



Quick Start Guide

Omnipod DASH® Insulin Management System

Welcome to Omnipod DASH®!

This guide provides you with step-by-step instructions for getting started with your new Omnipod DASH® System.

The Omnipod DASH® Insulin Management System is intended for subcutaneous delivery of insulin at set variable rates for the management of diabetes mellitus in persons requiring insulin.

Before you DASH on...

Take an inventory of your Omnipod DASH® System Intro Kit.



Please ensure you thoroughly review your Omnipod DASH® System User Guide before you attempt to start your device.

OMNIPOD DASH® SYSTEM STARTER KIT



Personal Diabetes Manager (PDM) & Battery



11 Pods
Two boxes of 5+ single unit on top



Black PDM Skin



Carrying Case



Charging Cable & Adapter



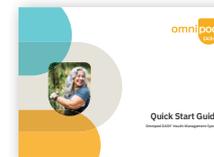
CONTOUR®
NEXT ONE
Glucose Meter
(optional)



Intro Card



User Guide



Quick Start Guide



DASH® Accessories
& Pod Tips Card



Glooko Card

If you have any questions about setting up your new Personal Diabetes Manager (PDM), please contact Customer Care at **800-591-3455** (*outside U.S. 978-600-7850*) for support 24/7.

If you have any questions about your individual Pod therapy settings, please contact your prescribing physician.

**BEFORE YOU
BEGIN, BE SURE
TO FOLLOW THE
APPROPRIATE
INSTRUCTIONS
OUTLINED HERE.**

Getting Started With Omnipod DASH® is Simple

New Omnipod® User

You must follow the steps below BEFORE you can get started.

1 Call or Sign Up

- To start your training on the Omnipod DASH® Insulin Management System with an Omnipod® Certified Pod Trainer (CPT), call **866-930-2381** or fill out the form on **omnipod.com/training**. Your local CPT will call you back with desired training options. You may also call your prescribing physician to assist you.

2 Receive Training

- During training you will receive personalized care that is tailored to meet your specific needs. This will ensure that you learn how to use the Omnipod DASH® System in a way that is right for you.
- Training can be completed either virtually or in person.

3 Freedom Is Yours!

- You'll then be ready to enjoy the benefits and flexibility of your new Omnipod DASH® System.



Any questions, call: 800-591-3455.

Existing Omnipod® User

You can get started right away!

- 1 Using the enclosed Quick Start Guide and User Guide as references, complete the DASH® online training at omnipod.com/poddercentral.
- 2 To set up your new Omnipod DASH™ System Personal Diabetes Manager (PDM), you need your settings from either your current PDM or pump therapy settings provided by your prescriber physician. If you currently use the previous generation PDM, the instructions on pages 6-7 of the enclosed Quick Start Guide will help you find your current settings.



For your safety, DO NOT attempt to create your own Omnipod DASH® System PDM settings.

*PodderCentral bill pay and reorder function is available for Podders who order directly from Insulet and not a distributor. Bill pay function is available for Podders with a valid credit card on file.



Register your Omnipod DASH® System at PodderCentral™

PodderCentral™ is an online platform that allows Podders to update insurance information, change physician information, register your device and take online training on your own schedule, in the comfort of your own home. Additionally, you can learn about the features and benefits along with the major differences between your previous Omnipod® System and your new Omnipod DASH® System.

Create an account:

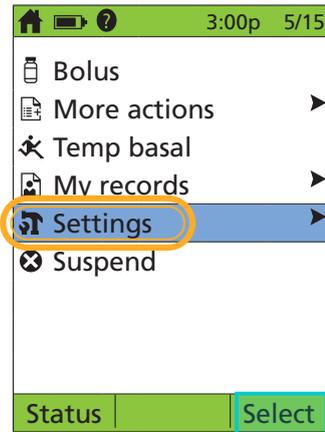
- Visit omnipod.com/poddercentral and create an account.
- If you don't have access to a computer, call Customer Care at **800-591-3455**/Option 1.

Access via mobile:

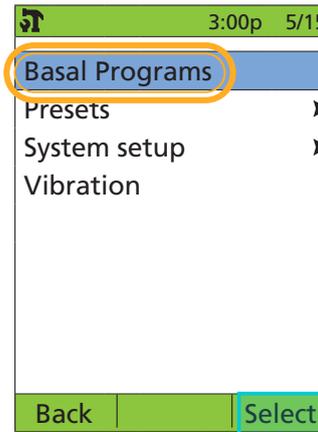
- Download the PodderCentral™ app. Available for both iOS and Android devices.

Find Your Current Omnipod® System PDM Settings

How to Find Your Basal Program(s)



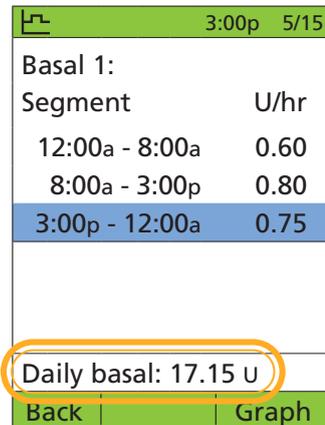
1. On home screen select **Settings**.



2. Select **Basal Programs**.



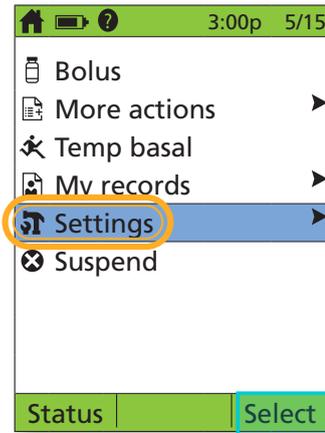
3. Select the basal program to review. On the next screen, select **View**.



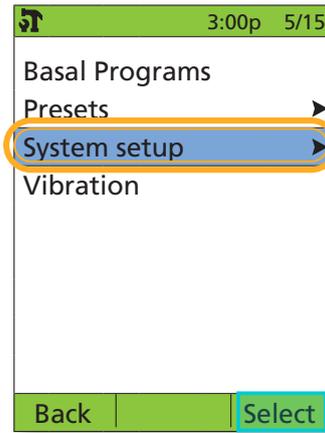
4. You will first see the graph, press **List** to view your basal segments as shown.

+ Take note of your Total Daily Basal.

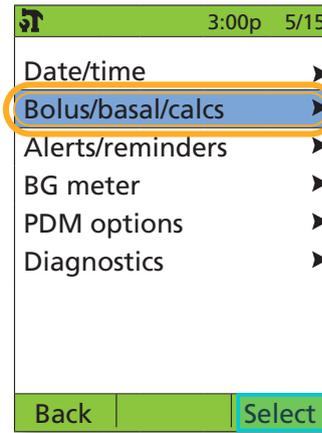
How to Find Your Bolus Calculator Settings



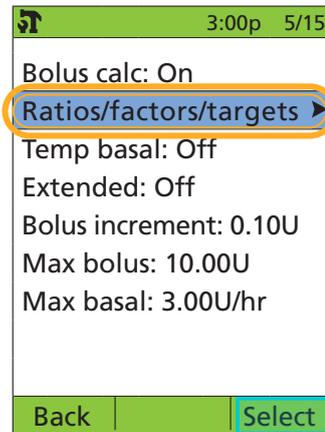
1. On home screen select **Settings**.



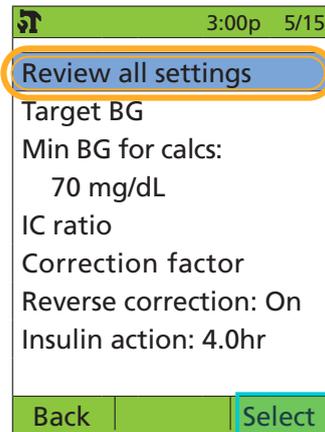
2. Select **System setup**.



3. Select **Bolus/basal/calcs**.



4. Select **Ratios/factors/targets**. NOTE: Bolus calcs must be "On."



5. Select **Review all settings**.



**THESE
INSTRUCTIONS
ARE FOR CURRENT
USERS ONLY!**

The PDM Battery

- + Use the pull-tab to remove the back cover.
- + Insert the battery into the PDM.
- + Remove the pull-tab and replace the back cover.
- + The PDM is rechargeable, similar to common mobile devices.
- + Charge frequency is based on device usage. We suggest you charge your device during bedtime and stick with a similar time each day.



Set Up Your Omnipod DASH® System PDM

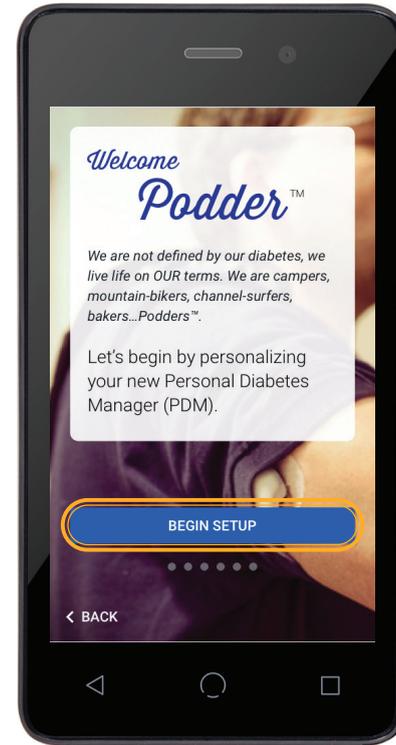


Omnipod DASH® System Initial PDM Setup

Your initial pump therapy settings are needed to setup your new PDM. These settings are provided to you by your healthcare provider.



- + Hold down the Power button to wake your PDM.

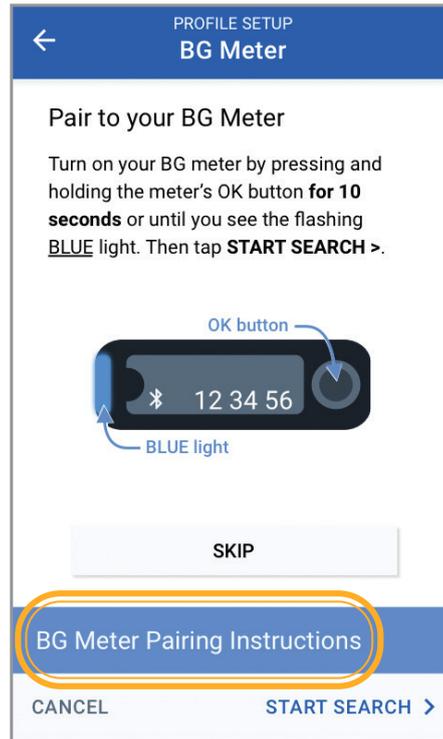


- + You will begin by personalizing your new PDM.
- + After personalization, you will enter your insulin delivery settings.
- + The PDM guides you step-by-step. Be sure to read each screen, and accurately enter each setting.
- + For more information, refer to Chapter 2 "Initial PDM Setup" in the Omnipod DASH® System User Guide.

- + Pair your CONTOUR®NEXT ONE Blood Glucose Meter with your PDM during the initial setup, or you can do so later through the PDM settings screens. Only readings taken on a paired CONTOUR®NEXT ONE meter will be transferred wirelessly to the PDM's bolus calculator.

Pair Your CONTOUR®-NEXT ONE BG Meter

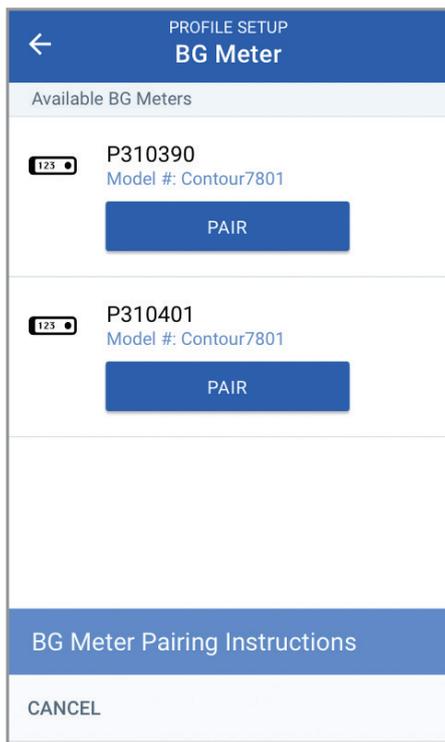
NOTE: It is not mandatory to pair a CONTOUR®NEXT ONE BG Meter. BG readings taken on a different meter can only be entered manually. If you do not want to pair a CONTOUR®NEXT ONE BG Meter at this time, tap **SKIP**.



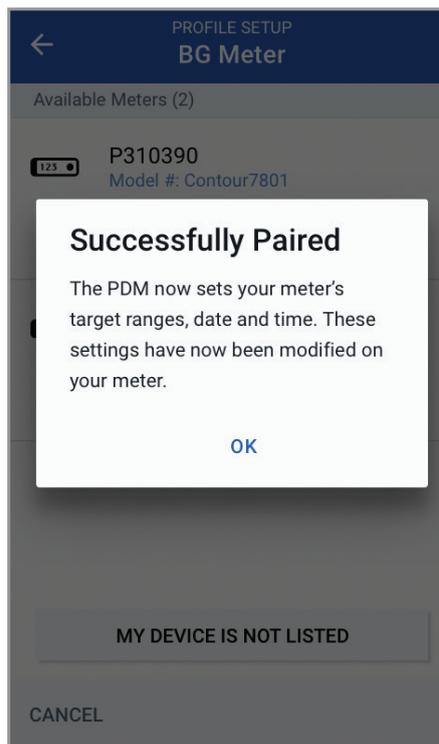
1. Tap **BG Meter Pairing Instructions**. If you do not want to pair to a BG meter, tap **SKIP**.



2. Follow the on-screen instructions, then tap **START SEARCH**.



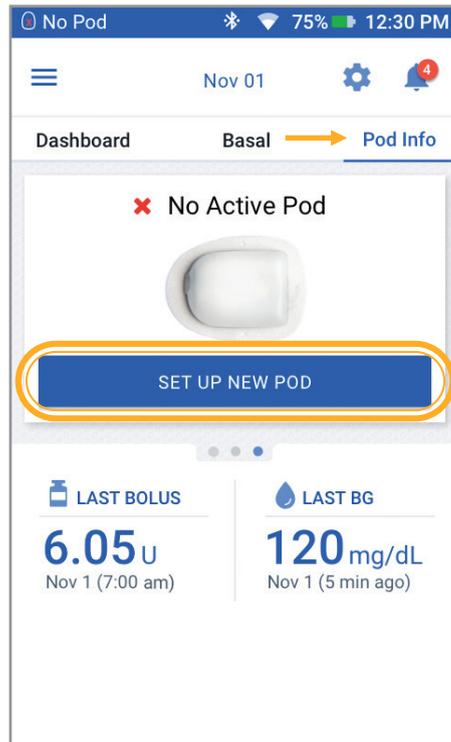
3. Select the device to pair from available meters.



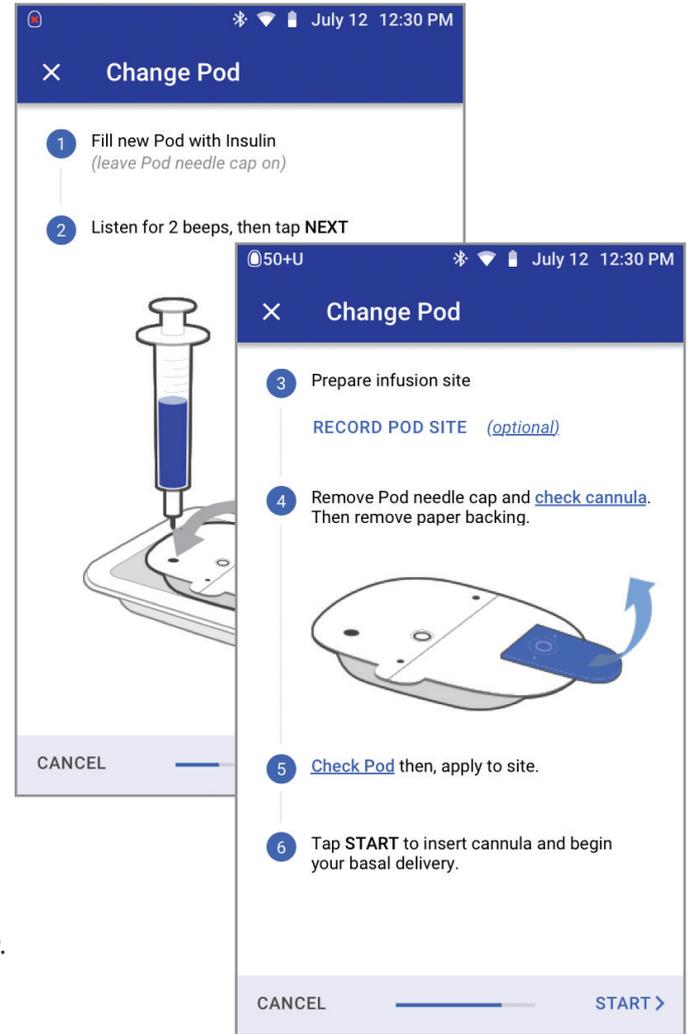
4. Your PDM is now paired with your blood glucose meter.



Set Up a New Pod



1. In the **Pod Info** screen, tap **SET UP NEW POD**.



2. Carefully follow the on-screen instructions.

- 1 Collect the following supplies:
 - Omnipod DASH® System PDM
 - Unopened Omnipod DASH® System Pod
 - Alcohol swabs
 - Vial of room temperature rapid-acting U-100 insulin
- 2 Wash your hands with soap and water. Clean the top of the insulin vial with an alcohol swab.
- 3 Remove the fill needle and syringe from the Pod's tray. Keep the Pod in its tray during set up. Confirm the Pod's needle cap is blue. This ensures your Pod is compatible with your Omnipod DASH® System PDM. Twist the fill needle clockwise onto the top of the syringe. Do not use any other type of needle or filling device besides the syringe provided with each Pod.
- 4 Remove the syringe's protective cap from the needle. Draw air into the syringe equal to the amount of insulin you will use. You must fill your syringe with at least 85 units of insulin. Insert the needle into the vial and inject air.
- 5 Turn the vial upside down and slowly withdraw insulin. Tap or flick the filled syringe to remove any bubbles.
- 6 Remove the needle from the vial and insert it into the Pod's insulin fill port. An arrow on the white paper backing points to the fill port. Do not inject insulin into any other location on the Pod. The Pod should still be in its package during fill.



To ensure proper fill, **DO NOT** insert the fill syringe at an angle into the fill port.

- 7 Inject the insulin into the fill port. The Pod beeps twice. Remove the needle from the insulin fill port. Replace the needle's protective cap and remove the needle from the fill syringe for proper sharps disposal.



NEVER inject air into the fill port.
Doing so may result in unintended or interrupted insulin delivery.



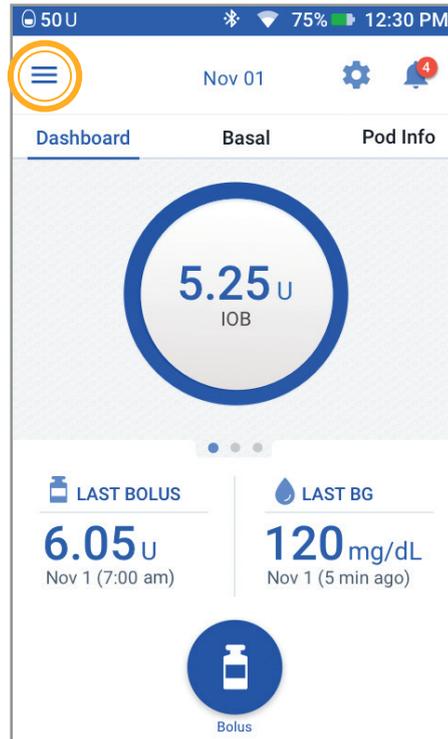
NEVER use a Pod if you feel resistance while depressing the plunger of the fill syringe. This condition can result in interrupted insulin delivery.

- 8 With the Pod still in its tray place it next to and touching the PDM to ensure proper communication. Press **NEXT** on the PDM. The system performs a series of safety checks and automatically primes the Pod.
- 9 Your Pod is now ready for application and cannula insertion. For more information, please refer to Chapter 3 "Changing your Pod" in your Omnipod DASH® System User Guide.

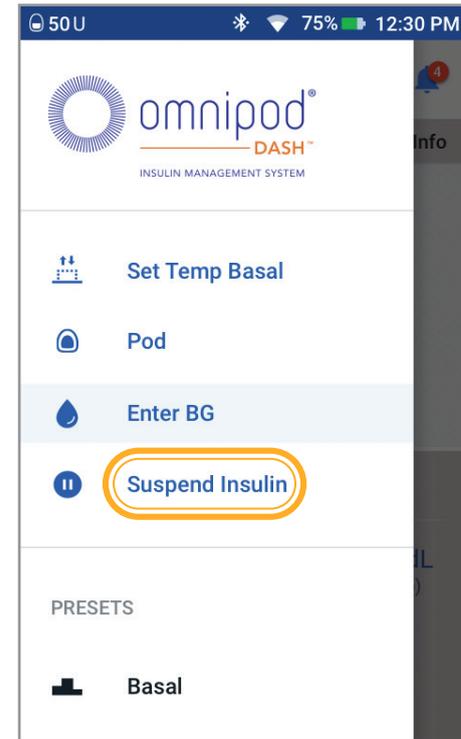


Suspend Insulin Delivery

Key Insulin Delivery Actions



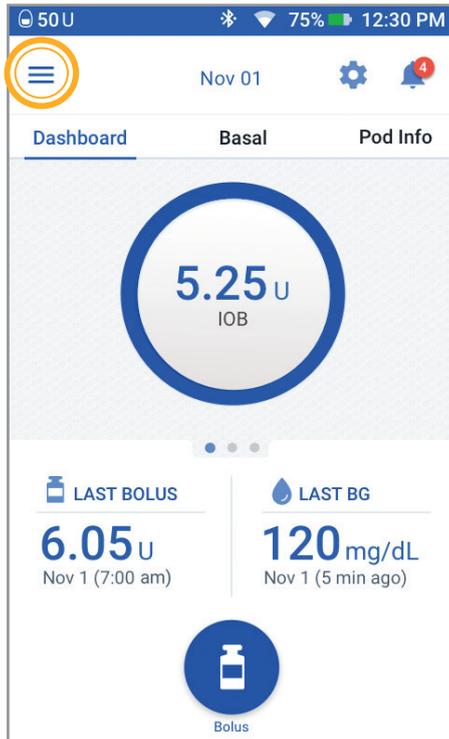
1. Tap Menu icon on the home screen.



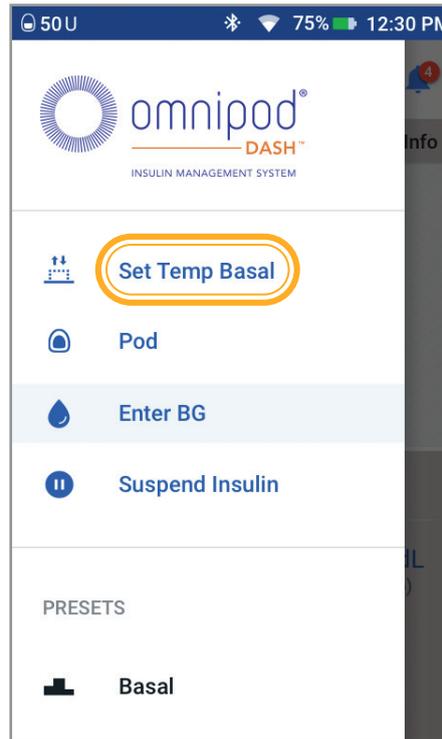
2. Tap **Suspend Insulin** and follow the on-screen instructions.

Disclaimer: These screens are for demonstration purposes only. The values shown are educational and may not reflect real life scenarios.

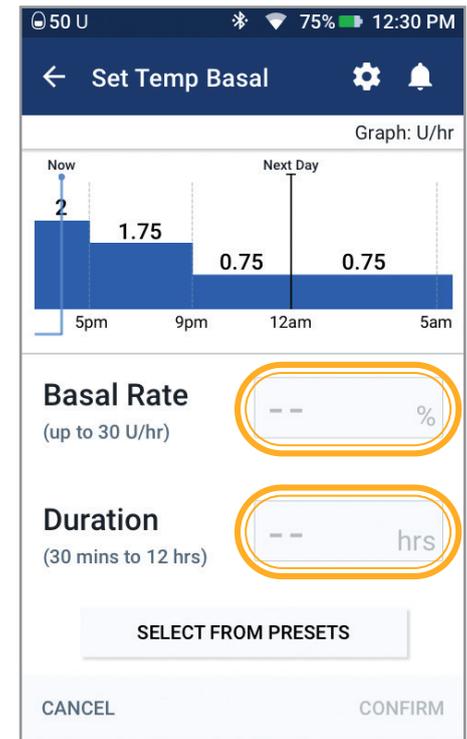
Set a Temporary Basal Rate



1. Tap Menu icon on the home screen.



2. Tap **Set Temp Basal**.

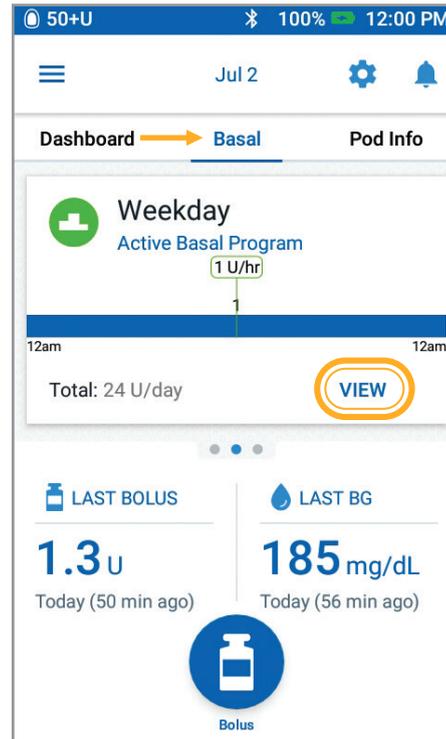


3. Tap **Basal Rate** entry box and select your % change. Tap **Duration** entry box and select your time duration. Tap **CONFIRM**.

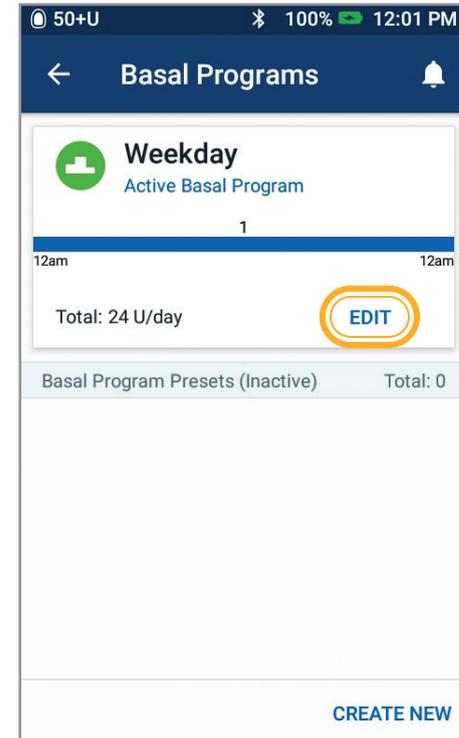
Key Insulin Delivery Actions

Edit an Active Basal Program

NOTE: You must suspend insulin before editing the active Basal Program.

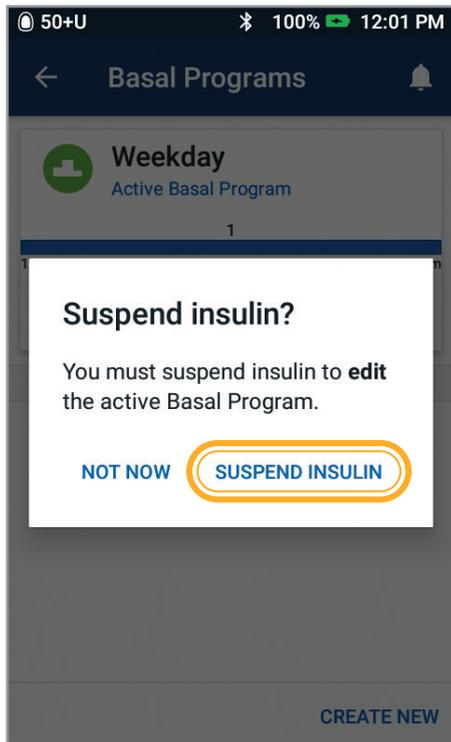


1. Tap Basal tab on the home screen.
Tap **VIEW**.

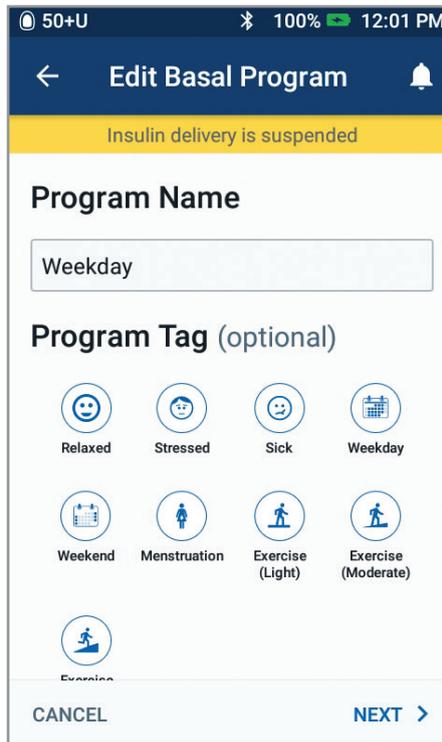


2. Tap **EDIT**.

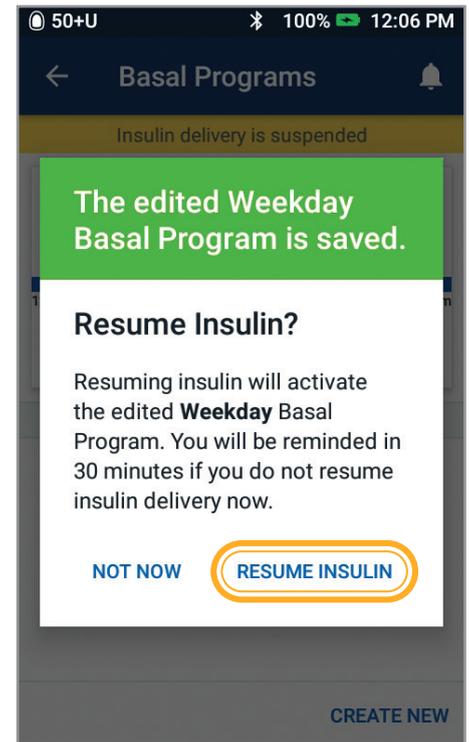
Disclaimer: These screens are for demonstration purposes only. The values shown are educational and may not reflect real life scenarios.



3. Tap **SUSPEND INSULIN**.

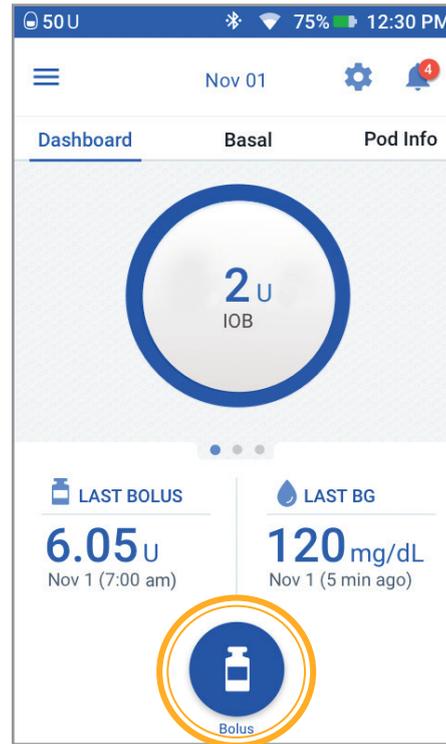


4. Tap to edit program name and tag or tap **NEXT** to edit basal time segments and rates.

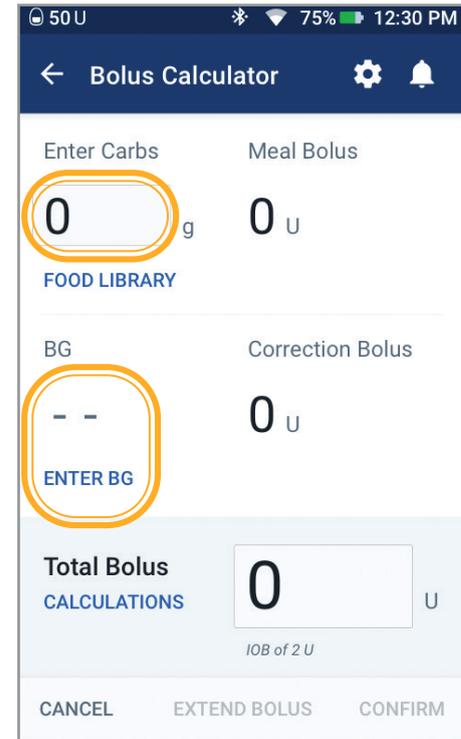


5. Once you are finished editing, tap **RESUME INSULIN**.

Deliver a Bolus



1. Tap the Bolus icon on the home screen.



2. Tap the **Enter Carbs** entry box to input grams of carbs. Sync or enter your BG manually by tapping the **ENTER BG** entry box.

Disclaimer: These screens are for demonstration purposes only. The values shown are educational and may not reflect real life scenarios.

Key Insulin Delivery Actions

50 U 75% 12:30 PM

← Bolus Calculator ⚙️ 🔔

Enter Carbs Meal Bolus

8 g 1 U

FOOD LIBRARY

BG (12:30 PM) Correction Bolus

192 mg/dL 5 U

ENTER BG

Total Bolus CALCULATIONS 6 U

Adjusted for IOB of 2 U

CANCEL EXTEND BOLUS CONFIRM

3. Review your values, then tap **CONFIRM**.

50 U 75% 12:30 PM

← Confirm Bolus ⚙️ 🔔

Carbs 8 g

BG (1:59 PM) 192 mg/dL

Total Bolus 6 U

CALCULATIONS Adjusted for IOB of 2 U

START

CREATE BG REMINDER

CANCEL

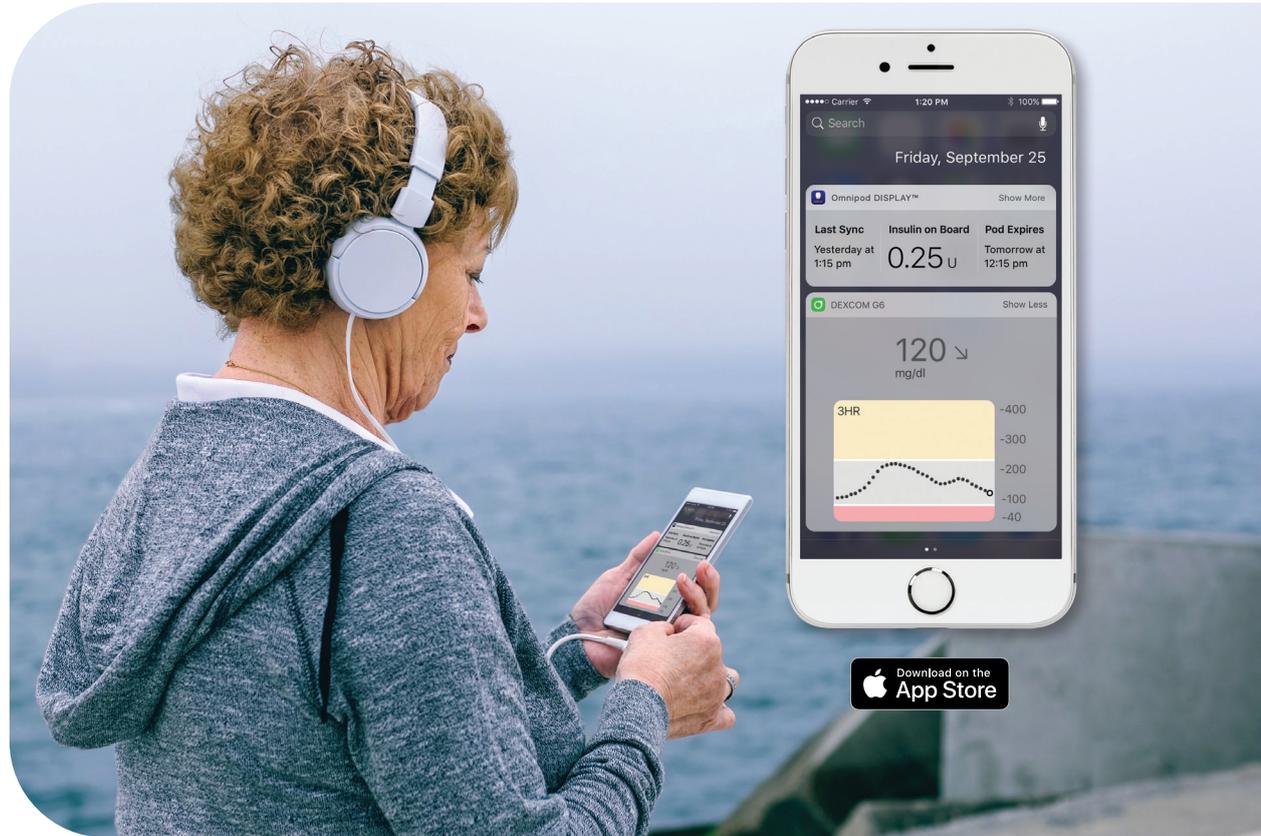
4. Tap **START** to begin bolus delivery.



Key Insulin Delivery Actions

Omnipod® iPhone Widgets*

A remote view of insulin delivery and blood glucose data on a SINGLE screen. Set up new Omnipod DISPLAY™ and Omnipod VIEW™ widgets next to your Dexcom widget for a quick glance of your PDM and CGM data together on your own iPhone.



+ Download the **Omnipod DISPLAY™** and **Omnipod VIEW™** apps to access the Omnipod® widgets.

Omnipod DISPLAY™ App

Allows convenient and discreet access to Omnipod DASH® System status.



BENEFITS

- + "Find My PDM" app feature allows you to quickly locate your PDM**
- + Omnipod DASH® System notifications and alarms on your iPhone for added discretion
- + Invite friends and family to use the Omnipod VIEW™ app to help you stay informed
- + Available Omnipod DISPLAY™ widget allows access to combined view of Omnipod DASH® System and a CGM status

** Omnipod DASH® PDM must be within 30 ft.

Omnipod VIEW™ App

Allows caregivers to remotely view Podder™ insulin delivery data.



BENEFITS

- + Remote therapy status monitoring to help manage diabetes
- + Provides Omnipod DASH® System notifications to stay informed of the Podder's™ status
- + Ability to monitor up to 12 Podders™
- + Available Omnipod VIEW™ widget for access to the Podder's™ Omnipod DASH® System info

*iPhone widgets are mobile application shortcuts that are visible after swiping right from the home screen to the iPhone's Today View. Omnipod DISPLAY™ and Omnipod VIEW™ widgets are available for Omnipod DISPLAY™, Omnipod VIEW™, Dexcom G5 and Dexcom G6. Dexcom System does not have integrated functionality with the Omnipod DASH® System. Omnipod DISPLAY™ and Omnipod VIEW™ apps are available with iOS 11 compatible smartphone devices iPhone 5S, 6, 6 Plus, 6S, 6S Plus, SE, 7, 7 Plus, 8, 8 Plus and iPhone X. Android compatibility coming soon.

My PDM Settings

You may use the following worksheet to write down your PDM settings from your current PDM (model UST400).

1. Maximum Basal Rate	____ U/h		
2. Basal 1	12am to ____ ____ to ____ ____ to ____ ____ to ____	____ U/hr ____ U/hr ____ U/hr ____ U/hr	Total Daily Basal ____ U
3. Temporary Basal Rate	On	Off	(Select "On" if model UST400 is set to % or U/Hr. "On" is in %)
4. BG Goal Limits	Lower Limit ____ mg/dL	Upper Limit ____ mg/dL	Find in model UST400: Settings> System Setup>BG Meter>BG Goal
5. Suggested Bolus Calculator	On	Off	
6. Target BG	12am to ____ ____ to ____ ____ to ____ ____ to ____	Target ____ mg/dL Target ____ mg/dL Target ____ mg/dL Target ____ mg/dL	Correct Above ____ mg/dL Correct Above ____ mg/dL Correct Above ____ mg/dL Correct Above ____ mg/dL
7. Min BG – for bolus calculations		____ mg/dL	
8. Insulin-to-Carbohydrate (IC) Ratio	12am to ____ ____ to ____ ____ to ____ ____ to ____	____ g/carb ____ g/carb ____ g/carb ____ g/carb	
9. Correction Factor	12am to ____ ____ to ____ ____ to ____ ____ to ____	____ mg/dL (1 unit of insulin decreases BG by) ____ mg/dL (1 unit of insulin decreases BG by) ____ mg/dL (1 unit of insulin decreases BG by) ____ mg/dL (1 unit of insulin decreases BG by)	
10. Reverse Correction	On	Off	
11. Duration of Insulin Action	____ hours		
12. Maximum Bolus	____ U		
13. Extended Bolus	On	Off	(Select "On" if model UST400 is set to % or U/Hr. "On" is in %)





Insulet Corporation

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Acton, MA 01720

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omnipod.com

For more information:

Please refer to your Omnipod DASH® System User Guide.

Download the Omnipod® Mobile Apps.

