

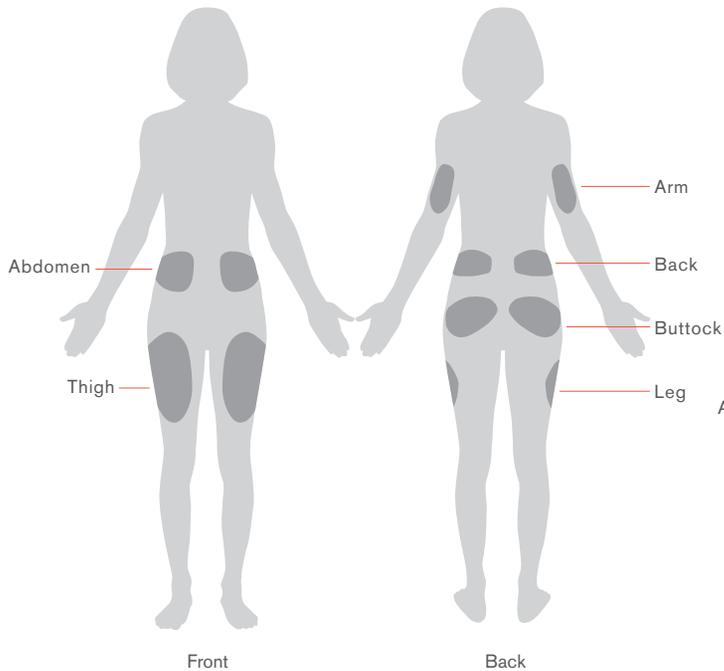


POD PLACEMENT OPTIONS

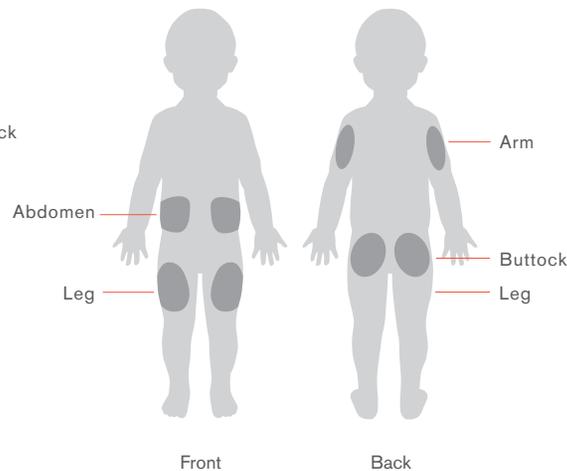
WEAR IT WITH **COMFORT**

Because there is **NO TUBING**, you can wear the Pod comfortably most places you would give yourself a shot. Please note the recommended positioning for each body area.

YOUTH/ADULT



CHILD



PLACEMENT TECHNIQUES FOR BEST RESULTS

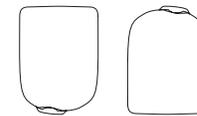
Site Selection

Change the site location each time you apply a new Pod; improper site rotation may reduce insulin absorption. The new site should be at least 1 inch away from the previous site, 2 inches away from the navel and not over a mole or a scar. And be careful not to put it where it will be uncomfortable or dislodge when you sit or move around; for instance, don't place it near folds of skin or directly under your waist band. Pod placement sites are highly individualized to a Podder's body type. Please consult with your healthcare provider to identify the most ideal locations.

Pod Positioning

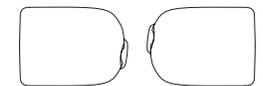
Arm and Leg:

Position the Pod *vertically* or at a slight angle.



Back, Abdomen and Buttocks:

Position the Pod *horizontally* or at a slight angle.



Pinching Up

Place your hand over the Pod and make a wide pinch around the skin surrounding the viewing window. Then press the *Start* button on the PDM. Release pinch when the cannula inserts. This step is critical if the insertion site is very lean or does not have much fatty tissue.



Warning: Occlusions may result in lean areas if you do not use this technique.

Notes:

Four horizontal lines for taking notes.



omnipod®

POD ADHESION TIPS AND RESOURCES

WEAR IT WITH **CONFIDENCE**

The Omnipod® Insulin Management System is all about **FREEDOM**—including the freedom to swim¹ and play active sports. The Pod's adhesive keeps it securely in place for up to 3 days. However, if necessary, several products are available to enhance adhesion. These tips from other Podders™, healthcare professionals (HCPs) and Pod Trainers can keep your Pod secure.

SITE PREPARATION

Be cool and dry (not perspiring) for Pod change.

Clean your skin well. Body oils, lotions and sunscreen can loosen the Pod's adhesive. To improve adhesion, use an alcohol swab to clean the area around your site—about the size of a tennis ball. Then let it air dry completely before applying the Pod. We do not recommend blowing it dry.

ISSUES

ANSWERS

Oily Skin

Residue from soap, lotion, shampoo or conditioner can prevent your Pod from sticking securely.

Clean your site thoroughly with alcohol before applying your Pod—and be sure to let your skin air dry.

Damp Skin

Dampness gets in the way of adhesion.

Towel off and allow your site to air dry thoroughly; do not blow on it.

Body Hair

Body hair literally gets in-between your skin and your Pod—and if there is a lot of it, can keep the Pod from sticking securely.

Clip or shave the site with a razor to create a smooth surface for Pod adhesion. To prevent irritation, we recommend doing this 24 hours before putting on the Pod.

Customer Care Program: 1-855-POD-INFO (1-855-763-4636)

myomnipod.ca

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AVAILABLE PRODUCTS

Experienced Podders™ use these products to help their Pods stay put during rigorous activities.² Many items are available at pharmacies; others are medical supplies covered by most insurance carriers. Everyone's skin is different—we recommend that you try various products to find out what works for you. You should consult your HCP or Pod trainer to determine where to begin and what options are best for you.

PREPARING YOUR SKIN

Smith & Nephew Skin-Prep® Antiseptic Skin Preparation
Isopropyl Alcohol: General All-Purpose Cleaner

HELPING THE POD STICK

Adhesives and more.

Torbot Skin Tac™ Adhesive Barrier Wipe
Ferndale Laboratories Mastiso® Liquid Adhesive
3M™ Tegaderm™ Absorbant Clear Acrylic Dressing
Convatec AllKare® Wipe Barrier Film Layer
Hollister Medical Adhesive Spray

PROTECTING YOUR SKIN

Prevent irritation with barriers.

3M™ Nexcare™ Liquid Bandage
Torbot Skin Tac™ Adhesive Barrier Wipe
Convatec AllKare® Wipe
Hollister Skin Gel Protective Dressing Wipe
3M™ Cavilon™ No String Barrier Film
3M™ Tegaderm™ Absorbant Clear Acrylic Dressing
Smith & Nephew IV3000® Clear Sterile Barrier

HOLDING THE POD IN PLACE

Keep your Pod even more secure with tapes and bands.

BSN Medical Hypafix® non-woven dressing retention tape
3M™ Coban™ Self-Adherent Wrap
Bands 4 Life Arm and Thigh Bands
3M™ Tegaderm™ Absorbant Clear Acrylic Dressing
Smith & Nephew IV3000® Clear Sterile Barrier

REMOVING YOUR POD GENTLY

Use a soft touch with moisturizers and removers.

J&J Baby Oil/Baby Oil Gel
Smith & Nephew Remove® Adhesive Remover Wipes
Ferndale Laboratories Detachol® Adhesive Remover
Torbot TacAway® Adhesive Remover Wipe

After using the oil/gel or adhesive remover, clean area with warm, soapy water and rinse well to remove the residue remaining on the skin.

1. The Pod has a waterproof IP28 rating for up to 76 meters for 60 minutes. The PDM is not waterproof.

2. Insulet Corporation ("Insulet") has not tested any of the above products with the Pod and does not endorse any of the products or suppliers. The information was shared with Insulet by other Podders, whose individual needs, preferences and situations may be different from yours. Insulet is not providing any medical advice or recommendations to you and you should not rely on the information as a substitute for a consultation with your health care provider. Health care diagnoses and treatment options are complex subjects requiring the services of a qualified health care provider. Your health care provider knows you best and can provide medical advice and recommendations about your individual needs. All trademarks or registered trademarks are the property of their respective owners. The use of third party trademarks does not constitute an endorsement of any kind or imply a relationship or other affiliation.