

Other helpful website links & videos:-

- **MyDiabetesMyWay - home page**
<https://www.mydiabetesmyway.scot.nhs.uk/>
- **Diabetes UK video - how to inject insulin (adults)**
<https://www.youtube.com/watch?v=vxjOVTkdZ9g>
- **Disposal of insulin needle - BD safeclip**
<https://www.youtube.com/watch?v=-isegQbm-1I>
- **LibreView - quick start guide**
<https://pat.libreview.io/articles/qsg/>
- **Diasend uploading - user guide; please contact your Diabetes Educator to obtain the local clinic code**
<https://support.diasend.com/hc/en-us/articles/212187629-How-to-Upload-your-Meter-with-diasendUploader-video->
- **CareLink Personal – for insulin pump uploading**
<https://carelink.minimed.eu/patient/entry.jsp?bhcp=1>
- **Diabetes UK website – Stress and diabetes**
<https://www.diabetes.org.uk/guide-to-diabetes/emotions/stress>