

**Motivational Messages**

**Day 1 @ 11:00**

Hi it's Flo, Please do not forget to change your needles

**Day 2 @ 11:00**

Hi it's Flo, It is now your 3rd day on insulin, keep at it, take care.

**Day 3 @ 11:00**

Have you managed to increase your activity levels? It really does help to reduce your blood glucose levels and improve your Blood Pressure and cholesterol

**Day 4 @ 11:00**

Hi it's Flo remember getting your 5 a day really helps to manage your diabetes, take care.

**Day 5 @ 11:00**

if you are a driver remember to inform the DVLA and your insurance company, take care.

**Day 6 @ 11:00**

Hi it's Flo, you have completed your first week on insulin, hopefully you are feeling better with more energy.

**Day 11 @ 11:00**

As your diabetes improves by taking your insulin, your symptoms should reduce and your energy levels will increase and you should start to feel better