

WINTER BULLETIN

2024



INSURANCE **4** insulin pumps

TRUSTED BY THOUSANDS TO PROTECT THEIR INSULIN PUMPS

Welcome to the second edition of our seasonal bulletin! Following the success of our summer bulletin and the wonderful feedback we received, we're excited to bring you more valuable tips and advice to help you manage your diabetes and protect your insulin pump during the winter months.

We're also thrilled to announce that we are now on Trustpilot, so please feel free to leave us a review and share your experiences with others.

[LEAVE A REVIEW ON TRUSTPILOT HERE](#)

Insurance4insulinpumps

Reviews 7 • Excellent



✓ VERIFIED COMPANY

WINTER GUIDANCE FOR INSULIN PUMP USERS

As the temperatures drop, it's important to take extra care of your insulin pump and your health. Here are some tips to help you stay safe and healthy this winter:



Protect Your Insulin Pump from the Cold:

Insulin can freeze at low temperatures, which can affect its potency. Keep your pump and insulin close to your body to maintain a stable temperature. Consider using insulated pouches or cases designed for insulin pumps.



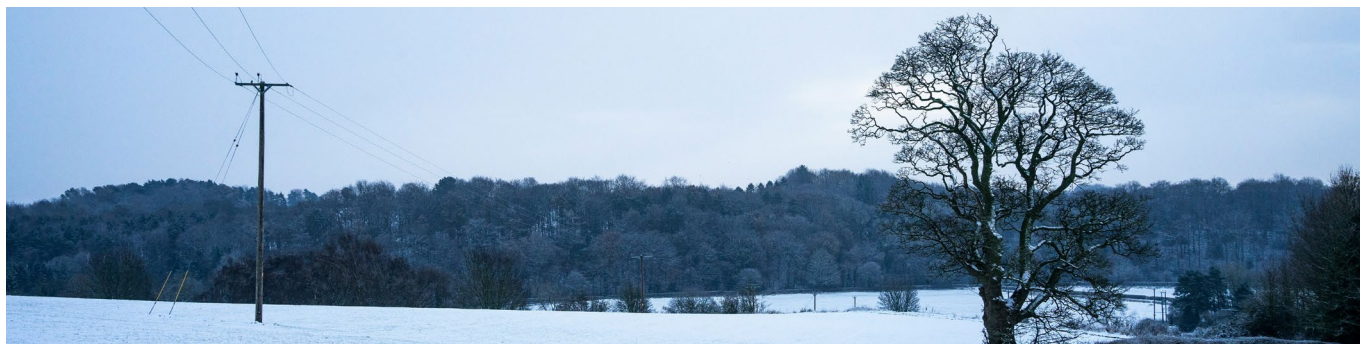
Stay Active Indoors:

Cold weather can make outdoor exercise challenging. Find indoor activities that keep you moving, such as yoga, dancing, or using home exercise equipment. Regular physical activity helps manage blood sugar levels and boosts your mood.



Monitor Blood Sugar Levels Frequently:

Cold weather can affect blood sugar levels, so it's important to monitor them more frequently. Be aware of the signs of hypoglycemia and hyperglycemia, and have a plan in place to address any fluctuations.





HOLIDAY SEASON TIPS FOR MANAGING DIABETES

The holiday season can be a challenging time for managing diabetes, with festive foods and busy schedules. Here are some tips to help you enjoy the holidays while keeping your diabetes under control:



Plan Your Meals:

If you're attending holiday gatherings, plan your meals in advance. Opt for healthier options and be mindful of portion sizes. Don't skip meals to save up for a big feast, as this can lead to blood sugar spikes.

Stay Hydrated:

With all the holiday excitement, it's easy to forget to drink enough water. Staying hydrated is crucial for managing blood sugar levels. Keep a water bottle with you and drink regularly throughout the day.

Manage Stress:

The holiday season can be stressful, which can impact your blood sugar levels. Practice stress-relief techniques such as deep breathing, meditation, or spending time with loved ones.



CURRENT TOPICS AND USEFUL INFORMATION



New Treatment Breakthrough:

A new therapy following an islet cell transplant could potentially eliminate the need for insulin injections for people with Type 1 diabetes. This treatment involves transplanting islet cells from a donor into the liver of a person with diabetes, allowing them to produce insulin naturally. Early trials are proving positive – read more about it at www.diabetes.co.uk New treatment to transform type 1 diabetes care

Flu Vaccination:

Winter is flu season, and it's especially important for people with diabetes to get vaccinated. The flu can cause serious complications, so talk to your healthcare provider about getting your flu shot.

Travel Tips:

If you're traveling during the holidays, make sure to pack extra supplies for your insulin pump and diabetes management. Keep your medications and equipment in your carry-on bag, and have a plan for managing your diabetes while on the go. Remember that you are automatically covered by our policy if you take a second loan pump on holiday for your use. You don't even have to register it with us.



Trustpilot Reviews:

We're now on Trustpilot! Your feedback is invaluable to us, and we'd love to hear about your experiences with our insurance services. Please take a moment to leave us a review and help others make informed decisions.



As we embrace the festive season and look forward to the new year, we want to extend our gratitude for your continued trust and support.

From all of us at Insurance 4 Insulin Pumps, we wish you a joyful holiday season, a wonderful end to 2024, and a happy and healthy 2025.

