

# top ten tips

**DIABETES  
CANADA**

in partnership with:



1. balance basal  
& bolus doses



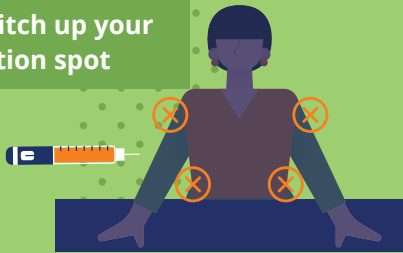
2. bolus with ALL meals  
(and snacks with carbs)



3. bolus BEFORE  
eating



4. switch up your  
injection spot



5. be consistent  
with carbs



6. make a plan  
for hypoglycemia



7. treat high blood  
sugars carefully



8. be proactive  
(not reactive)



9. adjust for  
exercise



10. measure blood glucose  
regularly to learn about  
YOUR body



How well are you doing with these?  
Is there one that you hope to work on?