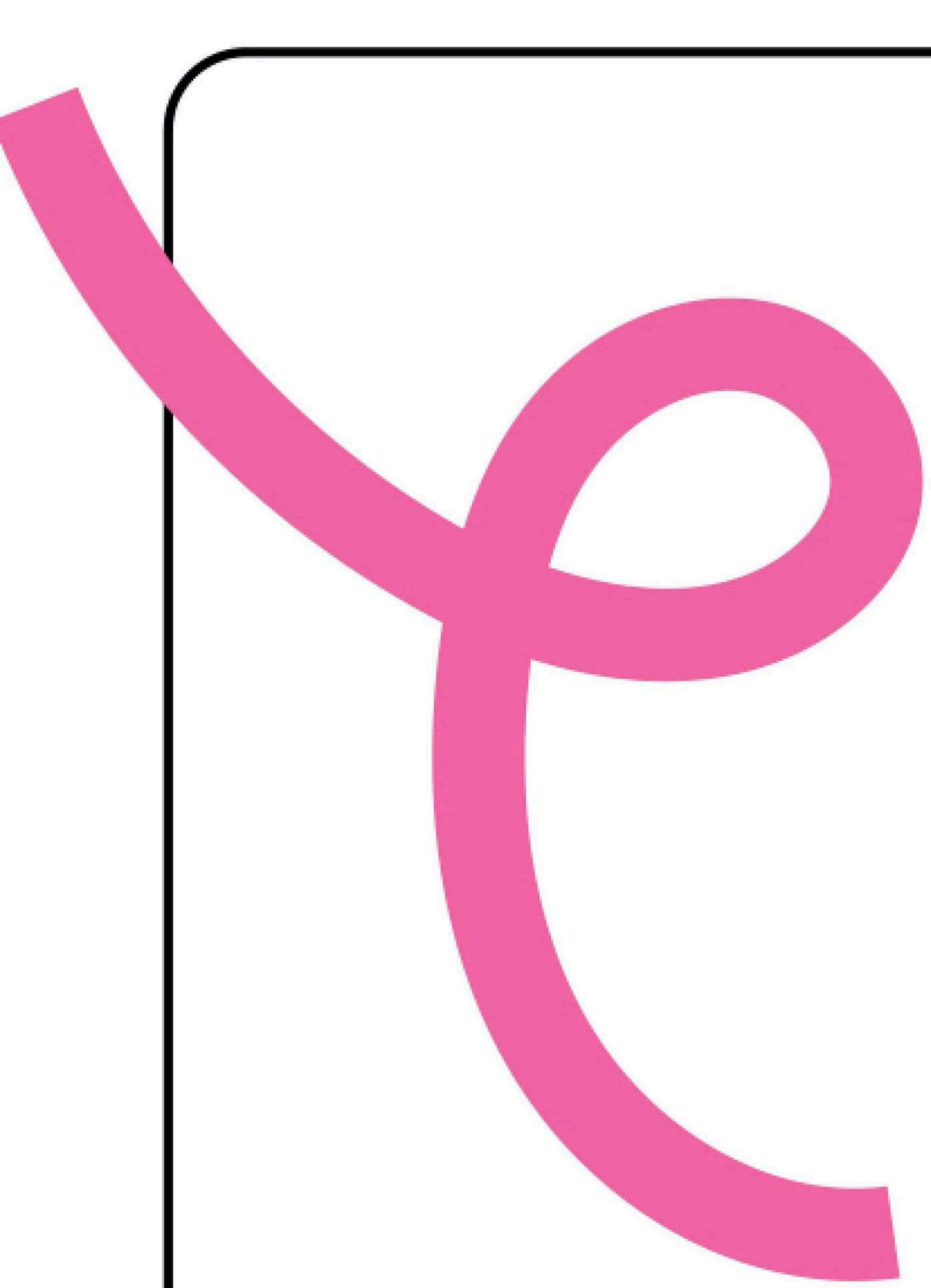




We specialize in long term allergy and asthma care.  
We're here to help you get better.







## What's Next?



We will check in on you every two to three months to assess your progress during your allergy journey.



Your assigned Curex-affiliated provider is available for zoom, email or text consultations when you need them.



You will receive your next shipment in the mail in about 2.5 months.







## When Will I Feel Better?



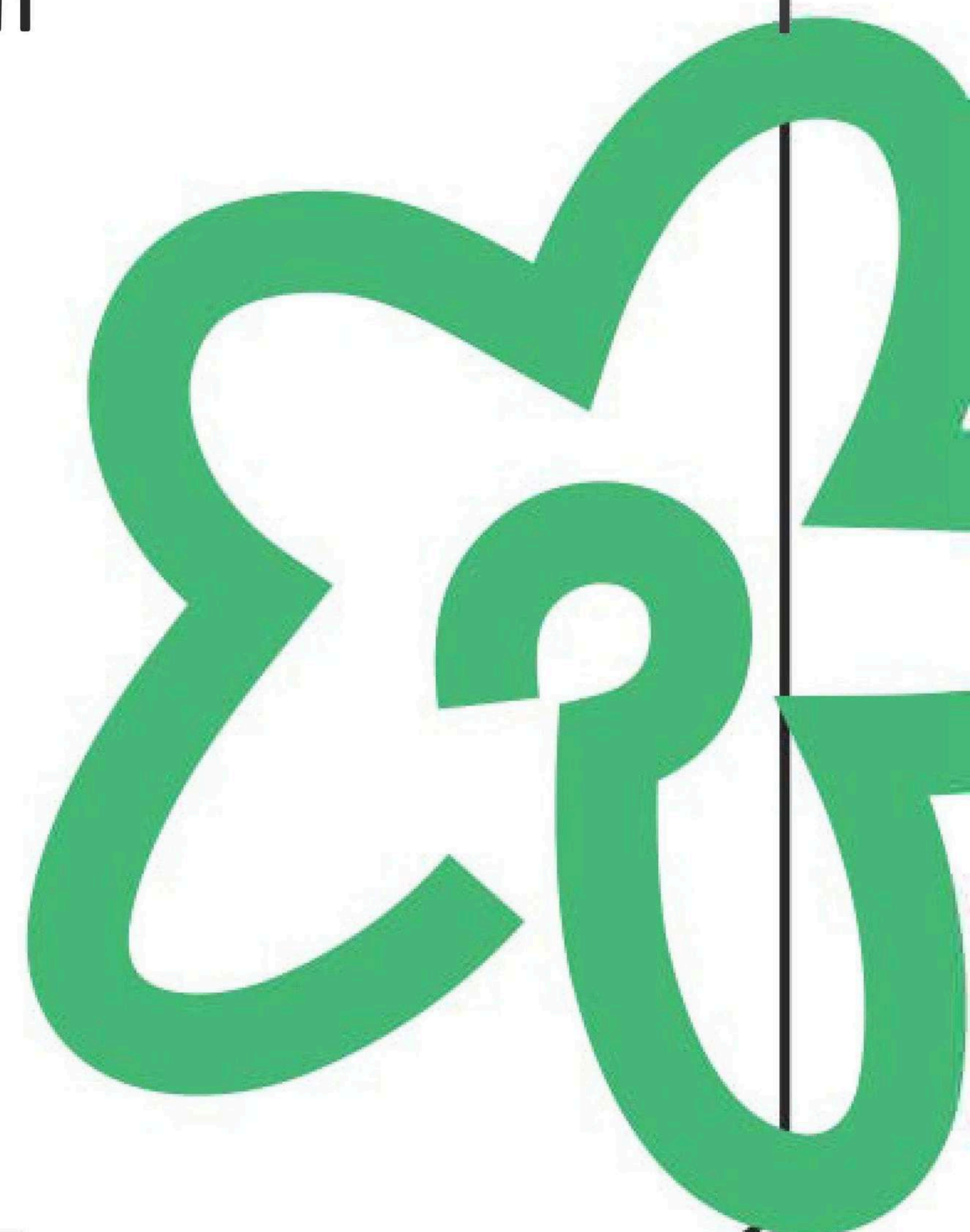
Many members notice improvements within 6-12 months, with some experiencing results as soon as 3 months!



Other members need a full year to see meaningful symptom reduction. If you do not start seeing improvement after 1 year, we'll work to readjust your treatment as needed.



Taking immunotherapy for 3 or more years has been clinically proven to deliver long-term symptom reduction.





# Medical disclaimer

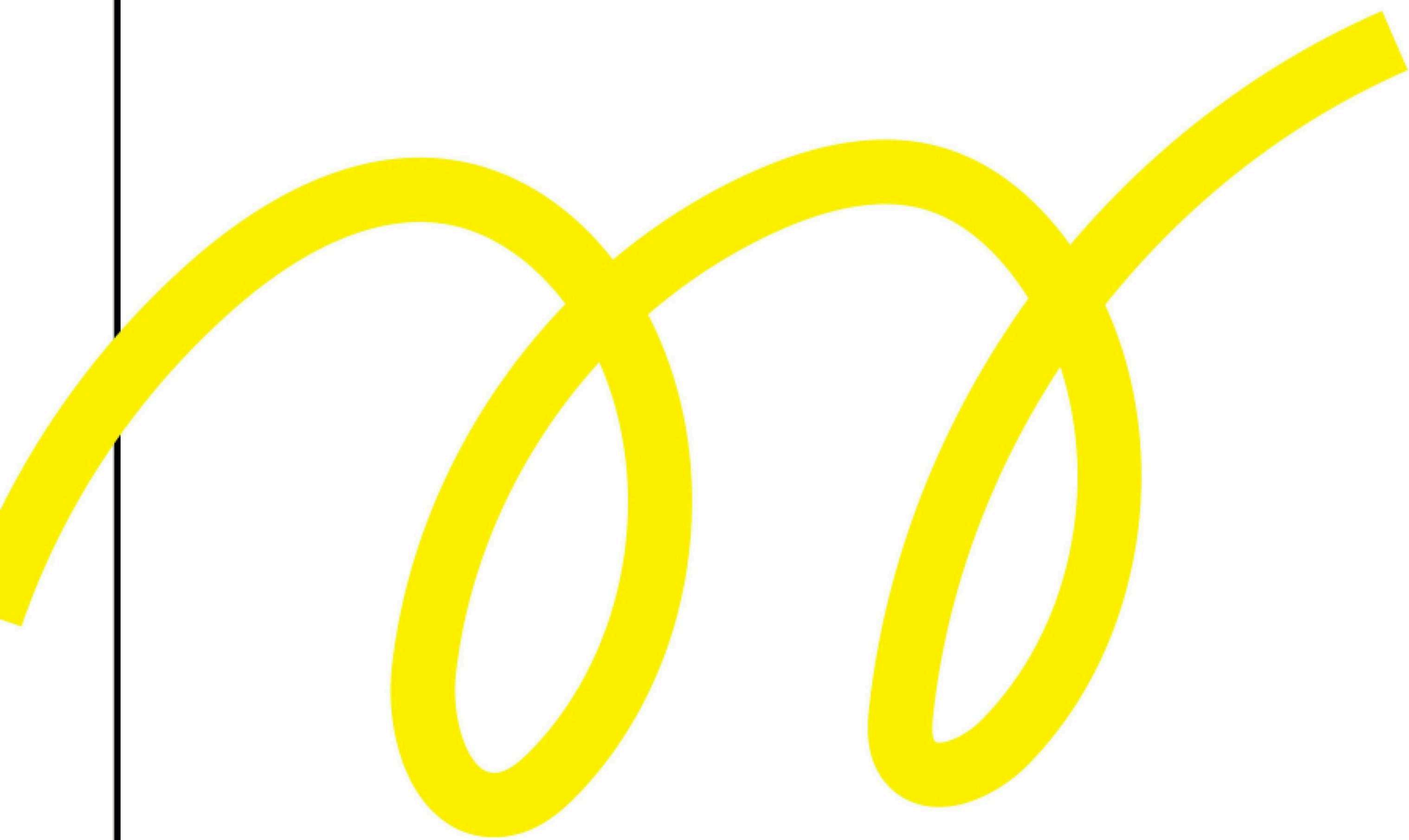
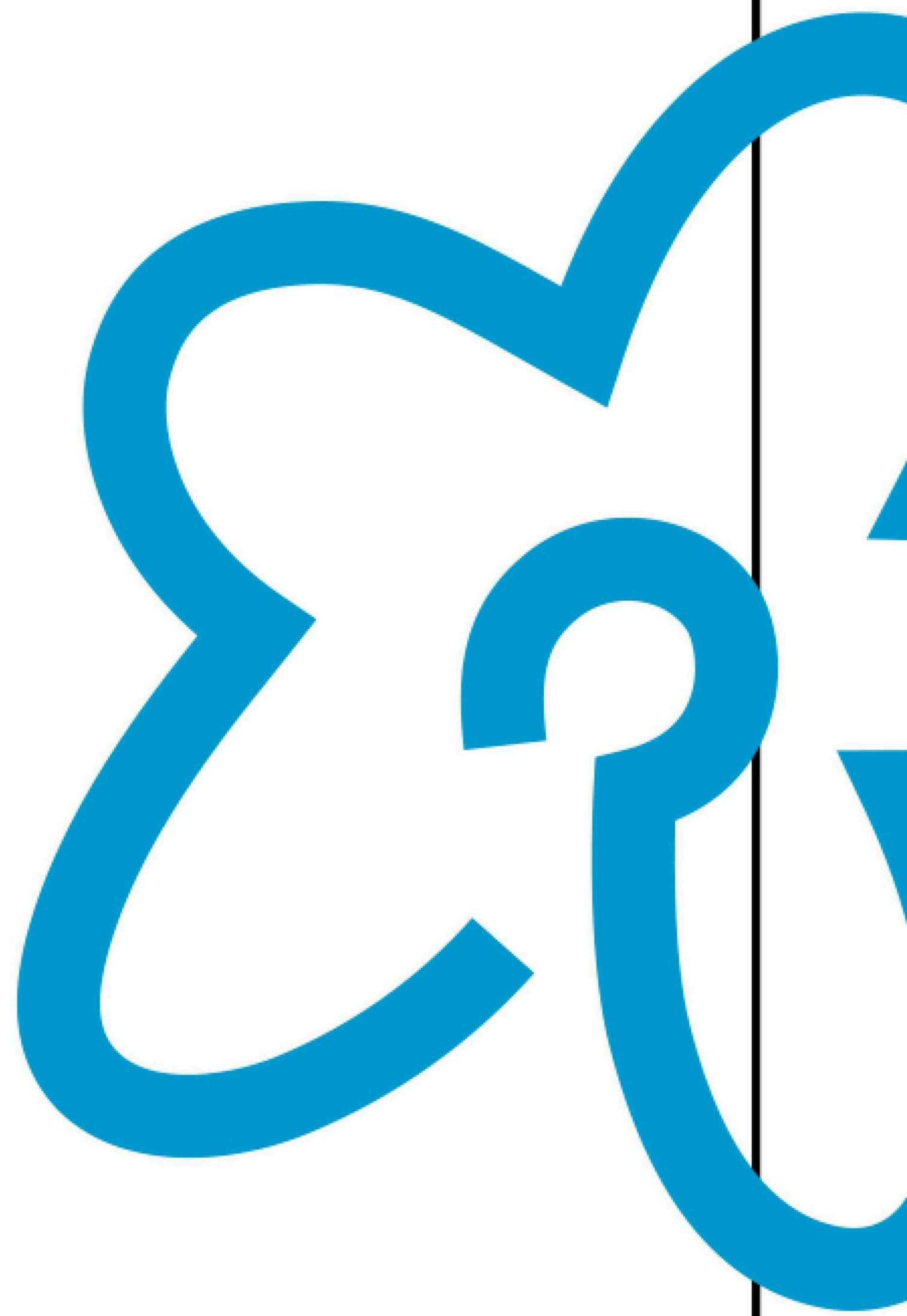
As specialists in your long-term care, we don't have the capabilities of an emergency line or guaranteed instantaneous response. If you are having a systemic reaction, it is important that you take the steps outlined in the action plan.



This patient education resource is intended to provide the reader with general information to be used solely for educational purposes. As such, it does not address individual patient needs and is not to be used for diagnosis or treatment purposes, but rather for discussion with the patient's own physician. This information is not intended to take the place of professional medical care and physician advice, which always should be sought for any specific medical condition. If you have persistent health problems, or if you have further questions, please consult your physician. No guarantees or warranties are made regarding the use of any of the information contained here.

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Contact your dedicated provider at  
[hi@getcurex.com](mailto:hi@getcurex.com) with any questions or concerns  
you have along the way!