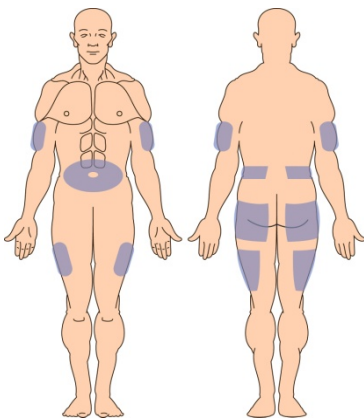


How do I give myself insulin?

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).

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

Integra	718-369-0012
Edgepark	1-800-321-0591
Apria	1-888-432-7742



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A network pharmacy can provide a glucometer. A prescription from a health care provider is required. You will also need a prescription for the strips and lancets.

Member benefits and exclusions vary by health plan. If you have any problems and need help to obtain a meter, call toll free:

- 1-800-300-8181 for Member Services
- 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 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

diabetes.org

* Diabetes Health diabeteshealth.com/

* American Heart Association Diabetes Subpage

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

*Healthfinder.gov

Use Medicines Safely



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healthfinder.gov/HealthTopics/Category/everyday-healthy-living/safety/use-medicines-safely, accessed November 8, 2013.

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