

Take-Home Messages

To BE SAFE

- Good use of available meds
- Good use of diabetes tech (CGM)
- Address IHA
- Pick a “no-delay” number
- Get better at identifying key symptoms
- Be prepared to treat (appropriately)
- Make the best use of your loved ones
- Identify (and address) times of extra risk

To FEEL SAFE

- CGM
- Symptom clarification
- Hypoglycemia treatment practice
- Graduated behavioral exposure