

## Technology

I use a pump and a sensor and I know how to use them to manage diabetes and I know how often to change my sensor and infusion sets so that they stay effective.



I use my tech to see my blood glucose levels and arrows, and then I can act if they are high or low.



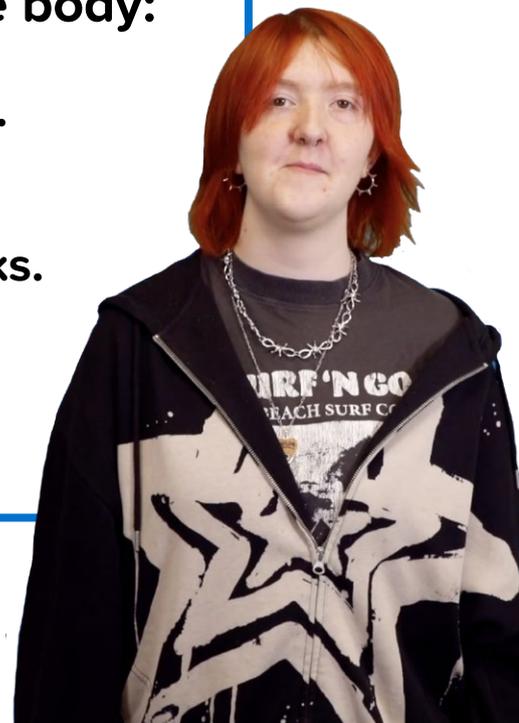
**Sensors can be worn here on the body:**

- Back of the arms.
- Tummy.
- Top of the buttocks.



**And pump cannulas can be put here on the body:**

- Side of the thighs.
- Tummy.
- Top of the buttocks.
- Back of the arms.



I can change my devices on my own, but occasionally I'll need help.

I mostly wear my Dexcom, not on my arms so that when I'm doing any sports or activity or ice skating and stuff like that it doesn't get in the way. I rotate every time I change it so it's not that bad wearing it because it's very small. Sometimes I'll wear an extra patch over top of my pod or sensor so that it's more adhesive and sticks better for activities such as ice skating or swimming so that it doesn't fall off.