

# Diabetes tech: you're entitled to it.



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Tools like **continuous glucose monitors** and **insulin pumps** can help you manage diabetes day to day. In the UK, children and young people with Type 1 diabetes can get them **for free** through the NHS.

# 1.



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## Technology can help with diabetes management

Devices like **continuous glucose monitors** and **insulin pumps** help track glucose levels and support day-to-day diabetes care.

# 2.

**If something  
is unclear, ask!**

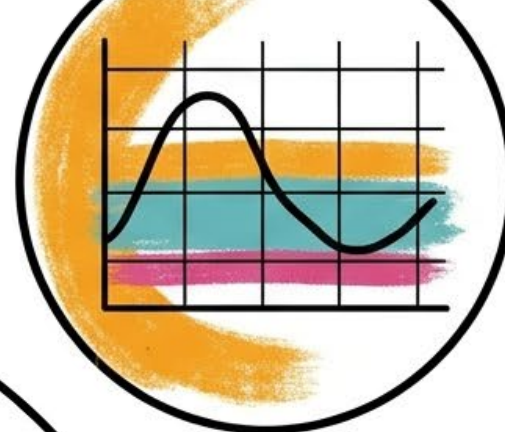
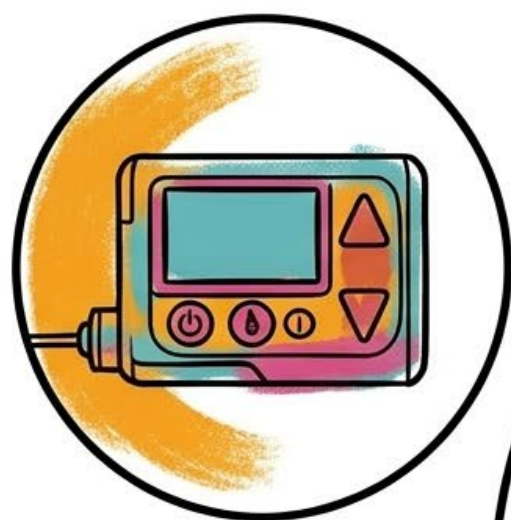


Many young people say the language around diabetes tech can be confusing at first.

**Your diabetes team can help** explain your options.

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# 3.



## You're not the only one learning

Starting diabetes technology **takes time.**

Many young people and families say they need **support and practice** to feel confident using it.

# 4.



**Some families don't realise they can get it**

Many young people and their families **don't know** they're entitled to diabetes technology through the NHS, **which can delay access.**

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# 5. **Connect** **with others**



**Talking** to other young people or families using diabetes technology can make the journey easier.

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Read about the research at  
[diabetes.org.uk/unbiased](https://diabetes.org.uk/unbiased)

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