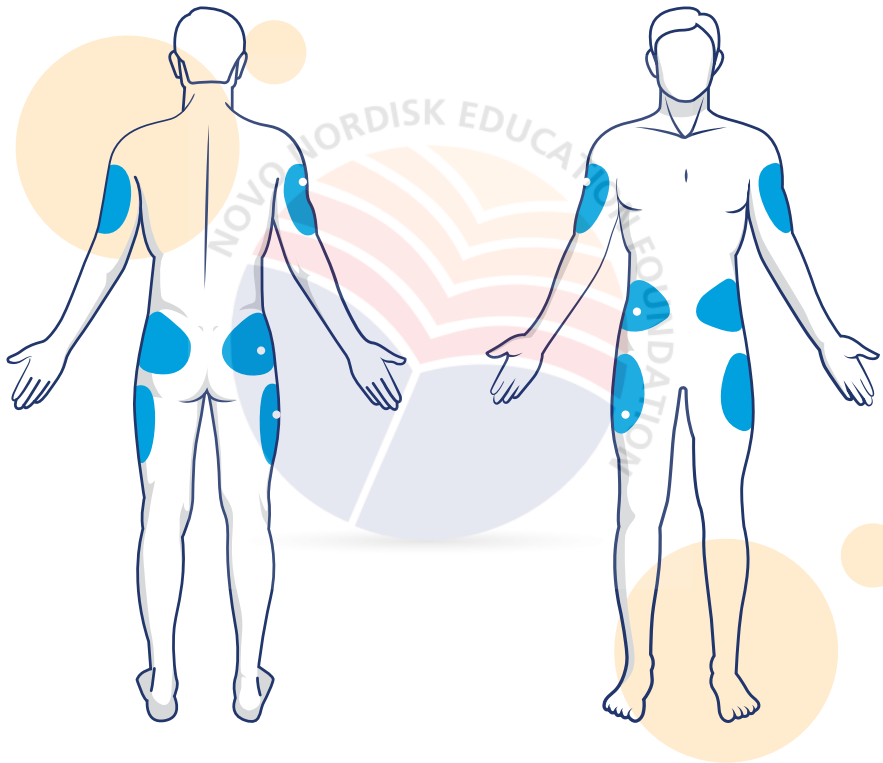


Site Rotation Grid

Usage guide



Learn how to correctly rotate your injection sites to keep them healthy

If you inject insulin, keeping your injection sites healthy is important. Practicing proper injection site rotation and always injecting into healthy sites are two ways you can help keep your diabetes management on track.¹

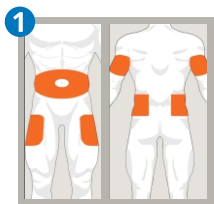
Remember these important tips:

- Always use a new injection site. Do not inject into the same site repeatedly

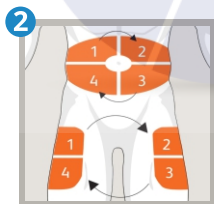
Avoid using a single injection site more than once every four weeks¹

Injection site rotation

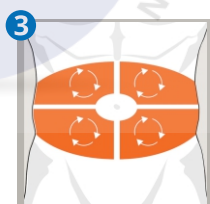
Diabetes experts agree that the best way to keep your injection sites healthy and avoid complications is to practice proper injection site rotation,¹ by following the below steps:



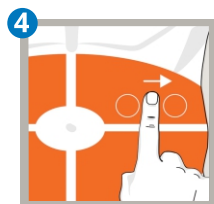
Choose an area



Divide that area into 4 halves



Select an injection site in one half to start injecting. Use one half per week.



Inject one finger away from your last injection

Reference: 1. Frid AH, Kreugel G, Grassi G, *et al.* New insulin delivery recommendations. *Mayo Clin Proc.* 2016;91(9):1231-1255.