

HOW sitesmart™ WORKS

It helps you create a personalized, easy-to-follow injection site rotation plan.

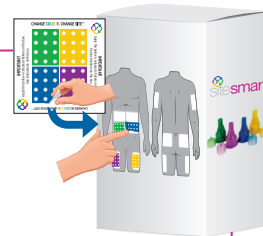
- ✓ No tracking.
- ✓ No logging.
- ✓ No need to remember where the last injection was given.

1 Select 4 sites where you want to inject, based on your preferences or recommendations from your healthcare professional.

2 Apply the 4 coloured stickers (located in the packaging) on those 4 sites on the body-map printed on the packaging.



Scan this QR code (also located on the packaging) to create an on-the-go plan using the web app.

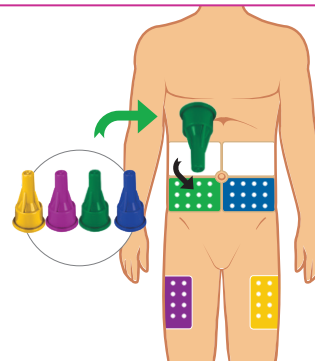


3 Every time you randomly pick a coloured pen needle, inject in the site corresponding to the pen needle colour on your plan.



- ✓ Clinically proven to improve injection site rotation.³
- ✓ Compatible with all insulin pens.

For more information, ask your diabetes care team.



**CHANGE COLOUR,
CHANGE SITE**

1. Blanco M et al. Prevalence and Risk Factors of Lipohypertrophy in Insulin-injecting Patients with Diabetes. *Diabetes Metab.* 2013;39:445–453. 2. FIT Forum for Injection Technique Canada. Recommendations for Best Practice in Injection Technique, 4th Edition 2020. Available at: https://www.fit4diabetes.com/files/7816/0803/3133/FIT_Recommendations_2020.pdf. Accessed on April 28, 2021. 3. Berard LD et al. A Coloured Pen Needle Education System Improves Insulin Site Rotation Habits: Results of a Randomized Study. *Diabetes Ther.* 2020;11:2979–2991.



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NEW | Pen needle system



Are you getting the most out of your insulin treatment?

ANSWER 5 QUESTIONS TO FIND OUT.



Take the quick assessment test available inside this brochure.



INJECTION SITE ROTATION ASSESSMENT TEST

IN THE PAST 3 MONTHS...

1. Have you had unexplained low or high blood sugar numbers?

☐ Yes ☐ No
2. Have you experienced unexplained reductions in the efficacy of the dose of insulin you injected?

☐ Yes ☐ No

3. Have you felt bumps under your skin in the area(s) where you inject yourself?

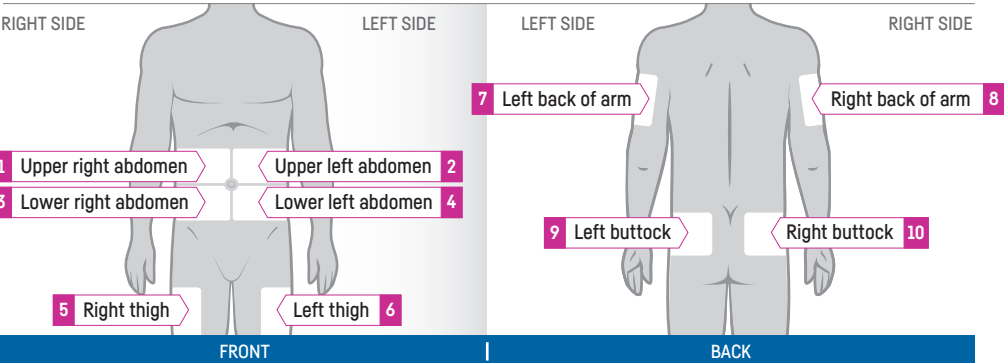
☐ Yes ☐ No

LOOKING AT THE BODY MAP...

4. Do you usually inject in the same 3 or fewer zones?

☐ Yes ☐ No
5. Do you tend to inject in the same area within a specific zone?

☐ Yes ☐ No

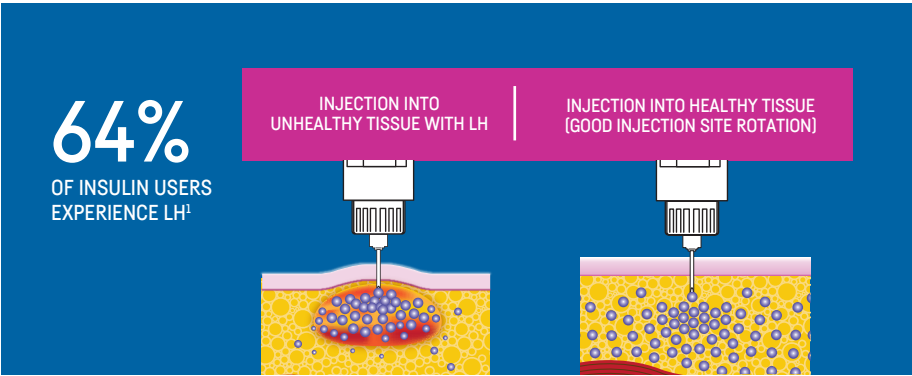


If you answered “yes” at least once, discuss your results with your doctor, diabetes educator, or pharmacist.

INJECTION SITE ROTATION MATTERS

Did you know that always injecting into the same place can damage tissues and affect insulin absorption?

Lack of injection site rotation can lead to lipohypertrophy (LH)—an abnormal accumulation of fat underneath the surface of the skin around injection sites.



Injecting into these areas impairs insulin absorption, affecting blood sugar levels and even how much insulin you have to take.¹



Better injection site rotation can reduce your risk of LH.²