

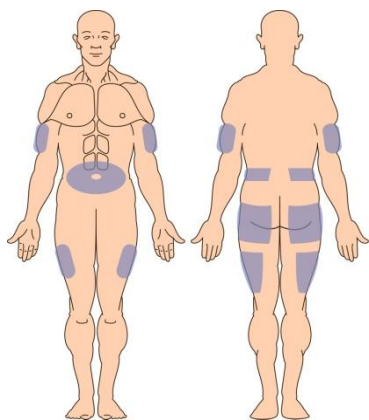
## How do I give myself insulin?

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:

LifeScan (glucometer) at 1-877-764-5393

Nipro Diagnostics (glucometer) at 1-800-803-6025

You can also get a testing device from a pharmacy that works with Amerigroup. If you go to a pharmacy, you'll need a prescription from your health care provider 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.

If the enclosed information is not in your primary language, please call 1-800-600-4441(TDD/TTY only 711). We can translate this at no cost to you.

ENGLISH

Yog cov ntab ntawv xov xwm xa tuaj no tsis yog koj hom lus, thov hu xovtooj rau 1-800-600-4441 (TDD/TTY Cov neeg lag ntseg ces siv tus xovtooj no xwb 711) Peb tuajyeem txhais cov ntab ntawv no pub dawb rau koj.

HMONG

Afai o lenei faaaliga e le o alu atu i lau gagana masani, faamolemole vala'au mai i le telefoni: 1-800-600-4441 (Na' o TTD/TTY 711) E mafai ona matou faaliliuina lenei mea e aunoa ma lou totogiina

SAMOAN

Если прилагаемая информация не на вашем родном языке, позвоните, пожалуйста, по телефону 1-800-600-4441 (только TDD/TTY 711). Мы можем перевести вам это бесплатно.

RUSSIAN

Якщо прикладена інформація не на вашій рідній мові, подзвоніть, будь ласка, по телефону 1-800-600-4441 (тільки TDD/TTY 711) Ми можемо зробити для вас цей переклад безкоштовно.

UKRAINIAN

동봉한 안내자료가 귀하의 모국어로 준비되어 있지 않으면 1-800-600-4441 (TDD/TTY 711)로 연락하십시오. 무료로 이 번역을 해드릴 수 있습니다.

KOREAN

Dacă informațiile alăturate nu sunt în limba dumneavoastră natală vă rugăm să sunați la 1-800-600-4441 (numai pentru TDD/TTY 711). Vă putem traduce aceasta fără să vă coste nimic.

ROMANIAN

ይህ የምንልክላቸው መረጃ በቋንቋህ ካልሆነ፣ እባክህን በስልክ ቁጥር 1-800-600-4441 (TDD/TTY ብቻ 711) ይደውሉ ያለ ምንም ወጪ ይህን ልንተረጎምልዎ እንችላለን።

AMHARIC

እዚ ንስደልኩም ዘለና ሓበሬታ ብቋንቋኹም ምስ ዘይከውን ብኸብረትኩም ብስልክ ቁጥር 1-800-600-4441 (TDD/TTY ጥራሕ 711) ደውሉ እዚ ብዘይ ምንም ዋጋ ከንትርጎመልኩም ንኽእል ኢና።

TIGRIGNA

Si la información adjunta no está en su idioma primario, llame al 1-800-600-4441 (TDD/TTY solamente: 711). Podemos traducir esto sin costo para usted.

SPANISH

ຖ້າຂໍ້ມູນທີ່ໄດ້ເອົາຄັດຕິດມານຳຊອງນີ້ບໍ່ແມ່ນພາສາແມ່ຂອງທ່ານ, ກະລຸນາໂທຫາ 1-800-600-4441 (ສຳລັບການໂທດ້ວຍ TDD/TTY ແມ່ນ 711) ພວກເຮົາສາມາດແປອັນນີ້ໃຫ້ທ່ານໃດຍ່ອຍສຳ.

LAOTIAN

Nếu thông tin đính kèm không có ngôn ngữ của quý vị, xin gọi 1-800-600-4441(TDD/TTY dành riêng 711). Chúng tôi có thể dịch nội dung này miễn phí cho bạn.

VIETNAMESE

如果隨附的資料不是您的主要語言，請撥打電話 1-800-600-4441 (TDD/TTY 專線 711) 我們可免費為您翻譯。

CHINESE

បើសិនជាព័ត៌មានដែលបានភ្ជាប់មកនេះ មិនមែនជាភាសាដើមរបស់លោកអ្នកទេ សូមទូរសព្ទទៅកាន់លេខ 1-800-600-4441 (សំរាប់ DTT/TTY សូមទូរសព្ទទៅកាន់លេខ 711) យើងខ្ញុំអាចបកប្រែភាសានេះ ដោយមិនគិតថ្លៃពីលោកអ្នក។

CAMBODIAN

Kung ang nakalakip na impormasyon ay hindi sa inyong pangunahing wika, pakitawagan po ang 1-800-600-4441 (TDD/TTY lamang 711). Maaari namin itong isalin para sa inyo nang walang bayad.

TAGALOG

اگر اطلاعات ضمیمه به زبان شما نیست، با شماره 1-800-600-4441 تماس بگیرید  
ما می توانیم بدون هزینه این را برای شما ترجمه کنیم. (TDD/TTY شماره 711 فقط با شماره برای)

FARSI