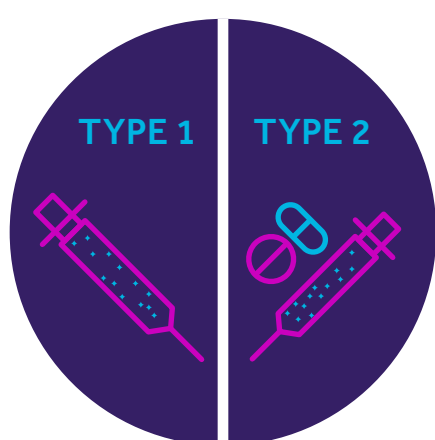
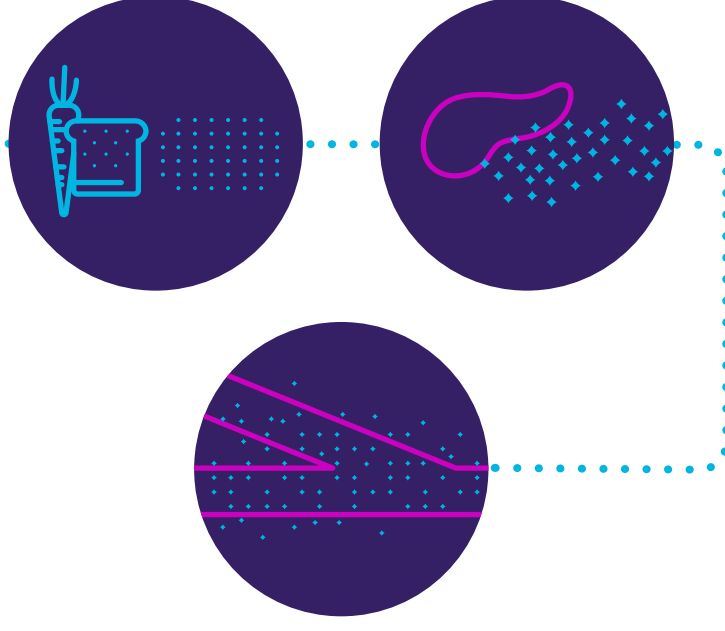


Your Guide to Insulin Shots

What is insulin?

Insulin is a hormone that the pancreas produces to help the body use sugar for energy. When you eat certain foods—like those that contain carbohydrates—the sugar level in your blood rises. Insulin helps move that sugar from the bloodstream into the cells to be used for energy.



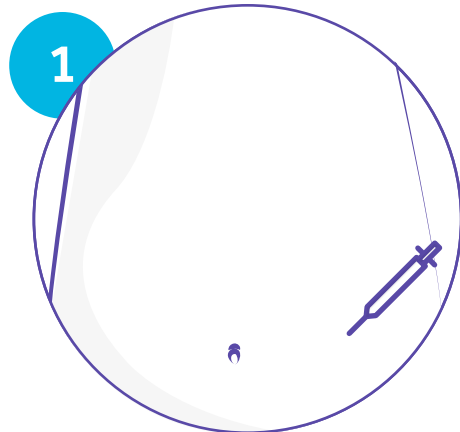
When do you need insulin?

In people with **type 2 diabetes**, the body is unable to use insulin properly. It may also not make enough insulin. Your doctor may prescribe insulin in addition to or instead of oral diabetes medicines when diet, pills, or exercise are no longer keeping your blood sugar levels in range.

In people with **type 1 diabetes**, the body no longer makes any insulin and insulin injections are necessary to survive.

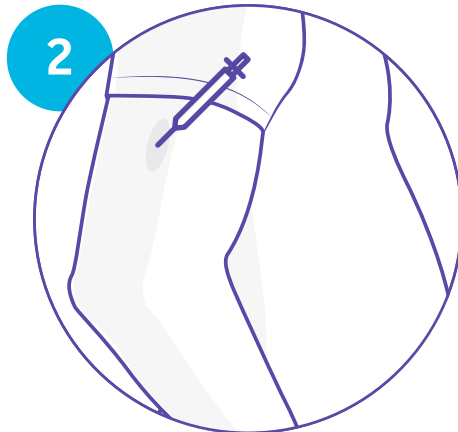
Where do you inject insulin?

Insulin should be injected just under the skin in the fatty layer of the body. Try rotating injection sites: use the same area, but an inch apart from your last injection. This will help with absorption and prevent scar tissue from forming.



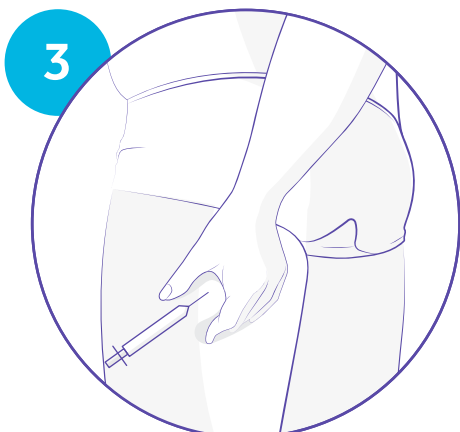
Abdomen

Inject at least 2 inches away from your belly button. Insulin is best absorbed here. It's also the easiest area for you to reach.



Arm

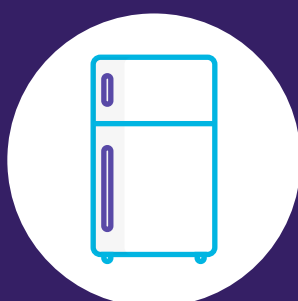
Inject into the top, outer part of the arm between the shoulder and the elbow.



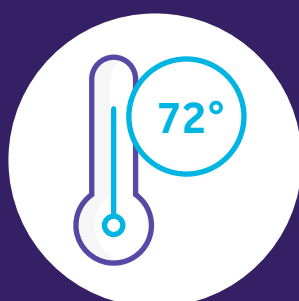
Thigh/buttocks

Inject into the front or outer part of the thigh midway between the hip and knee or into the upper quadrant of the buttocks, closer to the hip area. Insulin is slowest to absorb here.

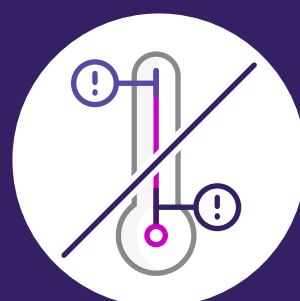
How do you store insulin?



Store insulin in the refrigerator if unopened



Once opened you can store at room temperature (around 72 degrees)



Keep away from extreme heat, cold or freezing temperatures



Note: Read the safety information in your insulin package to see how long your insulin can be left out after opening. Times vary depending on the type of insulin you are taking.

How do you dispose of sharps?



Sharps are considered your needles and lancets and need to be disposed of properly. Ask for a sharps container from your doctor or pharmacy. If you don't have a sharps container, use a hard plastic container like an empty laundry soap container or a plastic milk jug. Find out what your state requires by calling the Coalition for Safe Community Needle Disposal at 1-800-643-1643, or visiting their site at www.safeneedledisposal.org.



If you have questions about injecting insulin, contact your Teladoc coach.