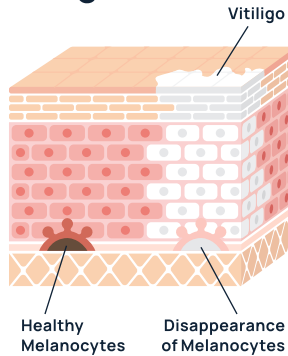


Understanding Vitiligo

What is Vitiligo?

Vitiligo is a chronic autoimmune condition in which the body's immune system mistakenly attacks pigment-producing cells in the skin, called melanocytes.

When these cells are damaged or destroyed, white patches can appear on different areas of the body.



Important Things to Know

- Vitiligo is not contagious
- Vitiligo is an autoimmune condition
- It can affect people of all ages and skin types
- The pattern and progression vary from person to person
- Vitiligo is a medical condition and treatment options are available

Vitiligo is More Than Skin Deep

While vitiligo is a physical condition, it can also impact emotional well-being—especially when patches appear on visible areas like the face, hands, or arms.

People living with vitiligo may experience:

- Changes in appearance over time
- Feelings of self-consciousness or reduced confidence
- Emotional stress or frustration
- Uncertainty about treatment options

Acknowledging both the physical and emotional impact of vitiligo is an important step toward finding care that feels right for you.

Ready to Take the Next Steps?

If you're living with vitiligo, 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

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*For eligible insured patients

LIT00137 [1] (6/26)



* Not an actual patient

Vitiligo & Phototherapy

A simple guide to vitiligo & how light-based treatment can help restore pigment safely over time

Phothera
Embrace Life with Confidence

Repigmentation with Light

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 vitiligo.

The light is delivered in a controlled, prescribed way to help stimulate and protect pigment-producing cells and support improvement in affected areas.¹

How Phototherapy Can Help

Phototherapy Can Help:²

- Activate remaining melanocytes
- Encourage gradual repigmentation
- Support long-term skin management when used consistently

Phototherapy is:³

- Safe, convenient and effective
- FDA cleared for the treatment of vitiligo
- Broadly covered by insurance with eligible patients paying \$0*
[Ask about Phothera Cares!](#)
- Safe for most patients and first-line therapy for pregnant women,⁴ children,⁵ and the immunocompromised⁶
- 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

2X

Repigmentation

When Combining Phototherapy + Topicals⁷

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

Frequently Asked Questions

1. How effective is phototherapy for vitiligo?

Results vary from person to person, but many patients experience some level of repigmentation with consistent use. Studies have shown that after 6 months of treatment, approximately 74% of patients achieve repigmentation. Phototherapy can be used alone or in combination with other treatments to help improve outcomes.⁸

2. How long does it take to see results?

Phototherapy is a gradual treatment. Most patients begin to see early signs of repigmentation after several weeks to a few months of consistent use. More noticeable results often take 3–6 months or longer. Ongoing treatment is usually needed to maintain and build results.

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.* A prescribing provider or support team can usually help determine eligibility.

6. Is phototherapy safe for children or during pregnancy?

Phototherapy may be used for children⁵, pregnant patients⁴, and geriatric⁹ or immunocompromised⁶ individuals when recommended and closely supervised by a healthcare provider.