10 Tips on How to Reduce Your Fear of Technology

- 1. Recognize the fear is normal
- 2. Do your research on products
- 3. Get as much education as possible
- 4. Have patience, there is a lot to learn
- 5. Have realistic expectations
- 6. Take it step by step
- 7. Get support
- 8. Work with your diabetes team
- 9. Talk with other PWD
- 10. Reward yourself for success



Lifescan Diabetes Institute