

HELPFUL GUIDELINES

There is a lot of value to be found online about living well with T1D. Simply search for “T1D” or “type 1 diabetes” on whatever platform you prefer.

Use these quick tips to get started on the right path, avoid common pitfalls, and stay safe.

Be open-minded, but also skeptical

Never assume advice online is accurate—treat everything with caution and always verify with your healthcare professional.

“Your Diabetes May Vary”

Everyone is different. What works for one person may not work for you—especially when it comes to management techniques or preferences.

Never talk about dosing/calculation specifics

Medication dosing and therapy changes should only ever be discussed between you and your healthcare professionals.

Limit personal sharing

Share only what you’d feel comfortable saying to a stranger at a party. Too much personal detail isn’t required for support.

Assume everything is public and forever

Even “anonymous” profiles and private groups can be traced back to you. If you post anything, assume it’s forever public.

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Stay respectful & kind

Avoid judgment or sarcasm—miscommunications are common online. If someone is rude, respond with courtesy, or don't respond at all.

Don't engage with bullies (AKA trolls)

If someone is deliberately unpleasant, don't retaliate—use block/report tools, and contact moderators (if available).

Monitor how you feel

If social media makes you feel sad, stressed, or angry, take a step back. It's okay to take a break or stop using it if it's not adding value.

Be persistent

It may take some trial and error to find the groups, people, and platforms that work for you. Don't give up if the first few you try aren't a good fit.

Stay flexible


Recognize that your needs may change. You might need something different in 6 months than you do today. You are growing and learning and should move on whenever necessary.




Note: Blue Circle Health is not affiliated with any individual social media personalities or groups. Any medical information received from online sources and/or social media should be discussed with your personal healthcare professional.






EXAMPLES


RED FLAGS

- Selling something (expensive herbal supplements)
- Impossible claim #1: Claiming T1D is cured
- Impossible claim #2: They have T1D but haven't used insulin in 35 days



iheartsnakeoil   1 day ago 

 **128**  **17**  **3**  **1** 

 Liked by **missingmybetacells** and **others**

iheartsnakeoil I started taking this incredible batch of really expensive herbal supplements, and my type 1 diabetes is gone! I haven't needed any insulin for 35 days! Just ask me where to send your money... [more](#)

EXAMPLES

RED FLAGS

- Suspicious username
- Selling something
 - Never buy medical equipment from an unknown source
- Asking for personal information
 - Never share your home address
- Typos and unusual phrasing
 - A legitimate supplier wouldn't talk like this

scammer4life 1 day ago

128 17 3 1

Liked by **missingmybetacells** and **others**

scammer4life I have TONS of extra pods and sensors because the shippers sent double my order and didnt even noticed. There loss, our gains! If you are needing this, just hurry up and send me your home address and 20 USD... more

EXAMPLES

RED FLAGS

- Specific dosing
 - Dosing and calculation instructions should only ever come from your personal medical professionals
 - Everyone is different – doses, ratios, and factors are specific to you
 - What works for someone else may be dangerous for you
- Desperate request for specific carb count
 - It is dangerous to take advice from the internet that directly affects your insulin dose

GREEN FLAGS

- Commenter warning against dosing advice

