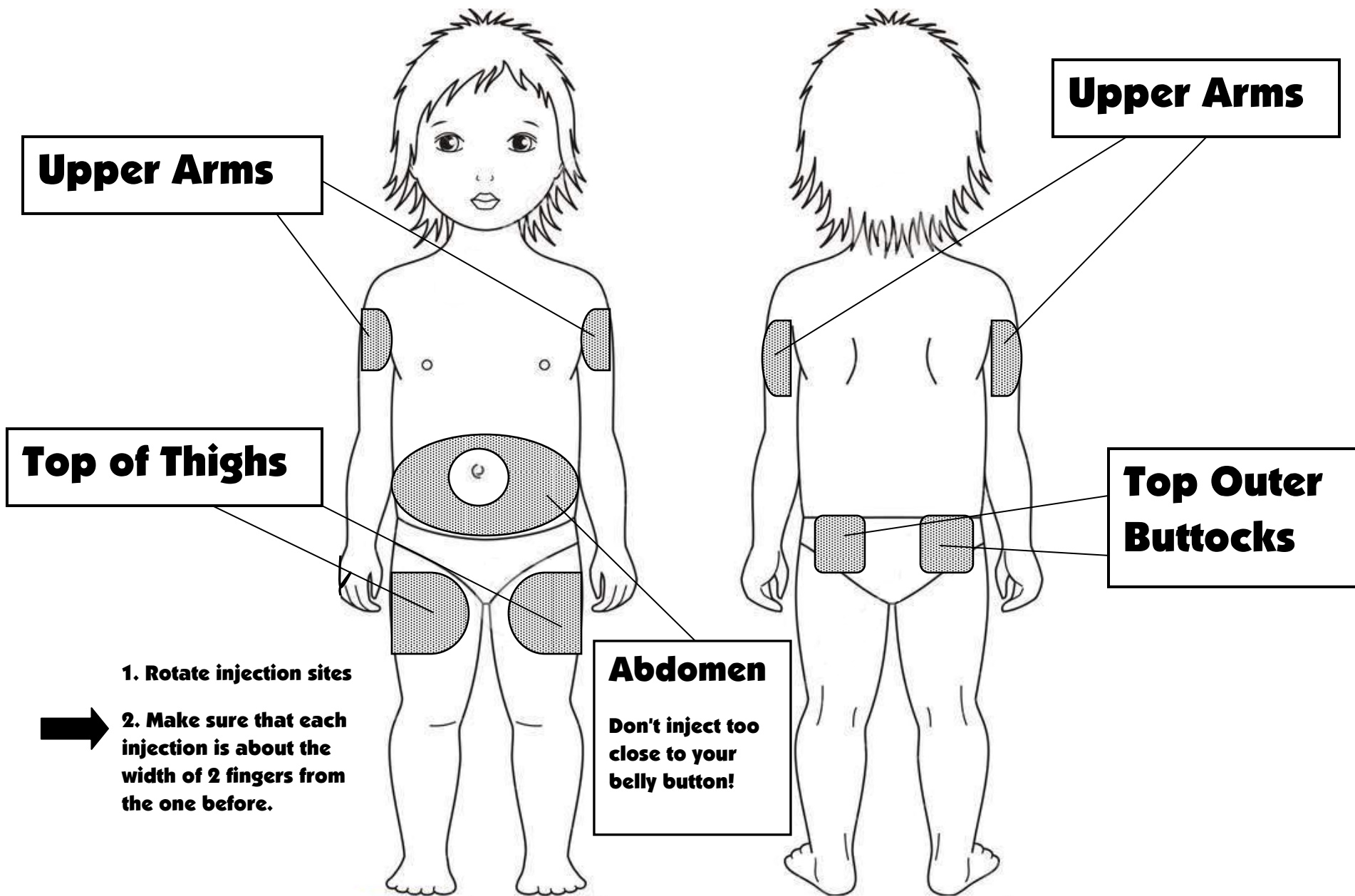


Where To Inject Insulin



Upper Arms

Upper Arms

Top of Thighs

Top Outer Buttocks

Abdomen
Don't inject too close to your belly button!

1. Rotate injection sites



2. Make sure that each injection is about the width of 2 fingers from the one before.