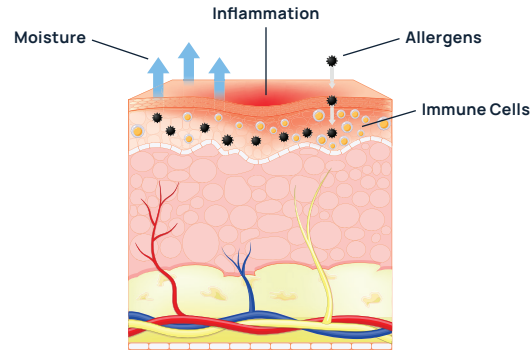


Understanding Eczema^{2,3}

What is Eczema?

Eczema, also called atopic dermatitis, is a chronic inflammatory skin condition that can cause dry, itchy, irritated, and inflamed skin. Symptoms can come and go over time, with periods of flares and improvement.

Eczema may appear differently from person to person. While eczema is a visible skin condition, its impact can extend beyond the physical symptoms.



Important Things to Know

- Eczema is not contagious
- It can affect people of all ages, skin types, and backgrounds
- Symptoms and severity can vary
- Flares may be triggered or worsened by factors such as dry skin, irritants, allergens, stress, or changes in the environment
- Eczema is a medical condition and treatment options are available

Eczema is More Than Skin Deep

Itching, discomfort, visible skin changes, and unpredictable flares can affect daily activities, sleep, confidence, and emotional well-being.

People living with eczema may experience:

- Dry, itchy, irritated, or inflamed skin
- Redness, scaling, or changes in skin texture
- Flares that can come and go over time
- Sleep disruption caused by itching
- Emotional stress or frustration
- Uncertainty about treatment options

Ready to Take the Next Steps?

If you're living with eczema, a conversation with your healthcare provider is an important first step.

Ask your provider:

- Which home phototherapy device is right for you?
- How Guided Mode makes treatment simple
- How home phototherapy fits into your treatment
- About Phothera Cares



Scan the QR Code
or Visit [Phothera.com](https://phothera.com)
to Learn More

1. Garritsen FM, et al. Br J Dermatol. 2014;170(3):501-513.
2. Eichenfield LF, Tom WL, Berger TG, et al. Guidelines of care for the management of atopic dermatitis. J Am Acad Dermatol. 2014;70(2):338-351. doi:10.1016/j.jaad.2013.10.010.
3. Davis DM, Drucker AM, Alikhan A, et al. Guidelines of care for the management of atopic dermatitis in adults with phototherapy and systemic therapies. J Am Acad Dermatol. 2024;90(2):e43-e56. doi:10.1016/j.jaad.2023.08.102.
4. Wollenberg A, et al. J Eur Acad Dermatol Venereol. 2020;34(12):2717-2744.
5. Hearn RMR, et al. Br J Dermatol. 2008;159(4):931-935.
6. Data on File.
7. Goulden V, Staughton R, Walker SL, et al. British Association of Dermatologists and British Photodermatology Group guidelines for narrowband ultraviolet B phototherapy 2022. Br J Dermatol. 2022;187(3):295-308. doi:10.1111/bjd.21669.
8. Choi JY, et al. Clin Exp Dermatol. 2021;46(6):1067-1074.
9. Gambichler T, et al. Br J Dermatol. 2009;160(3):652-658.
10. Dayal S, et al. An Bras Dermatol. 2017;92(6):801-806.

*For eligible insured patients

LT00150 [0] 9/26



* Not an actual patient

Eczema & Phototherapy

A simple guide to eczema & how light-based treatment can help reduce symptoms and calm inflammation over time¹

Phothera
Embrace Life with Confidence

Calm the Itch with Light Therapy

Phototherapy is a safe, proven medical treatment that uses specific wavelengths of ultraviolet (UV) light—narrowband UVB (NB-UVB)—to treat chronic skin conditions such as eczema.

The light is delivered in a controlled, prescribed way to help reduce inflammation, calm itching, and improve signs and symptoms.¹



* Not an actual patient

How Phototherapy Can Help

Phototherapy may help:^{1,4}

- Reduce inflammation and the severity of eczema
- Improve the appearance of affected skin
- Reduce itching and other symptoms of eczema
- Help manage symptoms and reduce flare-ups

Phototherapy is:

- Safe, convenient, and effective⁵
- FDA-cleared for the treatment of eczema⁶
- Broadly covered by insurance, with eligible patients paying \$0* [Ask about Phothera Cares!](#)
- Safe for most patients and a recommended treatment option for pregnant women, children, and older adults.⁷ May offer a steroid-sparing, non-systemic treatment option for appropriate patients.⁸
- Prescribed and monitored by your healthcare provider



At Home Phototherapy

Allows You To:

- Access a treatment that is covered by many insurance plans
- Feel supported with Guided Mode—an on-device app that walks you through each treatment
- Choose from a variety of device options designed to fit your needs
- Stay consistent with treatments that work with your schedule

Approximately
70%
of patients used
Less Topical Steroid
treatment after NB-UVB.⁸

Ask Your Healthcare Provider About
[Phothera NB-UVB Phototherapy](#)

Frequently Asked Questions

- 1. How long does it take to see results?**
Phototherapy is a gradual treatment. Most eczema patients will begin to see early signs of improvement within several weeks, with more significant improvement after about 6 weeks of consistent use.⁹
- 2. How effective is phototherapy for eczema?**
Results vary from person to person, but phototherapy can help reduce the severity of eczema, including redness, itching, and other signs of inflammation. Studies have shown that NB-UVB can improve eczema severity and symptoms, particularly in people with chronic eczema.¹ Phototherapy may be used alone or alongside other treatments, depending on your healthcare provider's recommendations.
- 3. Is home phototherapy safe?**
When used as prescribed and under a healthcare provider's guidance, home phototherapy is considered safe for many patients. Side effects are generally mild but may include temporary redness or dryness, similar to a mild sunburn.
- 4. How often do I need to use the device?**
Most patients use phototherapy about 3 times per week, depending on their dermatologist's recommendations. Consistency is important for best results, but treatment schedules are typically designed to fit into daily life at home.
- 5. Is home phototherapy covered by insurance?**
Many insurance plans do provide coverage for home phototherapy devices, though coverage can vary. With Phothera Cares, eligible insured patients could pay as little as \$0 out of pocket.* The Phothera Cares team can help determine eligibility.
- 6. Is phototherapy safe for children or during pregnancy?**
Phototherapy may be used for children and pregnant women when recommended and closely supervised by a healthcare provider.⁷ One study of children with moderate-to-severe eczema showed that 90% of patients achieved clearance after 12 weeks of NB-UVB treatment, with the greatest number reaching clearance by the 18th treatment session (approximately 9 weeks).¹⁰