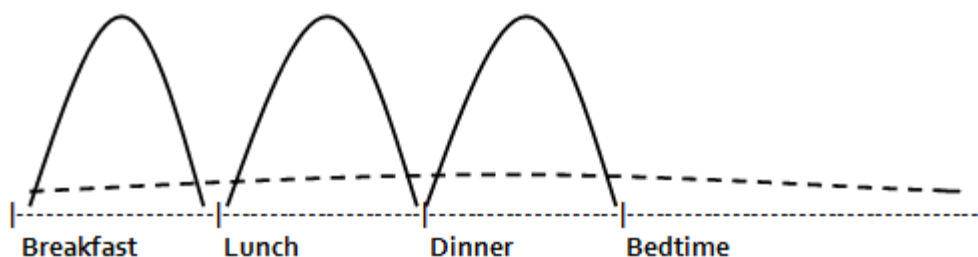


taking insulin is a normal part of caring for your diabetes

- over time, it is normal for your body to make less insulin than before
- if your body is not able to make enough insulin on its own, then pills, diet and exercise may no longer be enough to manage your blood sugars
- in this case, taking insulin injections is the natural next step

❖ There are two kinds of insulin: **basal** (background) insulin and **bolus** (mealtime) insulin



--- Basal insulin (background insulin)

- acts slowly
- keeps blood sugars steady when you are not eating
- lasts for 24+ hours

— Bolus insulin (mealtime insulin)

- acts quickly
- clears the sugars from your meal
- disappears in 4-5 hours

Basal insulins available in Canada

Insulin Name	Starts Working in:	Works the hardest at:	Lasts for:
Levemir Lantus Basaglar Toujeo Tresiba	90 min	No peak	16–24 hrs (30–42 hrs for Toujeo & Tresiba)

Bolus insulins available in Canada

Insulin name	Starts Working in:	Works hardest at:	Lasts for:
NovoRapid Apidra Humalog Fiasp	10–15 min (4 min for Fiasp)	1.5 hr	4–5 hrs

Mixed insulins contain basal and bolus insulin together in one vial

Insulin name	Starts Working in:	Works hardest at:	Lasts for:
Humalog Mix 25 Humalog Mix 50 Novomix 30 Humulin 30/70 Novolin 30/70	10–15 min	1.5 hr and 5–8 hr	Up to 18 hrs

Know where to get support

Insulin and insulin supplies can be expensive. If you are having difficulty affording your insulin, supplies, or other diabetes medications, there are financial assistance programs available. Speak to your pharmacist or diabetes educator to find out more.

- 1 | **Ontario Drug Benefit Plan (ODB) – (for those age 65 and older)**
 - Includes coverage for most insulins, some diabetes pills and blood sugar test strips
 - t. 416.327.8109 | or, ask at your local pharmacy
- 2 | **Ministry of Health and Long Term Care – OHIP+ - (for those age 24 and younger)**
 - Includes the same supplies as ODB —insulin, diabetes pills and blood testing strips
 - t.1.866.532.3161 (Service Ontario)
- 3 | **Trillium Drug Plan – (for those age 65 and older)**
 - Income based, supports those who have high drug costs compared to their income
 - t. 1.800.575.5386 or 416.326.1558 | or, ask your pharmacy for an application
- 4 | **Monitoring for Health Program**
 - Anyone using insulin or who has gestational diabetes and receives no other coverage
 - 75% coverage for strips & lancets (\$820 max)
 - t. 1.800.361.0796
- 5 | **Syringes for Seniors – (for those age 65 and older)**
 - Helps cover costs of needles and syringes for insulin administration
 - \$125 per year grant to cover cost of needles or syringes
 - t. 1.800.268.6021