



# Get the most from your Omnipod<sup>®</sup> 5 System

QUICK TIPS

omnipod<sup>®</sup>  
5  
automated insulin  
delivery system

## Start with the basics

Automated Insulin Delivery (AID) systems automatically adjust insulin delivery to help manage glucose levels, reduce hypoglycemia, and increase time in range.<sup>1</sup> For optimal glucose control, your interaction is still important and required. Remember to:

- Bolus for meals, snacks, and high glucose levels.
- Treat low glucose levels as recommended by your healthcare provider.
- Monitor your Pod sites for any potential issues with absorption or insulin delivery.



## Great things take time

Any change comes with a learning curve, including switching insulin therapies. Omnipod® 5 will adapt to your personal insulin needs over time, and the process has just begun! Here's what you can expect as you get started in Automated Mode:

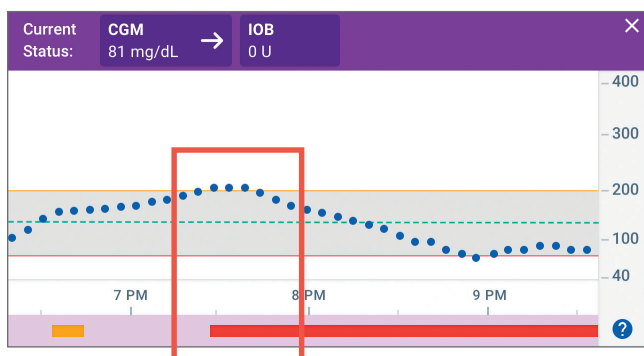
- You can begin using Automated Mode with your first Pod. With the first Pod, the System uses your initial programmed settings and built in safety limits to begin automating insulin delivery. Over time, the Omnipod 5 System will learn your daily insulin needs and adapt to better match your insulin needs at every Pod change.
- Optimizing insulin delivery could take a few days up to a few weeks, depending on your previous therapy, initial settings and ongoing adaptivity.

## Automated Mode, explained

In Automated Mode, SmartAdjust™ technology predicts where your glucose levels will be 60 minutes into the future and uses this information to automatically adjust insulin delivery every five minutes.

You may see the System pause or increase insulin delivery when you are not expecting it. For example:

- Even if you are currently above your Target Glucose, the System may pause insulin, if it predicts you will be below your Target Glucose within 60 minutes (see image below).
- Or if you are currently below your Target Glucose, the System may be delivering insulin if it predicts you will be above your Target Glucose within 60 minutes.



In the CGM Graph view, you will see a red bar below the graph when insulin has been fully paused. You will see an orange bar when the System has reached its maximum insulin delivery.

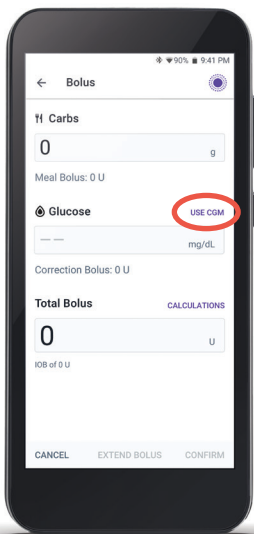
For even more detail on how the System is adjusting, you can go to the Auto Events tab in the History Detail to see how much insulin is being delivered every 5 minutes.

## Handling highs and lows

Though the System is automating insulin delivery, there may still be times when you experience high or low glucose levels.

- You can give correction boluses by tapping USE CGM in the SmartBolus calculator. Giving correction boluses when needed will help the System understand your total daily insulin needs and adapt with each new Pod to adjust insulin dosing accordingly. Try not to override the suggestions given by the System.
- Talk to your healthcare provider about treating lows. Some people find they need to use less carbohydrate to treat lows when using an AID system, because the system has been decreasing insulin as glucose levels drop.
- You may also need to discuss settings adjustments with your healthcare provider. For example, decreasing your Target Glucose setting can help the System deliver more automated insulin.

**Target Glucose is the only setting that you can change to impact automated insulin delivery. Making changes to your basal settings will only impact basal insulin delivery in Manual Mode.**



## Master your mealtimes

Taking insulin when you eat is an important part of any insulin therapy, including AID systems. Keep these tips top of mind for mealtime & snack success.

- Talk to your healthcare provider about when to bolus for your meals. Delivering insulin 15-20 minutes before eating may help if you are experiencing high glucose levels after meals or snacks.
- Use the SmartBolus Calculator. Entering grams of carbs and tapping USE CGM will calculate a dose based on current CGM value, CGM trend, and Insulin on Board.
- Work with your healthcare provider to adjust your bolus settings if needed. For example, if you are experiencing high glucose levels after breakfast, you may find you need to lower your Insulin to Carb ratio to give more insulin for the food you are eating. Other bolus settings include Target Glucose, Correction Factor, Duration of Insulin Action, and Reverse Correction.

## Stay connected

Omnipod® 5 makes it simple for you to stay in Automated Mode. You may occasionally find yourself in Automated Mode: Limited if your Pod has not received sensor glucose values for more than 20 minutes. If you find yourself here often, consider the following:

- Check to make sure glucose readings are available on your Dexcom G6 app (you may see Automated Mode: Limited during your sensor warmup).
- Be sure your Pod and transmitter are in direct line of sight. This means that the Pod and transmitter are worn on the same side of the body in a way that the two devices can “see” one another without your body blocking their communication.



## Get going with the Activity feature

When using the Activity feature, SmartAdjust™ technology reduces your insulin delivery and sets your Target Glucose to 150 mg/dL for the amount of time you choose (up to 24 hours). Many people use the Activity feature before, during or after exercise, but, it can be used in any situation where you may want to deliver less insulin. Sleepovers, sick days, and even trips to the grocery store can all be great times to use the Activity feature!

**Tip:** It may be helpful to turn the Activity feature on before your activity begins (for example, 30-60 minutes). Discuss appropriate timing with your healthcare provider.



## Check in with your healthcare provider

It's important to follow up with your healthcare provider when starting any new therapy. Check in to review your glucose and insulin delivery data soon after training to discuss any questions and make any necessary settings adjustments.

The Omnipod team is here for you, too. Contact your Omnipod trainer or our Customer Care team at **1-800-591-3455** with any product related questions.

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The Omnipod 5 ACE Pump (Pod) is intended for the subcutaneous delivery of insulin, at set and variable rates, for the management of diabetes mellitus in persons requiring insulin. The Omnipod 5 ACE Pump is able to reliably and securely communicate with compatible, digitally connected devices, including automated insulin dosing software, to receive, execute, and confirm commands from these devices. SmartAdjust™ technology is intended for use with compatible integrated continuous glucose monitors (iCGM) and alternate controller enabled (ACE) pumps to automatically increase, decrease, and pause delivery of insulin based on current and predicted glucose values. The Omnipod 5 SmartBolus Calculator is intended to calculate a suggested bolus dose based on user-entered carbohydrates, most recent sensor glucose value (or blood glucose reading if using fingerstick), rate of change of the sensor glucose (if applicable), insulin on board (IOB), and programmable correction factor, insulin to carbohydrate ratio, and target glucose value.

**WARNING:** SmartAdjust technology should NOT be used by anyone under the age of 2 years old. SmartAdjust technology should also NOT be used in people who require less than 5 units of insulin per day as the safety of the technology has not been evaluated in this population.

The Omnipod 5 System is NOT recommended for people who are unable to monitor glucose as recommended by their healthcare provider, are unable to maintain contact with their healthcare provider, are unable to use the Omnipod 5 System according to instructions, are taking hydroxyurea as it could lead to falsely elevated CGM values and result in over-delivery of insulin that can lead to severe hypoglycemia, and do NOT have adequate hearing and/or vision to allow recognition of all functions of the Omnipod 5 System, including alerts, alarms, and reminders. Device components including the Pod, CGM transmitter, and CGM sensor must be removed before Magnetic Resonance Imaging (MRI), Computed Tomography (CT) scan, or diathermy treatment. In addition, the Controller and smartphone should be placed outside of the procedure room. Exposure to MRI, CT, or diathermy treatment can damage the components. Visit [www.omnipod.com/safety](http://www.omnipod.com/safety) for additional important safety information.

**WARNING:** DO NOT start to use the Omnipod 5 System or change settings without adequate training and guidance from a healthcare provider. Initiating and adjusting settings incorrectly can result in over-delivery or under-delivery of insulin, which could lead to hypoglycemia or hyperglycemia.

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