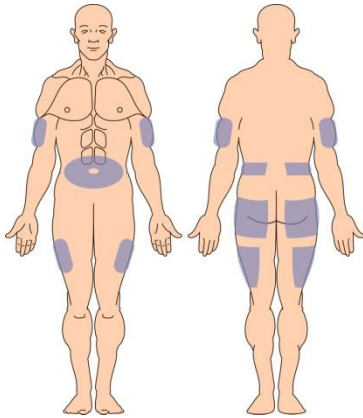


## How do I give myself insulin?

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

- Stomach
- Arms
- Thighs

It is important to change the site where you give yourself insulin each day. This helps prevent changes to your skin such as lumps or swollen areas. Use these images to help you find an insulin injection site:



### **Glucometers and supplies**

Whether or not you take diabetes pills, use insulin or manage diabetes without medicine, you may still have to check your blood sugar. Your doctor will tell you how often. To do so, you will need a special machine. The hand-held machine used to check your blood sugar is called a glucometer. You will need other supplies such as lancets (to poke your finger and draw a blood drop), testing strips (to put the blood drop on and see your blood sugar results) and alcohol swabs (to clean your finger before poking).

If you have any problems and need help to obtain a glucometer, call the customer service number on your member ID card.

### **When there's an emergency or natural disaster**

An emergency or disaster, such as a power outage or hurricane, can happen with little or no warning. It is important 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 everything you need to take care of 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 recommended by your doctor
- Glucose tablets and other foods or drinks to treat low blood sugar
- Antibiotic cream or ointment
- A copy of your medical information, including a list of your 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, such as canned or dried food, along with bottled water. Check and update your kit at least twice a year.

Sources:

\* American Diabetes Association  
[www.diabetes.org](http://www.diabetes.org)

\* Diabetes Health [www.diabeteshealth.com/](http://www.diabeteshealth.com/)

\* American Heart Association Diabetes Subpage  
[http://www.heart.org/HEARTORG/Conditions/Diabetes/Diabetes\\_UCM\\_001091\\_SubHomePage.jsp](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.

**[anthem.com/ca](http://anthem.com/ca)**

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We can translate this at no cost. Call the customer service number on your member ID card.	English
Podemos traducir esto gratuitamente. Llame al número de servicio de atención al cliente que aparece en su tarjeta de identificación (ID Card).	Spanish
يمكننا ترجمة هذا بدون أي تكلفة. اتصل برقم خدمة العملاء الموجود على بطاقة عضويتك ID.	Arabic
Մենք կարող ենք այս անվճար թարգմանել: Կարող եք հեռախոսել Ցածախորդների Սպասարկման Բաժնին, որի թիվը կը մտնուեք ձեր ինքնության քարտի (ID) վրա:	Armenian
我們可以免費為您提供翻譯版本。請撥打您ID卡上所列的電話號碼洽詢客戶服務中心。	Chinese
ما می توانیم این را به رایگان برایتان ترجمه کنیم. به شماره خدمات مراجعه کنید ما که پشت کارت شناسایی (ID) درج شده تلفن برزید.	Farsi
Peb txhais tau qhov no pub dawb. Hu mus rau qhov chaw pab neeg tus naj npawb xov tooj nyob rau ntawm koj daim ID ua mej zeej.	Hmong
យើងអាចបំប្រែជូនដោយឥតគិតថ្លៃផ្តិំទេ ។ សូមទូរស័ព្ទទៅផ្នែកសេវាអតិថិជន តាមលេខមាននៅលើកាត ID របស់អ្នក ។	Khmer
저희는 이것을 무료로 번역해 드릴 수 있습니다. 기입자 ID 카드에 있는 고객 서비스부 번호로 연락하십시오.	Korean
Мы можем перевести это бесплатно. Позвоните в отдел обслуживания участников плана по номеру, указанному в вашей карточке участника плана (ID Card).	Russian
Maaari namin itong isalin-wika nang walang bayad. Paki tawagan ang numero ng customer service sa inyong ID card na pang miyembro.	Tagalog
Xin gọi Văn phòng Dịch vụ Hội viên qua số điện thoại ghi trên thẻ ID (thẻ hội viên) của quý vị.	Vietnamese