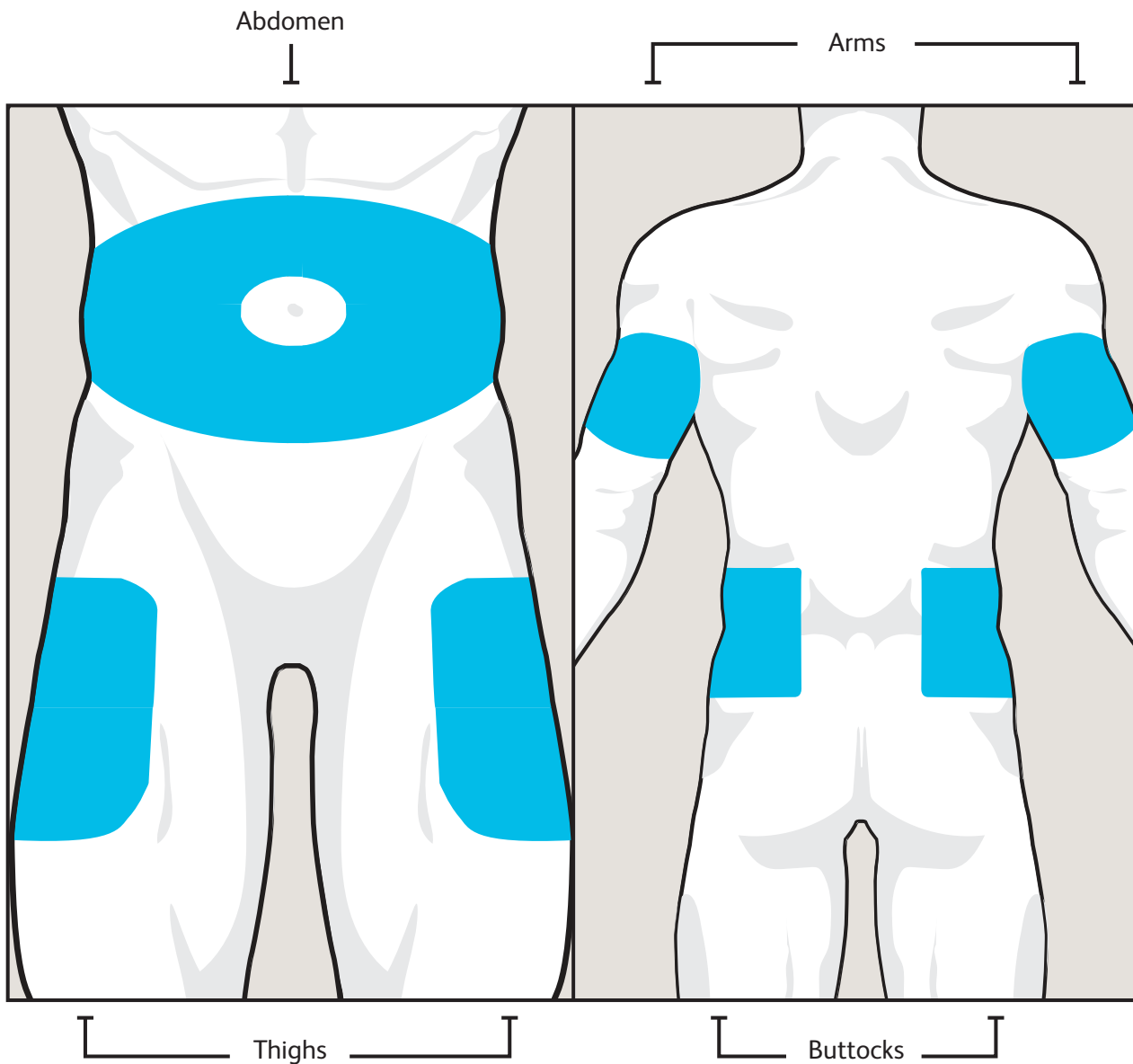


Injection site rotation

There are several areas on the body that are recommended for injecting insulin. Diabetes experts recommend consistent injection site rotation as the best way to keep injection sites healthy.¹

Where to inject?

It's generally recommended to inject insulin into:



[Healthy living with diabetes references](#)

References: 1. Frid AH, et al. New insulin delivery recommendations. *Mayo Clinic Proceedings*. 2016;91(9):1231–1255