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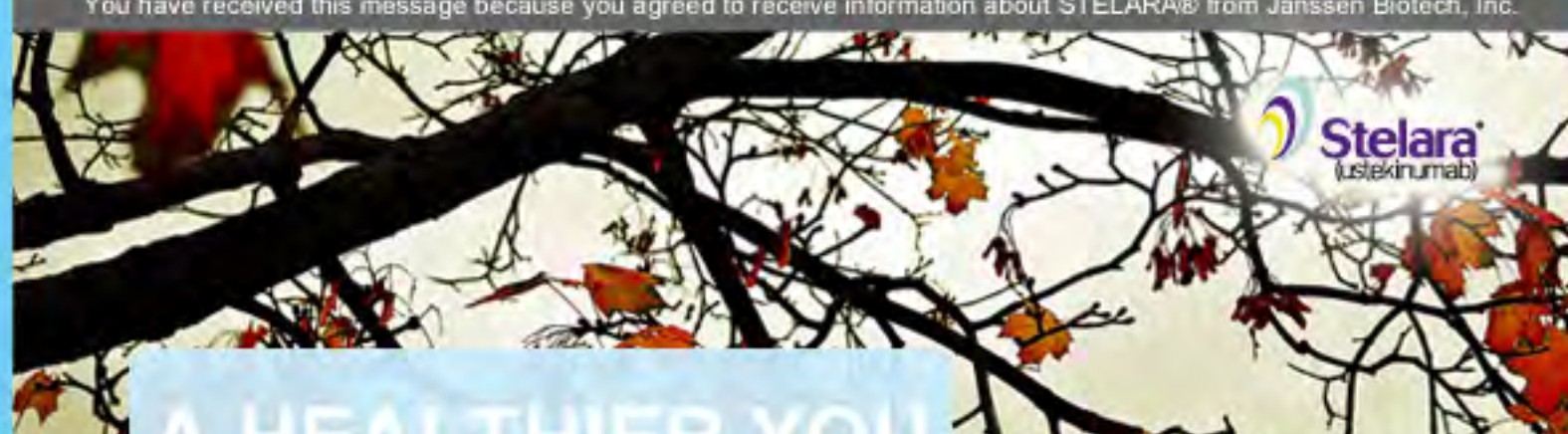
Subject: [First Name], wishing you healthy holidays;

Stay in control this holiday season; [First Name], eat right and stay active this holiday season

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PLEASE READ THE [IMPORTANT SAFETY INFORMATION](#).

Tips For The Upcoming Holiday Season

The holidays are a joyful time of year spent celebrating with family and friends. Yet for some people, the hustle and bustle of the season can be stressful. If you have moderate or severe plaque psoriasis, research shows stress can be a contributing factor to flare-ups. That's why it's important to stay healthy and manage your stress levels.

If commitments stack up, remind yourself that you deserve a happy and relaxed holiday. Use these tips to stay healthy, hold off stress, and start the New Year feeling good.

And be sure to talk to your doctor before changing any of your eating, exercise, or stress-management habits.



Stay Healthy

- Eat a healthy meal before going to your holiday party so you can say no to snacking and avoid calories
- Bring a healthy dish to share with others and nibble on it yourself
- Keep portion control in mind when eating at restaurants or buffets



Stay Active

- Walking the mall in search of the perfect gifts can add up in miles and keep you moving in cold weather
- String lights outside and decorate inside to keep your blood flowing and your heart pumping
- Spend the day outside enjoying the brisk weather by taking a walk or jogging around your neighborhood

Stay Relaxed

- Make a to-do list so important things don't slip your mind and cause unneeded stress
- Buy your holiday gifts in advance so you aren't scrambling last minute to find the gifts you need
- It's OK to say no to certain holiday events to keep from feeling overwhelmed with commitments

We wish you a happy and healthy holiday season.

For an extra holiday treat, be sure to download our FREE e-book, [Your Journey To Healthier Living](#).

STELARA® support

What is STELARA®?

STELARA® (ustekinumab) is a prescription medicine approved to treat adults 18 years and older with moderate or severe plaque psoriasis that involves large areas or many areas of their body, who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills).

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Serious Infections

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- Your doctor should check you for TB before starting STELARA® and watch you closely for signs and symptoms of TB during treatment with STELARA®.
- If your doctor feels that you are at risk for TB, you may be treated for TB before and during treatment with STELARA®.

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Before starting STELARA®, tell your doctor if you think you have an infection or have symptoms of an infection such as:

- fever, sweats, or chills
- muscle aches
- cough
- shortness of breath
- blood in your phlegm
- weight loss
- warm, red, or painful skin or sores on your body
- diarrhea or stomach pain
- burning when you urinate or urinate more often than normal
- feel very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have TB, or have been in close contact with someone who has TB

After starting STELARA®, call your doctor right away if you have any symptoms of an infection (see above).

STELARA® can make you more likely to get infections or make an infection that you have worse. People who have a genetic problem where the body does not make any of the proteins interleukin 12 (IL-12) and interleukin 23 (IL-23) are at a higher risk for certain serious infections that can spread throughout the body and cause death. It is not known if people who take STELARA® will get any of these infections because of the effects of STELARA® on these proteins.

Cancer

STELARA® may decrease the activity of your immune system and increase your risk for certain types of cancer. Tell your doctor if you have ever had any type of cancer.

Reversible posterior leukoencephalopathy syndrome (RPLS)

RPLS is a rare condition that affects the brain and can cause death. The cause of RPLS is not known. If RPLS is found early and treated, most people recover. Tell your doctor right away if you have any new or worsening medical problems including: headache, seizures, confusion, and vision problems.

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Serious allergic reactions can occur. Get medical help right away if you have any symptoms such as: feeling faint, swelling of your face, eyelids, tongue, or throat, trouble breathing, throat or chest tightness, or skin rash.

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- receive phototherapy for your psoriasis
- have any other medical conditions
- are pregnant or plan to become pregnant. It is not known if STELARA® will harm your unborn baby. You and your doctor should decide if you will take STELARA®.
- are breast-feeding or plan to breast-feed. It is thought that STELARA® passes into your breast milk. You should not breast-feed while taking STELARA® without first talking to your doctor.

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:

- other medicines that affect your immune system
- certain medicines that can affect how your liver breaks down other medicines

Common side effects of STELARA® include: upper respiratory infections, headache, and tiredness.

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Horsham, PA 19044
USA

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From: Janssen Biotech Inc. [admin@info.janssenbiotech.com]

Subject: Helpful tips for keeping your New Year's resolutions

[First Name], live healthier this winter; [First Name], here are great tips for a healthier winter

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A HEALTHIER YOU Winter Edition

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Cold Weather Survival: The Dos and Don'ts

Winter is the season for days spent wrapped in blankets, watching movies, and sipping mugs of hot chocolate. However, it can be a difficult time of year for people who have moderate or severe plaque psoriasis. In fact, according to [Everyday Health](#), "80% of people report that their psoriasis symptoms are worse in the winter."

Despite the cold weather challenges, there is hope for a winter of clearer skin. Here are some tips on how you can help protect your skin from the harsh winter months.

Be sure to talk to your doctor about these and other healthy living dos and don'ts.



Do:

- Keep skin protected from the cold air by layering your clothing
- Use a humidifier to add moisture into the air
- Drink plenty of water to keep skin hydrated from the inside
- Stay active by joining a gym or committing to home workout videos



Don't:

- Keep your home too warm as it can dry out the air
- Take longer than a 10-minute hot shower as it can strip away oils and leave skin dry
- Wear wool, which can irritate your skin
- Forget to wash your hands and take other flu-preventing measures

For more healthy living tips, make sure to download the STELARA® (ustekinumab) healthy living e-book, [Your Journey To Healthier Living](#). And remember, spring will be here before you know it.

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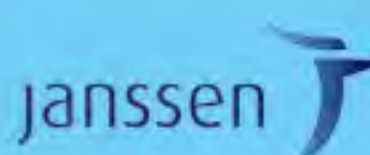
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Horsham, PA 19044
USA

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From: Janssen Biotech, Inc. [admin@info.janssenbiotech.com]

Subject: [First Name], take a fresh approach to spring

[First Name], stay active and proactive this spring; [First Name], celebrate the new you this spring

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A HEALTHIER YOU Spring Edition

PLEASE READ THE
IMPORTANT SAFETY INFORMATION

Tips For Starting Off The Season Right

Warmer weather. Longer days. Flowers in bloom. This is spring's invitation to you to get outside and have some fun.

Now that winter is over, it's time to shed those extra layers of clothes and those few extra pounds, and enjoy the new season. With so much more to do outside, now you can take on everything spring has to offer. If you have moderate or severe plaque psoriasis, try some of these helpful tips for a fresh approach to staying healthy and active this spring.

Be sure to talk to your doctor before changing any of your eating, exercise, or stress-management habits.



Get Healthy

- Choose leaner proteins, like skinless chicken, instead of high-fat meats when grilling with friends
- Bring a veggie platter to a picnic for a low-calorie snack packed with vitamins to keep you feeling good
- Satisfy your sweet tooth with a healthy fruit salad full of nutrients



Get Moving

- Start the season off with some spring cleaning to get organized and help burn some calories
- Drop in on a yoga class to get fit and reduce stress
- Walking around the park is a great way to shed the winter weight and see all the new flowers in bloom



Get Outside

- Keep your skin protected and moisturized with a little SPF when you step outside this season
- Take a break and grab some shade under a tree if you're outside for long periods of time



Get Sunscreen

As part of the Johnson & Johnson family, we'd like to offer you a discount on [sunscreens](#).

It's a great time to celebrate a new beginning.

STELARA® support

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Cancer

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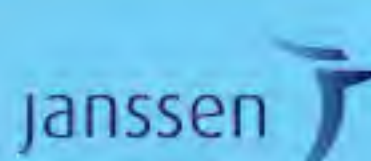
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From: Janssen Biotech Inc. [admin@info.janssenbiotech.com]

Subject: [First Name], it's time to shine

[First Name], feel great this summer; Have some fun outside

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A HEALTHIER YOU Summer Edition

PLEASE READ THE
IMPORTANT SAFETY INFORMATION

Tips For Feeling Great This Summer

Short-sleeved clothing, swimming pools, and social gatherings can seem overwhelming when it comes to the summer. The heat and the sunlight can make it harder to cover up. But for those with moderate or severe plaque psoriasis who are experiencing clearer skin, this season is a time to rejoice in the activities that were once thought of as a challenge.

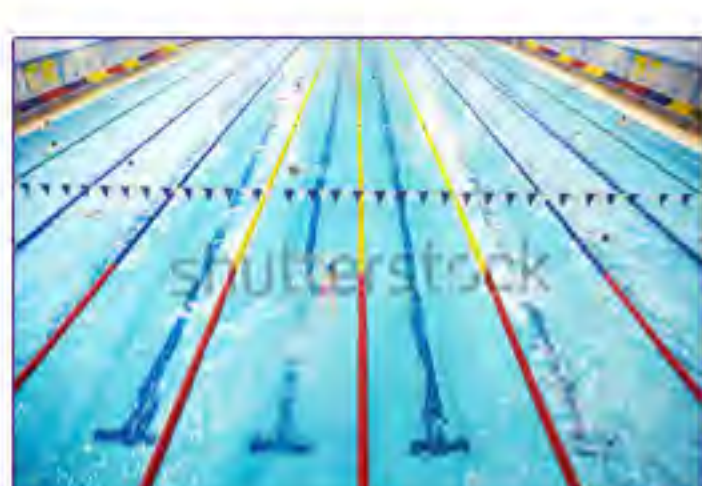
Whether you're relaxing in the sun or staying cool in the water, here are a few tips that can help you stay looking great and feeling healthy this summer.

Make sure to talk to your doctor before making any changes to your diet, exercise, and stress-management habits.



Get A Little Sun

- Sunburns can trigger flare-ups so limit your time in the sun to 15 minutes or less
- Choose a sunblock that's designed for sensitive skin to avoid irritation and apply thoroughly to body except on psoriasis patches



Make A Splash

- Salt water helps slough off dead skin, so take a dip in the water and burn some calories with a good swim
- Salt water and chlorinated water can dry out skin, so make sure to gently shower after swimming
- Apply moisturizer after swimming to keep skin hydrated.



Relax

- De-stress by reading a book, doing yoga, or going for a bike ride

Stay Cool

- Drink plenty of water to keep you and your skin hydrated

Stay cool and have a great summer.

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