Fostering independence in diabetes care takes time.
Pathway = Tips!
See 2 minute videos below for each stage of your journey.

What can you do now to care for your diabetes
Learn how to give yourself injections, insert your CGM or pump, make decisions about food, count carbs and calculate the correct insulin dosage.
Scan QR codes to watch videos ➔

Eating with Friends
How to Plan with Diabetes

Stay connected to your clinic team
- Message on MyUFHealth app
- Save this number as the diabetes clinic: 352.265.3422(DIAB)

iPhone Medical Alert Set Up
Set up medical ID and emergency contacts on iPhone
1. Open Apple’s Health app
2. Edit your profile to include “Type 1 diabetes”
3. Allow emergency responders to check your health information even if your phone is locked

Get to know some of your peers!
Check out floridadiabetescamp.org for camps and programs to connect with others your age that have Type 1 diabetes.

PEDIATRIC ENDOCRINOLOGY
352.265.PEDS Appointments  |  352.265.DIAB(3422) Office
Visit t1dtoolkit.org for diabetes education and support.
UF Pediatric Endocrinology  |  endo.pediatrics.med.ufl.edu