

# Insulin Video Library

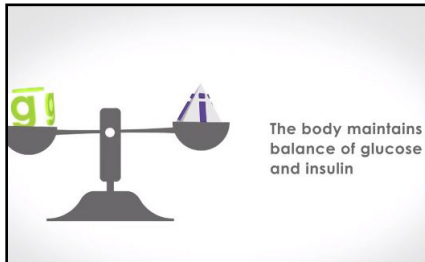
HealthClips™ Video Library: [allinahealth.healthclips.com](http://allinahealth.healthclips.com)



- Open your smart phone’s camera.
- Hold the phone over the QR code.
- Click on the yellow link.
- Click on the video.

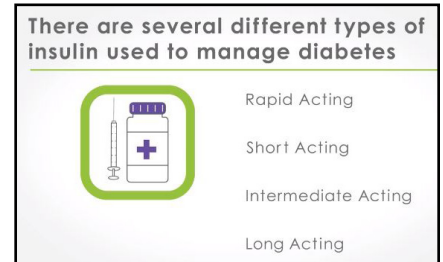
Use the QR code at left to access the entire video library. You can watch the below videos or any video in the HealthClips library at any time.

## Understanding Insulin



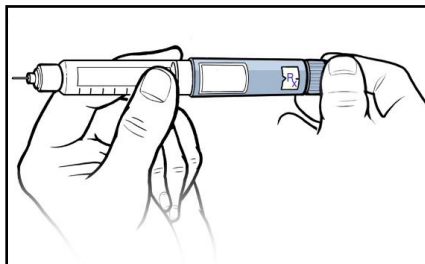
Watch this [video](#) to learn how the medication insulin helps manage diabetes.

## Types of Insulin



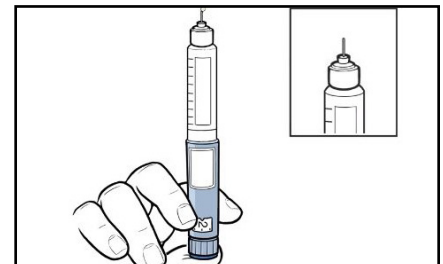
Watch this [video](#) to learn about the different types of insulin, and how each works to manage your blood glucose.

## Step-by-Step: Insulin Pen Injection with Cloudy Insulin



Watch this [video](#) to learn the steps for using an insulin pen with cloudy insulin.

## Step-by-Step: Insulin Pen Injection with Clear Insulin



Watch this [video](#) to learn the steps for using an insulin pen with clear insulin.