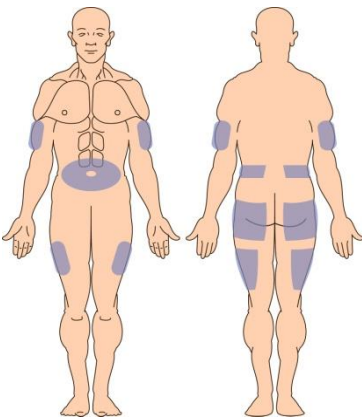


How do I give myself insulin?

If you must use insulin, your doctor will show you how and where to give yourself a shot. Common sites to inject insulin are:

- Stomach
- Arms
- Thighs

It is vital to change the site where you give yourself insulin each day. This helps avoid skin changes like lumps or swollen areas. Use the images below to help find insulin injection sites.



Glucometers and supplies

Your doctor may ask you to check your blood sugar. He or she will tell you how often. A special meter is used to do this. The hand-held machine is called a glucometer. You will need other supplies too. Alcohol swabs clean your finger before poking. Lancets poke your finger and draw a blood drop. Testing strips hold the blood drop and are placed in the glucometer to show the test results.

You can get a meter through the mail without a prescription by calling:

True Metrix: 1-866-788-9618

A network pharmacy can provide a testing device. A prescription from your health care provider is required for the meter, strips and lancets.

Member benefits and services not covered can be different for everyone. If you have any questions and need help to get a meter, call toll free: 1-800-600-4441 for Member Services, TTY 711 for members who are deaf or hard of hearing.

When there's an emergency or natural disaster

An emergency or disaster, such as a power outage or storm can happen with little or no warning. It is crucial for people with diabetes to be ready. One of the best ways to help yourself prepare is to create a disaster kit. It should include all needed items to care for your diabetes such as:

- A blood glucose meter (glucometer), lancets and testing strips
- Your diabetes medicines
- A list of your prescription numbers
- If you take insulin, some insulin, syringes and an insulated bag to keep insulin cool
- A glucagon kit, if you take insulin or if advised by your doctor
- Glucose tablets and other foods or drinks to treat low blood sugar
- Antibiotic cream or ointment
- A copy of your medical data, list of conditions, medicines and recent lab test results
- Phone numbers for the American Red Cross and other disaster relief organizations

You also might want to include some food that won't spoil. Some are canned or dried food and bottled water. Check and update your kit at least twice a year.

Sources:

* American Diabetes Association

www.diabetes.org

* Diabetes Health www.diabeteshealth.com/

* American Heart Association Diabetes Subpage

http://www.heart.org/HEARTORG/Conditions/Diabetes/Diabetes_UCM_001091_SubHomePage.jsp, accessed November 8, 2013.

*Healthfinder.gov

Use Medicines Safely

<http://www.healthfinder.gov/HealthTopics/Category/everyday-healthy-living/safety/use-medicines-safely>, accessed November 8, 2013.