

## DIABETES

# Insulin Injections & Bottles



When you have diabetes, you may need to take insulin. Your doctor will work with you to make sure you take the right insulin to keep your blood sugar under control. The amount of insulin you need depends on:

- your weight
- how much fat and muscle you have
- your level of physical activity
- how much food you eat
- medicines that you take
- emotions
- general health.

### WHERE DO YOU GIVE A SHOT?

- across your belly
- back of your upper arms
- front and sides of upper legs
- buttocks

Since you or a family member will be giving your insulin shot, you need to know where to give it. If the same spot is used all the time,

you may get hard areas under the skin that keep the insulin from being used the right way. Have a regular pattern that you use.

Here are some tips that may help:

- Ask your doctor or nurse where you should give your shots.
- Use a different site for each shot.
- Keep track of where you give your shots.
- If you take more than one shot a day, use a different site for each.

Insulin enters the blood at different speeds. The speed depends on where you give the shot. Insulin enters the body fastest if the shot is given in the belly. Insulin enters the body slowest if the shot is given in the buttocks. How quickly your insulin enters your body also depends on how active you are.

### LANTUS INSULIN

Lantus is a type of insulin that comes in a tall, skinny bottle with a light purple cap. Lantus is a special kind of insulin.

### HOW IS LANTUS DIFFERENT?

- Lantus works longer
- Lantus should not be mixed with any other insulin
- Use it as directed by your doctor, once or twice a day

If you have any questions about your insulin, call your doctor. You can control your diabetes and stay healthy by using your insulin the way your doctor wants you to.



**FOR MORE INFORMATION** about diabetes, call 1.800.414.6314 (TTY: 1.800.473.0989).

This managed health care plan may not cover all your health care expenses. Read your contract and/or member handbook carefully to determine which health care services are covered. If you need help reading this information, please call Unison at 1.800.414.9025. The information in this notice is available in other languages and formats by calling Member Services at 1.800.414.9025 (hearing-impaired: 711). For more information, we are available Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m. and Wednesday 8 a.m. to 8 p.m. You can reach us at 1.800.414.9025 (hearing-impaired: 711).

La información de este aviso está disponible en otros idiomas y formatos si llama a Servicios para Miembros al 1.800.414.9025 (711 para las personas con deficiencias auditivas). Si necesita ayuda para traducir esta información, por favor comuníquese con el departamento de Servicios a miembros del Unison al 1.800.414.9025 (711 para las personas con deficiencias auditivas).

ព័ត៌មាននេះមាននៅក្នុងភាសាខ្មែរ និងភាសាស្រីលង្កា និងភាសាស្រីលង្កា។ ប្រសិនបើអ្នកមានបញ្ហាខាងភាសាដទៃទៀត សូមទូរស័ព្ទទៅខាងសេវាសម្រាប់អ្នកមានបញ្ហាស្តាប់សំឡេង 1.800.414.9025 (ចំពោះអ្នកមានបញ្ហាស្តាប់សំឡេង: 711)។

此通知里的信息有其它语言及格式, 请致电 1.800.414.9025 (听力有障碍人员请转分机 711) 联系会员服务处索取。

Информацию, содержащуюся в данном извещении, можно получить на других языках и в иных форматах по телефону отдела обслуживания участников: 1.800.414.9025 (для лиц с нарушением слуха: 711).

Thông tin trong thông báo này có sẵn bằng các định dạng và thứ tiếng khác bằng cách gọi Dịch Vụ Thành Viên theo số 1.800.414.9025 (người khiếm thính: 711).