Neurocrine Biosciences Launches Interactive Educational Resources to Support Clinical Learning in Classic Congenital Adrenal Hyperplasia

October 30, 2026

- BootCAHmp® delivers evidence-based education to strengthen understanding of classic congenital adrenal hyperplasia through interactive learning and real-world patient cases
- DiscoverCAH ™ provides immersive virtual experiences to expand knowledge of classic congenital adrenal hyperplasia through realistic patient scenarios

SAN DIEGO, Oct. 30, 2026 /PRNewswire/ -- Neurocrine Biosciences, Inc. (Nasdaq: NBIX) today announced the launch of educational resources designed to help healthcare providers strengthen their understanding of classic congenital adrenal hyperplasia. The offerings include bootCAHmp®, an interactive, educational course that builds foundational clinical knowledge, and DiscoverCAH ™, a virtual patient case experience that enables healthcare providers to apply their knowledge of the condition through realistic clinical decision-making scenarios.

Classic congenital adrenal hyperplasia (CAH) is a rare genetic condition most commonly caused by 21-hydroxylase deficiency that requires lifelong glucocorticoid replacement therapy and can present long-term treatment and management challenges. Because many clinicians have limited exposure to patients with CAH, access to educational resources that integrate foundational learning with clinical application can help build knowledge about patient management.

"Whether they care for congenital adrenal hyperplasia patients routinely or encounter the condition only occasionally, these educational resources are designed to help clinicians feel equipped to recognize, manage and navigate the challenges of this lifelong disease," said Eiry W. Roberts, M.D., Chief Medical Officer, Neurocrine Biosciences. "BootCAHmp and DiscoverCAH were developed with leading experts to provide complementary learning experiences combining foundational scientific education with real-world clinical scenarios, helping healthcare providers deepen their understanding of this complex disease."

Healthcare professionals can preview and register for bootCAHmp at www.cahcourse.learnworlds.com, and can access DiscoverCAH at www.DiscoverCAH.com.

Education Grounded in Real-World Clinical Practice: bootCAHmp

BootCAHmp is a self-paced, interactive, asynchronous educational course designed to enhance clinical understanding of CAH through evidence-based learning and real-world patient cases, developed in collaboration with endocrinologists Maya Lodish, M.D., M.H.Sc., Professor of Pediatrics, Division Chief of Pediatric Endocrinology at the University of California, San Francisco and Ricardo Correa, M.D., Program Director, Endocrinology, Diabetes and Metabolism Fellowship at the Cleveland Clinic.

The curriculum currently includes two modules, through which healthcare providers can explore topics on disease pathophysiology, diagnostic approaches and the role of glucocorticoids and crinecerfont in the management and treatment of classic CAH. Interactive clinical scenarios and de-identified patient cases help to reinforce key learnings. Additional modules are planned for future launches.

"This hands-on course uses real patient cases to illustrate the impact of classic congenital adrenal hyperplasia on patients while helping clinicians build a strong foundation for managing this complex condition," Dr. Lodish said. "It is a practical and comprehensive way to expand clinical knowledge of a disease that healthcare providers may not frequently encounter."

Virtual Patient Case Experiences for Interactive Clinical Learning: DiscoverCAH

DiscoverCAH is an interactive virtual patient case experience designed to help healthcare providers apply their clinical knowledge in realistic classic CAH management scenarios. It was developed in collaboration with leading endocrinologists, including Selma Feldman Witchel, M.D., Professor of Pediatrics Emerita at the University of Pittsburgh Medical Center Children's Hospital of Pittsburgh and the University of Pittsburgh School of Medicine.

Through self-directed learning and virtual patient avatars based on clinical study and real patient cases, DiscoverCAH enables healthcare providers to practice clinical decision making in real-world CAH management scenarios, including the use of crinecerfont and glucocorticoid dose reduction.

"Classic congenital adrenal hyperplasia presents differently from patient to patient and clinicians may not have many opportunities to gain experience managing a variety of cases," said Vivian H. Lin, M.D., Executive Medical Director, Medical Affairs, Neurocrine Biosciences. "DiscoverCAH gives healthcare professionals a chance to learn while working through realistic management scenarios without any clinical risk to patients."

BootCAHmp and DiscoverCAH are available at no cost to healthcare professionals.

The healthcare professionals who participated in the development of bootCAHmp and DiscoverCAH were compensated by Neurocrine Biosciences, Inc.

About Congenital Adrenal Hyperplasia
Congenital adrenal hyperplasia (CAH) is a rare genetic condition that results in an enzyme deficiency that alters the production of adrenal steroid hormones, such as cortisol, aldosterone and adrenal androgens. Severe enzyme deficiency leads to an inability of the adrenal glands to produce enough cortisol and, in approximately 75% of cases, aldosterone. Because individuals with CAH are typically still able to produce androgens, the unused precursors that would normally be used to make cortisol instead result in the production of excess amounts of androgens. If left untreated, CAH can result in adrenal crisis and even death.

Exogenous glucocorticoids (GCs) are necessary to correct the endogenous cortisol deficiency, but historically, doses higher than those needed for cortisol replacement (supraphysiologic) have been used to lower the elevated levels of adrenocorticotropic hormone (ACTH) and adrenal androgens. However, GC treatment at supraphysiologic doses has been associated with serious and significant complications of steroid excess, including metabolic issues such as weight gain and diabetes, cardiovascular disease and osteoporosis. Additionally, long-term treatment with supraphysiologic GCs may have psychological and cognitive impacts, such as changes in mood and memory. Adrenal androgen excess has been associated with abnormal bone growth and development in pediatric patients, female health problems such as excess facial hair growth and menstrual irregularities, in addition to cardiometabolic and fertility issues in both sexes. The symptoms of high ACTH may include testicular adrenal rest tumors (TARTs).

About CRENESSITY® (crinecerfont)
CRENESSITY is a potent and selective oral corticotropin-releasing factor type 1 receptor (CRF_1) antagonist that reduces and controls excess adrenocorticotropic hormone (ACTH) and adrenal androgens through a non-glucocorticoid (GC) mechanism for the treatment of classic congenital adrenal hyperplasia (CAH). Antagonism of CRF_1 receptors in the pituitary has been shown to decrease ACTH levels, which in turn decreases the production of adrenal androgens and potentially the symptoms associated with CAH. The robust clinical study data demonstrate that lowering adrenal androgen levels with CRENESSITY enables lower, more physiologic dosing of GCs to replace missing cortisol.

CRENESSITY comes in capsules and an oral solution. For adults 18 years of age and older, the recommended dosage is 100 mg twice daily taken orally with a meal. For pediatric patients four to 17 years of age weighing less than 55 kg (121 lbs), the recommended dosage is based on body weight and is administered twice daily, taken orally with a meal. For pediatric patients weighing more than 55 kg (121 lbs), the recommended dosage is 100 mg twice daily taken orally with a meal. Healthcare providers can work with patients to determine the appropriate formulation for use depending on patient needs. Patients receiving CRENESSITY should continue GC therapy for cortisol replacement.

About bootCAHmp®
BootCAHmp is an interactive educational course designed to expand clinical understanding of classic congenital adrenal hyperplasia through evidence-based educational content, practical learning modules and de-identified patient cases. The course was developed in collaboration with endocrinologists Dr. Maya Lodish and Dr. Ricardo Correa.

About DiscoverCAH ™
DiscoverCAH is an interactive educational platform that simulates the management of classic congenital adrenal hyperplasia through virtual patient case experiences. Developed in collaboration with leading endocrinologists including Dr. Selma Feldman Witchel, the platform allows healthcare professionals to explore clinical scenarios and practice clinical decision-making in a self-directed educational environment.

Important Information

Approved Uses
CRENESSITY® (crinecerfont) is a prescription medicine used together with glucocorticoids (steroids) to control androgen (testosterone-like hormone) levels in adults and children 4 years of age and older with classic congenital adrenal hyperplasia (CAH).

IMPORTANT SAFETY INFORMATION

Do not take CRENESSITY if you:

Are allergic to crinecerfont, or any of the ingredients in CRENESSITY.

CRENESSITY may cause serious side effects, including:

Allergic reactions. Symptoms of an allergic reaction include tightness of the throat, trouble breathing or swallowing, swelling of the lips, tongue, or face, and rash. If you have an allergic reaction to CRENESSITY, get emergency medical help right away and stop taking CRENESSITY.

Risk of Sudden Adrenal Insufficiency or Adrenal Crisis with Too Little Glucocorticoid (Steroid) Medicine. Sudden adrenal insufficiency or adrenal crisis can happen in people with congenital adrenal hyperplasia who are not taking enough glucocorticoid (steroid) medicine. You should continue taking your glucocorticoid (steroid) medicine during treatment with CRENESSITY. Certain conditions such as infection, severe injury, or shock may increase your risk for sudden adrenal insufficiency or adrenal crisis. Tell your healthcare provider if you get a severe injury, infection, illness, or have planned surgery during treatment. Your healthcare provider may need to change your dose of glucocorticoid (steroid) medicine.

Before taking CRENESSITY, tell your healthcare provider about all of your medical conditions, including if you: are pregnant or plan to become pregnant, or are breastfeeding or plan to breastfeed.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

The most common side effects of CRENESSITY in adults include tiredness, headache, dizziness, joint pain, back pain, decreased appetite, and muscle pain.

The most common side effects of CRENESSITY in children include headache, stomach pain, tiredness, nasal congestion, and nosebleeds.

These are not all the possible side effects of CRENESSITY. Call your healthcare provider for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit MedWatch at www.fda.gov/medwatch or call 1-800-FDA-1088.

Dosage Forms and Strengths: CRENESSITY is available in 50 mg and 100 mg capsules, and as an oral solution of 50 mg/mL.

Please see full **Prescribing Information**.

About Neurocrine Biosciences, Inc.
Neurocrine Biosciences is a leading biopharmaceutical company with a simple purpose: to relieve suffering for people with great needs. We are dedicated to discovering, developing and commercializing life-changing treatments for patients with under-addressed neurological, psychiatric, endocrine and immunological disorders. The company's diverse portfolio includes FDA-approved treatments for tardive dyskinesia, chorea associated with Huntington's disease, classic congenital adrenal hyperplasia, hyperphagia in Prader-Willi syndrome, endometriosis* and uterine fibroids*, as well as a robust pipeline including multiple compounds in mid- to late-phase clinical development across our core therapeutic areas. For more than three decades, we have applied our unique insight into neuroscience and the interconnections between brain and body systems to treat complex conditions. We relentlessly pursue medicines to ease the burden of debilitating diseases and disorders, because you deserve brave science. For more information, visit neurocrine.com, and follow the company on LinkedIn, X, Facebook and YouTube. (**in collaboration with AbbVie*)

NEUROCRINE, the NEUROCRINE BIOSCIENCES Logo, YOU DESERVE BRAVE SCIENCE, CRENESSITY, and BootCAHmp are registered trademarks of Neurocrine Biosciences, Inc. DiscoverCAH is a trademark of Neurocrine Biosciences, Inc.

Forward-Looking Statements
In addition to historical facts, this press release contains forward-looking statements that involve a number of risks and uncertainties. These statements include, but are not limited to, statements regarding the Company's plans to continue to develop and advance educational resources that may help address the educational needs of healthcare providers treating patients with classic congenital adrenal hyperplasia (CAH), including through the development of additional educational modules, and the value that such resources may bring to healthcare providers; and the value and benefits CRENESSITY brings to patients with CAH. Factors that could cause actual results to differ materially from those stated or implied in the forward-looking statements include, but are not limited to, the following: risks and uncertainties as to whether the Company can successfully continue to develop and advance educational resources that may help address the educational needs of healthcare providers treating patients with classic CAH; risks and uncertainties associated with Neurocrine Biosciences' business and finances in general, as well as risks and uncertainties associated with the commercialization of CRENESSITY, including the extent to which patients and physicians accept and adopt CRENESSITY; whether CRENESSITY receives adequate reimbursement from third-party payors; risks and uncertainties relating to competitive products and technological changes that may limit demand for CRENESSITY; risks associated with the Company's dependence on third parties for development and manufacturing activities related to CRENESSITY, and the ability of the Company to manage these third parties; risks that additional regulatory submissions for CRENESSITY may not occur or be submitted in a timely manner; risks that the FDA or other regulatory authorities may make adverse decisions regarding CRENESSITY; risks that post-approval CRENESSITY commitments or requirements may be delayed; risks that CRENESSITY may be precluded from commercialization by the proprietary or regulatory rights of third parties, or have unintended side effects,

adverse reactions or incidents of misuse; risks and uncertainties relating to competitive products and technological changes that may limit demand for CRENESSITY; and other risks described in the Company's periodic reports filed with the Securities and Exchange Commission, including without limitation the Company's quarterly report on Form 10-Q for the quarter ended June 30, 2026. Neurocrine Biosciences disclaims any obligation to update the statements contained in this press release after the date hereof other than required by law.

© 2026 Neurocrine Biosciences, Inc. All Rights Reserved. CAP-CAH-US-0072 10/2026

View original content to download multimedia:https://www.prnewswire.com/news-releases/neurocrine-biosciences-launches-interactive-educational-resources-to-support-clinical-learning-in-classic-congenital-adrenal-hyperplasia-302924268.html

SOURCE Neurocrine Biosciences, Inc.

Aimee White, 1-858-354-7865, media@neurocrine.com; Investors, Todd Tushla, 1-858-617-7143, ir@neurocrine.com