

omnipod®

**SIMPLE, NONSTOP INSULIN
DELIVERY FOR PEOPLE WITH
DIABETES WHO INSIST LIFE
STILL COMES FIRST.**

INSULIN MANAGEMENT SYSTEM

Katie R.
Podder™
SINCE 2015



3 DAYS*
NONSTOP
INSULIN

*Up to 72 hours of insulin delivery

Omnipod® Patient

RESOURCE GUIDE



Nathaniel P.

Podder™

SINCE 2014

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This guide is intended to be used in conjunction with your Diabetes Management Plan, input from your healthcare provider, and the Omnipod® Insulin Management System User Guide. PDM imagery is for illustrative purposes only and should not be considered suggestions for user settings.

Refer to the Omnipod® Insulin Management System User Guide for complete information on how to use the System, and for all related warnings and cautions. The Omnipod® Insulin Management System User Guide is available online at myomnipod.com or by calling Customer Care (24 hours/7 days), at 800.591.3455.

 **Caution: Consult User Guide.**

This guide is for PDM model UST400. The PDM model number is written on the back cover of each PDM.

Contact your local Omnipod® representative or visit myomnipod.com for more information.

WHAT'S DIFFERENT ABOUT THE POD? SIMPLE.

Omnipod® is a simple system consisting of just 2 parts—the tubeless Pod and the handheld Personal Diabetes Manager (PDM) that you keep nearby to wirelessly program your insulin delivery. Made to be convenient and discreet, the Pod can provide up to 3 days of continuous insulin delivery and can be worn anywhere you would give yourself a shot. Wear what you want, and do what you want. Omnipod® helps simplify insulin delivery, so you can live your life and manage diabetes around it. That's just part of what makes so many people passionate Podders™.

Preparing to start on Omnipod®.

This guide will lead you through some of the key functions you may need to perform with the Omnipod® Insulin Management System.

Have questions?

We're here to help with our 24/7 comprehensive customer support

Customer Care: 800.591.3455
From outside the US: 978.600.7850
myomnipod.com

In an emergency, you should call your healthcare provider as well as an emergency contact.

Healthcare provider name

Healthcare provider number

Emergency contact name

Emergency contact number

Local Omnipod® Representative

Representative contact number

SUPPLIES/REORDER

You should have the following supplies on hand at all times:

- + Several new, sealed Pods
- + Extra, new PDM batteries (at least two AAA alkaline)
- + A vial of rapid-acting U-100 insulin
- + Syringes or pens/needles for injecting insulin
- + Instructions from your healthcare provider about how much insulin to inject if delivery from the Pod is interrupted
- + Blood glucose test strips
- + Ketone test strips
- + Lancing device and lancets
- + Glucose tablets or another fast-acting source of carbohydrate
- + Alcohol prep swabs
- + Glucagon emergency kit and written instructions for giving an injection if you are unconscious
- + Additional Blood Glucose Meter
- + Phone numbers for your healthcare provider and/or doctor in case of an emergency

Reorder Tips

- + It is a good idea to call your Omnipod® supplier (Insulet or other vendor) when you open your last box of 10 Pods. This helps ensure you will have enough supplies in the event additional authorizations are needed from your insurance.
- + If your reorder is coming direct from Insulet, you may be eligible for our Autoship program which automatically ships your Pods approximately every 90 days. You can call Insulet Customer Care to inquire about enrollment.
- + If your reorder is coming from an Insulet authorized distributor, please call them direct to inquire about shipping schedules and options.
- + Be sure to inform your distributor of any changes in your insurance coverage.
- + If you have forgotten where your reorder is coming from, you can find out in the following ways:
 - Check the shipping label on your last Pod shipment
 - Call your insurance and ask who submitted the most recent claim for Pods
 - Call the Insulet Customer Care line

Important Reorder Contacts:

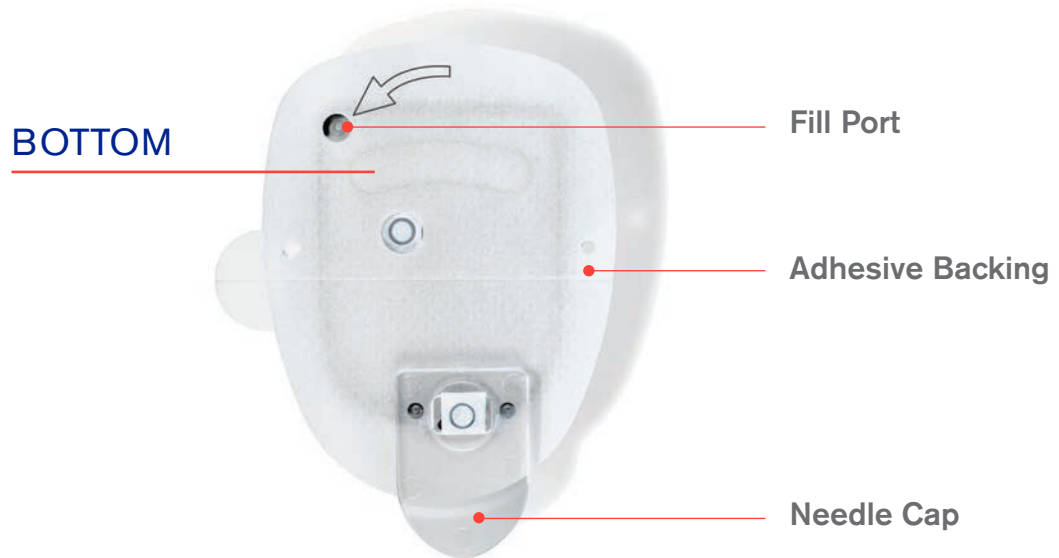
- + Insulet Customer Care:
800.591.3455 ext. 2
- + Your Current Distributor

 Distributor

 Phone

THE POD

A small, lightweight Pod that's easy to apply and wear daily.



THE PDM

A wireless Personal Diabetes Manager (PDM) that's easy to use.



MAIN MENU ITEMS

Bolus: Deliver bolus doses to cover carbohydrates and/or correct high blood glucose (BG) levels.

More actions:

- + Change the Pod
- + Add BG readings
- + Assign/edit BG tags
- + Food library

Temp basal: Adjust insulin delivery for exercise or illness according to your Diabetes Management Plan. This menu item is present only if the Temp basal option is turned on.

My records: Review insulin delivery, blood glucose history, alarm history, carbohydrate history, and personal user information.

Settings:

- + Enter, edit, and name basal programs
- + Program temp basal, carbohydrate, and bolus presets
- + Customize system settings

Suspend: Temporarily suspend, cancel, or resume insulin delivery programs

BASAL INSULIN DELIVERY

What is a basal rate?

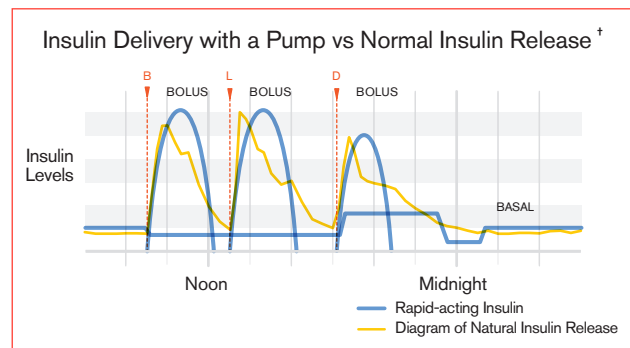
Your body needs a small amount of insulin that's constantly delivered throughout the day, called basal insulin. The exact amount of insulin your body needs changes often depending on:

- + What you're doing throughout the day
- + How stressed you are
- + When you eat
- + When you're sick

Omnipod® lets you personalize your basal rates.

When you first set up your Omnipod®, a Certified Pod Trainer will assist you in programming your

PDM to deliver the basal rates that are determined by your healthcare provider. If you need to adjust your settings, you have up to 24 time intervals per basal program. You can have up to 7 basal programs.*



DELIVERING BOLUS INSULIN DOSES

What is a bolus dose?

A bolus is an extra dose of insulin, delivered when needed to: match the carbohydrates in a meal or snack and/or to lower your blood glucose when it gets too high. There are two types of bolus doses:

- + **Meal bolus**
With Omnipod®, you can deliver either a **normal** or an **extended** meal bolus.
 - A **normal meal** bolus usually delivers enough insulin for a meal or snack you are about to eat
 - An **extended meal** bolus delivers insulin over a longer period of time. When you eat foods high in fat and/or protein or are eating over a long period of time, such as at a party, you might need an extended meal bolus.
- + **Correction bolus**
A **correction bolus** can be delivered with or without a meal bolus if you need to lower your blood glucose level.

Omnipod® will help to deliver your bolus doses.

A Certified Pod Trainer will assist you in programming your PDM to deliver the bolus doses that are determined by your healthcare provider when you first set up your Omnipod®. As your insulin needs change, you can later adjust these settings.

Calculate bolus insulin doses.

Omnipod® also features a **Suggested Bolus Calculator** to help you deliver an accurate bolus dose. The calculator uses your current blood glucose, carbs entered, and your insulin on board (IOB) to determine a suggested bolus dose.

 Caution: Consult User Guide.

For more information about the Suggested Bolus Calculator, see Chapter 4, Understanding and Delivering Bolus Doses, in your Omnipod® Insulin Management System User Guide.

*Be sure to check with your healthcare provider before adjusting these settings.

†Smart Pumping For People with Diabetes, A Practical Approach to Mastering the Insulin Pump, Howard Wolpert, MD, Editor. American Diabetes Association.

YOUR PERSONAL POD SETTINGS

It is always a good idea to keep a copy of your Pod settings handy in the event you have to set up another PDM.

Your healthcare provider will provide you with your initial start rates as well as any future changes.



CAUTION: Do not attempt to start or make any changes to your PDM settings without formal instruction from your healthcare provider.

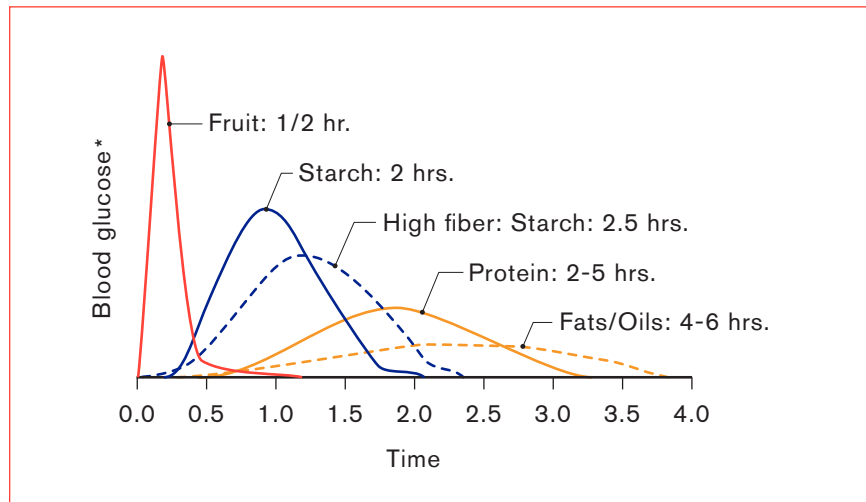
Date _____				
1.	Maximum Basal Rate	_____ U/h		
2.	Basal 1	12:00 AM to _____	_____ U/hr	
		_____ to _____	_____ U/hr	
		_____ to _____	_____ U/hr	
		_____ to _____	_____ U/hr	
3.	Temporary Basal Rate	_____ %	_____ U/h	Off
4.	BG Sounds	On	Off	
5.	BG Goal Limits	Lower Limit _____ mg/dL		
		Upper Limit _____ mg/dL		
6.	Suggested Bolus Calculator	On	Off	
7.	Target BG	12:00 AM to _____	Target _____	Correct Above _____ mg/dL
		_____ to _____	Target _____	Correct Above _____ mg/dL
		_____ to _____	Target _____	Correct Above _____ mg/dL
8.	Min BG – for bolus calculations	_____ mg/dL		
9.	Insulin to Carb Ratio	12:00 AM to _____	_____ g/carb	
		_____ to _____	_____ g/carb	
		_____ to _____	_____ g/carb	
		_____ to _____	_____ g/carb	
10.	Correction Factor	12:00 AM to _____	1 unit of insulin decreases BG by _____ mg/dL	
		_____ to _____	_____ mg/dL	
		_____ to _____	_____ mg/dL	
		_____ to _____	_____ mg/dL	
11.	Reverse Correction	On	Off	
12.	Duration of Insulin Action	_____ hours		
13.	Bolus Increment	0.05 U	0.10 U	0.50 U 1.00 U
14.	Maximum Bolus	_____ U		
15.	Extended Bolus	_____ %	Units	Off
16.	Low Volume Reservoir Alert	_____ U		
17.	Expiration Alert	_____ hours		

WHY CARBOHYDRATES MATTER

Carbohydrates are important because they provide us with energy and essential vitamins and minerals. Proteins and fats also contain calories, vitamins, and minerals, but do not contain carbohydrates unless the food is a mixed item like a casserole.

Carbohydrates are the primary foods that affect glucose levels. Nearly 100% of digestible starches and sugars become glucose within 2 hours of being eaten—when glucose enters your blood stream, it raises your blood glucose levels.

Impact on blood glucose levels.



Proteins and fats take longer to digest and are slower to affect your blood glucose (within 2-6 hours). Higher consumption of protein or fat at meals can delay glucose absorption and create higher blood glucose levels later*. The section “Omnipod® Advanced Features” will teach you more about bolusing for certain meals with the Omnipod® Insulin Management System.

Complex carbohydrates include starchy foods and foods with fiber like whole grain pasta, beans,

brown rice, or whole wheat bread. Choosing less processed, whole grain products is not only more nutritious, but the fiber can have a favorable affect on your blood glucose and digestive health.

Simple carbohydrates include table sugar, honey, syrups, regular soda, fruit juice, jellies and candies. These foods are digested easier and are absorbed into your blood stream faster than complex carbohydrates.

*Source: Jenkins, DJA, Wolever TMS, et al. Glycemic index of foods: a physiological basis for carbohydrate exchange. *Am J Clin Nutr.* 1981;34:362-366.

Check the label.

The two key pieces of information on the nutrition facts label for carb counting are the serving size and total carbohydrates.

For more detailed label information, visit the *Taking a Closer Look at Labels* video at www.diabetes.org/food-and-fitness.

Serving Size: The portion for which nutritional facts are calculated.

Total Carbohydrates: Includes grams of sugar, sugar alcohol, starch, and dietary fiber.

Fiber: If there are more than 5 grams of fiber in a serving, subtract half of the grams of fiber from the total carbs and use the adjusted number as the food's total carb count.

Added Sugars: Sugars that are either added during processing or packaging.

Nutrition Facts

21 servings per container

Serving size 2 crackers (14g)

Amount per serving

Calories 60

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0 mg 0%

Sodium 70 mg 3%

Total Carbohydrate 10g 3%

Dietary Fiber Less than 1g 3%

Total Sugars 1g

Includes 1g Added Sugars 2%

Protein 2g

Vitamin A 0mcg 0%

Vitamin C 0mg 0%

Iron 10mg 2%

Calcium 0mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: US Food and Drug Administration Website

Know your favorites.

For a more extensive list, visit the USDA Food Composition Databases <https://ndb.nal.usda.gov/ndb/search/list>.

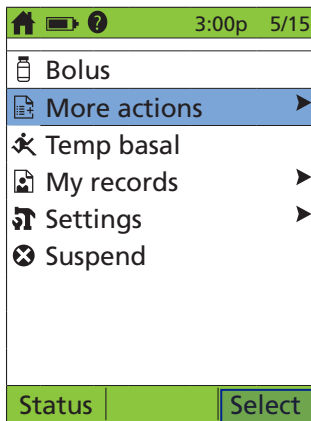
Food Category	Food	Serving Size	Carbohydrate Grams
Breads	White or wheat bread	2 slices (2 oz)	25 - 30
	Hotdog or hamburger bun	1 whole (2 oz)	25
	Bagel	1 whole (3-4 oz)	52
	Dinner roll whole wheat	1 roll (1 oz)	15
	Saltine crackers	5 crackers	11
	Flour tortilla	1 tortilla (8" dia.)	25
	Corn tortilla	1 tortilla (6" dia.)	13
Cereals/Grains/Pasta	White or brown rice cooked	2/3 cup	30
	Pasta cooked	1 cup	38
	Dry cereal (Plain Cheerios)	1 cup	20
	Instant oatmeal - reg cooked with water	1 packet	20
	Grits cooked with water	1 cup	32
Starchy Vegetables	Corn	1 cup	35
	Mashed potatoes	1 cup	35
	Baked potato 3-4" diameter	1 large (10 oz)	64
Dried beans, Peas, Lentil	Mixed vegetables	1 cup	15
	Cooked black beans	1/2 cup	20
	Cooked peas	1/2 cup	12
	Cooked chickpeas	1/2 cup	16
	Cooked lentils	1/2 cup	20

Food Category	Food	Serving Size	Carbohydrate Grams
Fruit and Fruit Juices	Apple	1 small (4 oz)	17
	Banana	1 small (6")	23
	Watermelon	1 cup	12
	Strawberries	1 cup halves	12
	Grapes	1 cup	27
	Canned fruits (in juice)	1 cup	28
	Apple, orange, grapefruit or pineapple juice	1/2 cup (4 oz)	15
Milk and Milk Products	Cranberry, grape or prune juice	1/2 cup (4 oz)	20
	Low-Fat Milk (fat-free, 2%, whole)	1 cup (8 oz)	12
	Plain low-fat yogurt	1 cup (8 oz)	16
Sweets, Desserts & Snacks	Plain low-fat greek yogurt	1 cup (8 oz)	8
	Regular soda	1 can (12 oz)	38
	Vanilla Ice cream (regular)	1/2 cup	15 - 20
	Vanilla wafers	8 cookies	22
	Graham crackers	8 crackers (1 oz)	27
Popcorn (regular, microwave)	1 cup popped	5	
Potato chips (plain, lightly salted)	1 oz (15 chips)	15	

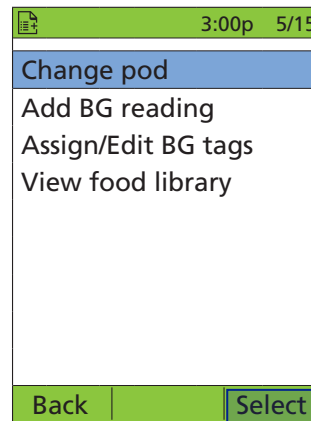
HOW TO CHANGE THE POD

You may need to change the Pod:

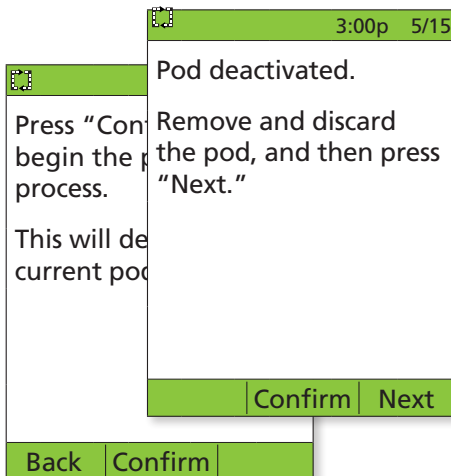
- + When the reservoir is low or empty, or the Pod is nearing expiration
- + In response to an alarm
- + If the Pod/cannula has become dislodged
- + If you have a blood glucose reading of 250 mg/dL or more and ketones are present
- + If you experience unexpected elevated blood glucose levels
- + As directed by your healthcare provider
- + If a Pod is active and fails to beep



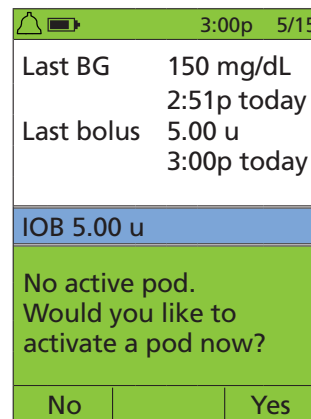
1. Turn on the PDM. Press the **Home/Power** button, then select **More actions**.



2. Select **Change Pod**.



3. Press **Confirm** to deactivate the Pod. Gently remove the deactivated Pod by slowly peeling back the adhesive. (Our users have reported commercial solvent or baby oil can be helpful to soften the adhesive if necessary.)



4. Press **Yes** to activate a new Pod. Follow the steps on pages 11 and 12 in this guide to fill a new Pod with insulin. As you proceed, if the PDM screen times out, press and hold the **Home/Power** button to turn it back on.

If the PDM screen times out during the process, press and hold the **Home/Power** button to continue.

ACTIVATE A NEW POD

- + Assemble the following supplies:
 - Vial of insulin at room temperature (U-100, rapid-acting), See User Guide for insulins tested and found to be safe for use with the Omnipod® Insulin Management System
 - One sealed Pod
 - PDM
 - Alcohol prep swab
- + Wash your hands.



1. Fill the Pod



- 1.1** + Remove the Pod from its sterile packaging.
- + Use the alcohol prep swab to clean the top of the insulin vial.
 - + Assemble the fill syringe by twisting the needle onto the syringe.



- 1.2** + Remove the protective cap.



- 1.3** + Draw air into the fill syringe equal to the amount of insulin indicated in your Diabetes Management Plan.
- + Depress air into the vial of insulin.
 - + Turn the vial and syringe upside down.
 - + Withdraw insulin from the vial and fill the syringe with the amount of insulin indicated in your Diabetes Management Plan; fill at least to the MIN line.
 - + Remove any air bubbles from the syringe.

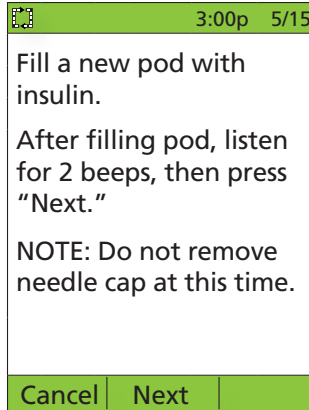


WARNING:

- + **NEVER** inject air into the fill port. Doing so may result in unintended or interrupted insulin delivery
 - + **NEVER** use a Pod if you hear a crackling noise or feel resistance when you depress the plunger.
- These conditions can result in interrupted insulin delivery

CAUTION:

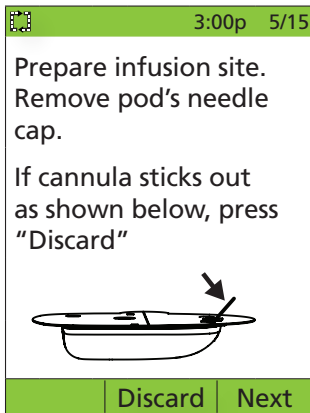
Do not use any other type of needle or filling device besides the fill syringe provided with each Pod.



- 1.4 + Insert the needle straight down into the fill port on the underside of the Pod. To ensure proper fill, do not insert fill syringe at an angle into the fill port.
- + Completely empty the syringe into the Pod.
- + The Pod will beep twice, indicating that the System is ready to proceed.

- 1.5 + Return to the PDM. If the PDM screen times out, press and hold the **Home/Power** button to turn it back on. Place the PDM next to the Pod so they are touching.
- + Press **Next**.
- + The PDM establishes a one-to-one relationship with the Pod, which will prevent it from communicating with any other Pod while this Pod is active. Once the Pod successfully completes its priming and safety checks, the PDM will beep.

2. Apply the Pod

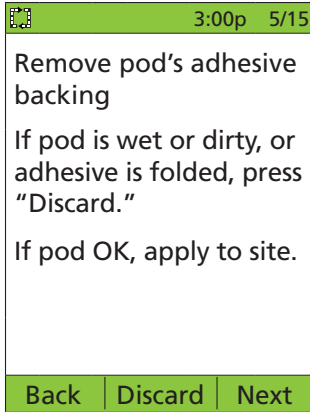


- 2.1 + Select the infusion site, being careful to avoid areas where the Pod will be affected by folds of skin. Refer to the figures on page 14 of this guide for sites your healthcare provider may recommend and placement tips.

- 2. + For optimal adhesion, always clean the site thoroughly with an alcohol swab to remove all body oils and lotions, which may loosen the Pod's adhesive. Let the site air-dry completely; do not blow on the site to dry it.

- 2.3 + Remove Pod's the needle cap.

If the PDM screen times out during the process, press and hold the **Home/Power** button to continue.



2.4 + Carefully remove white paper backing from the adhesive, ensuring the adhesive is clean and intact.

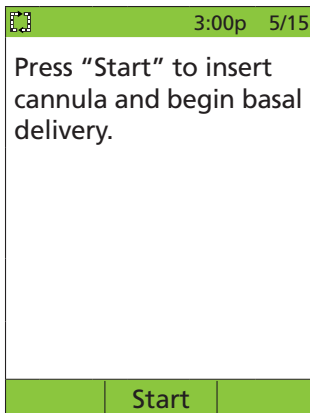


2.5 + Remove and discard the white paper backing from the adhesive.

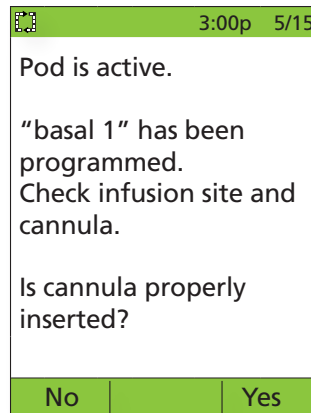


2.6 + Apply the Pod to the selected site.
 + Run your finger around the adhesive to secure it.
 + Press **Next** on the PDM.
 + To facilitate insertion, place one hand over the Pod and make a wide pinch around the skin surrounding the viewing window; this step is critical if the insertion site does not have much fatty tissue.

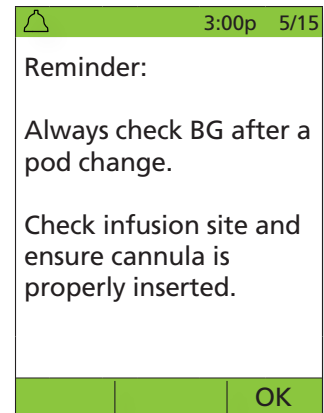
3. Press start



3.1 + The Pod automatically inserts the cannula and delivers a prime bolus to fill the cannula with insulin. It takes a few seconds to complete this process. Release the skin after the cannula inserts.



3.2 + Once complete, the PDM indicates that the Pod is active and asks you to check the infusion site.
 + Look through the Pod's viewing window, if properly inserted, press yes. Press No if you see a problem with the cannula.



3.3 + The PDM will generate an automatic reminder to check your blood glucose 1.5 hours after each Pod change.

⚠️ WARNING:

- + The PDM will generate an automatic reminder to check your blood glucose 1.5 hours after each Pod change. If the cannula is not properly inserted, hyperglycemia may result. Verify there is no wetness or scent of insulin, which may indicate the cannula has dislodged.
- + **NEVER** inject insulin (or anything else) into the fill port while the Pod is on your body. Doing so may result in unintended or interrupted insulin delivery.
- + Verify cannula does not extend beyond adhesive backing once needle cap is removed.

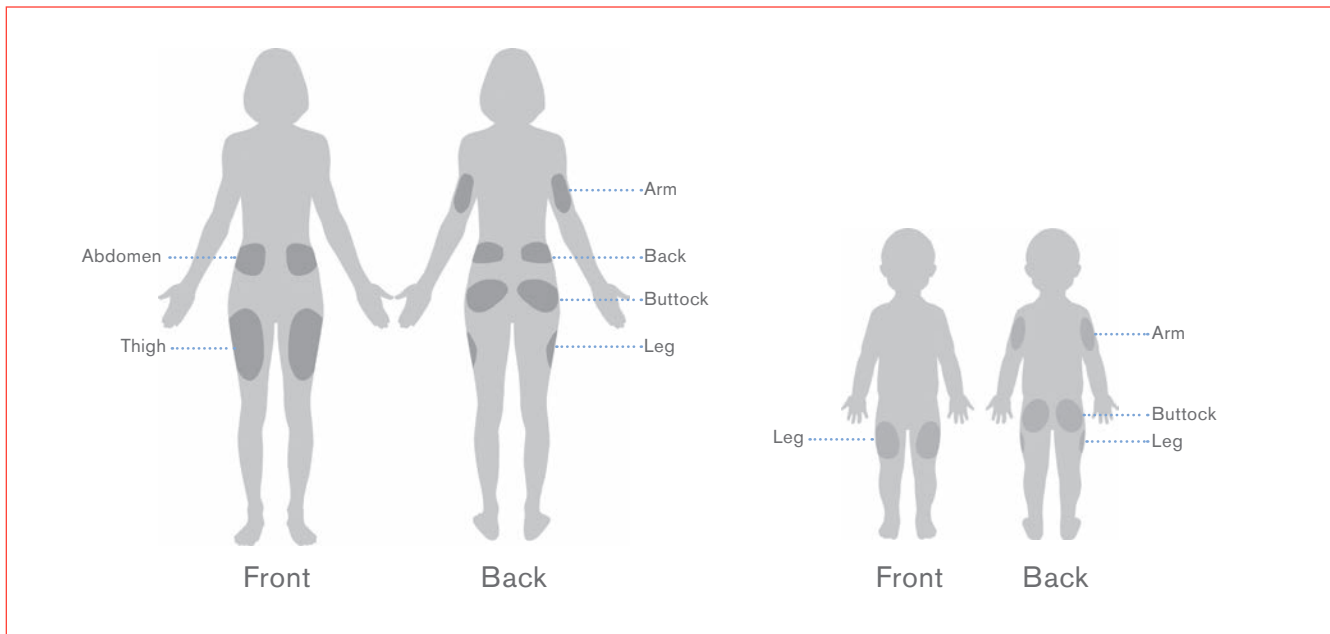
If the PDM screen times out during the process, press and hold the **Home/Power** button to continue.

MAKING OMNIPOD® A PERFECT FIT IN YOUR WORLD

It's easy to find a place for your Pod. And your Pod is tubeless and lightweight, so you can wear it with freedom.

Where to wear your Pod.

It's important to choose a new area every time when placing your Pod to avoid site overuse, which could result in variable absorption. The new area should be at least 1 inch away from the previous one, 2 inches away from the navel and not over a mole, scar, or tattoo, where insulin absorption may be reduced. Be sure to put your Pod somewhere you'll be comfortable—avoid sites where belts, waistbands, or tight clothing may rub against, disturb, or dislodge the Pod.



How to place your Pod.

Arm and leg

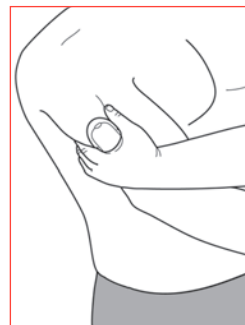
Position the Pod vertically or at a slight angle.

Back, abdomen, and buttocks

Position the Pod horizontally or at a slight angle.

Pinching up

This step is important if your Pod location is very lean or doesn't have much fatty tissue. Place your hand over the Pod and make a wide pinch around your skin surrounding the viewing window. Then press the **Start** button on the PDM. You can let go when the cannula inserts.



WARNING:

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

FEEL COMFORTABLE AND CONFIDENT

How to secure and remove your Pod.

Below are more ways to help secure and remove your Pod.* These tips from Podders™, nurses, and doctors can help you stay tube and worry-free.

Prepping for your Pod.

Remember to stay cool and be cool (dry and not sweating) when it's time to change your Pod. Here are more potential sticking points:

Trouble with...	Problem	Solutions
Oily skin	Residue from soap, lotion, shampoo or conditioner can prevent your Pod from staying secure.	Clean the area 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 skin to air-dry; do not blow on it.
Body hair	A lot of hair will prevent the Pod from sticking securely.	Clip or shave the area with a razor to create a smooth surface for your Pod to stick to. Do this 24 hours before putting on your Pod to prevent irritation.

Helpful Products

Experienced Podders™ have reported using the following products to help with comfortable Pod wear.

Preparing your skin

- + BD Alcohol Swab - www.bd.com
- + Hibiclens - www.amazon.com

Helping the Pod stick

Adhesives and more.

- + Bard® Protective Barrier Film: www.bardmedical.com
- + Torbot Skin Tac™: www.torbot.com
- + AllKare® Wipe: www.convatec.com
- + Mastisol®: www.amazon.com
- + Hollister Medical Adhesive: www.amazon.com

Protecting your skin

Prevent irritation with barriers and banners.

- + Bard® Protective Barrier Film: www.bardmedical.com
- + Torbot Skin Tac™: www.torbot.com
- + AllKare® Wipe: www.convatec.com
- + Hollister Skin Gel Protective Dressing Wipes: www.amazon.com
- + 3M™ Cavilon™ No String Barrier Film: www.3m.com

Holding the Pod in place

Keep your Pod even more secure with tapes and bands.

- + Mefix® 2" Tape: www.amazon.com
- + 3M™ Coban™ Self-Adherent Wrap: www.3m.com
- + Bands 4 Life Arm and Thigh Bands: www.bands4life.net

Removing your Pod gently

Use a soft touch with moisturizers and removers.

- + Baby Oil/Baby Oil Gel: www.johnsonsbaby.com
- + UNI-SOLVE® Adhesive Remover: www.amazon.com
- + Detachol®: www.amazon.com
- + Torbot TacAway Adhesive Remover: www.amazon.com

(After removing your Pod, clean area with warm, soapy water and rinse well to remove any residue still on your skin.)

*Insulet has not tested any of these products to work with the Pod and does not endorse the use of these products with the Pod. These recommendations have been shared with Insulet by other Insulet customers whose needs, preferences and situations may differ from yours. Consult with your doctor prior to the use of any of these products with the Pod.

The third-party trademarks used herein are trademarks of their respective owners.

CHECKING YOUR BLOOD GLUCOSE LEVELS

How often do I need to check my glucose?

You can use the built-in FreeStyle blood glucose meter to check your blood glucose levels as often as you need to. However, you may want to check your blood glucose levels at least a few times a day, in particular:

- + When you feel symptoms like **weakness, sweating, nervousness, headaches, or confusion**
- + When you have **delayed a meal after taking insulin**
- + When your **healthcare provider advises you to do so**

How do I check my glucose levels with FreeStyle and Omnipod®?

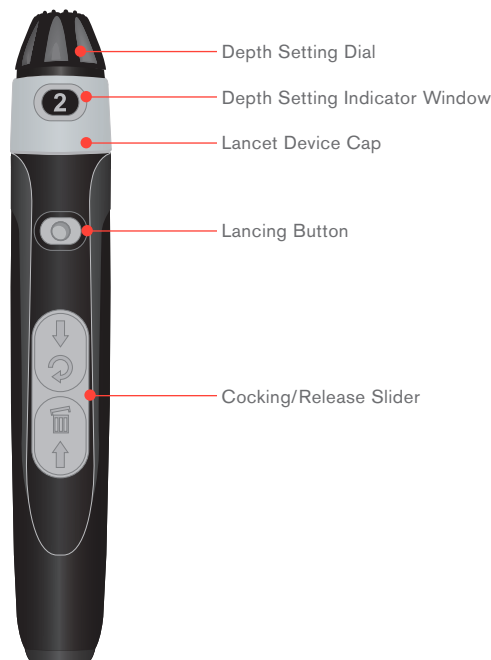
Checking your blood glucose levels with the FreeStyle meter requires just a **small amount of blood**—only 0.3 microliters. However the first step involves knowing the anatomy of your lancing device.

NOTE: to make sure your results are accurate, be sure to wash your hands and the test site with soap and water. Make sure all cream and lotion is removed and dry thoroughly.



OMNIPOD® INSTRUCTIONS

Lancing device depicted is representative only. Please follow the instructions included with your specific lancing device.



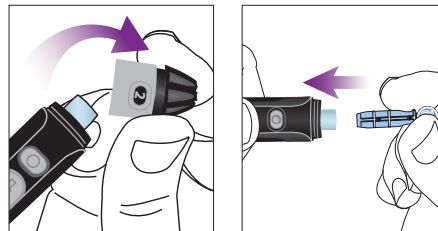
WARNING:

Measurements obtained from alternate site testing should not be used to calculate insulin doses with Omnipod® Insulin Management System.

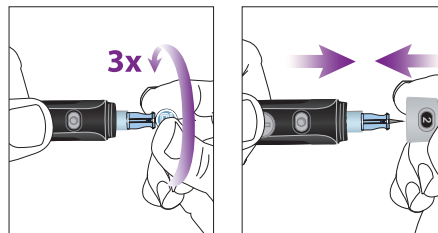
Caution: Consult User Guide.

Prepare your lancing device in 3 easy steps.

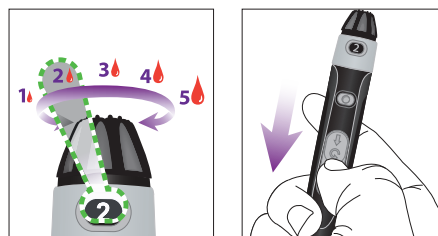
1. Snap off the cap of the lancing device at an angle, and insert a new lancet firmly into the white holder cup. This action may cock the device, which is fine.



2. With one hand, hold the lancet in place while twisting off the rounded top with your other hand. Then replace the cap until it snaps back into place. Make sure you do not touch the exposed needle.



3. Set the Depth Setting; the lancing device offers 9 different settings (including half settings). Level 1 is the shallowest depth; Level 5 is the deepest. Use a lower number to lance. Pull back the the grey slider until it clicks. (You may have already cocked the device in step 1)



You're now ready to test!

Lancing device depicted is representative only. Please follow the instructions included with your specific lancing device.

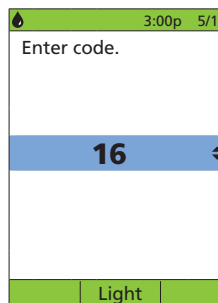
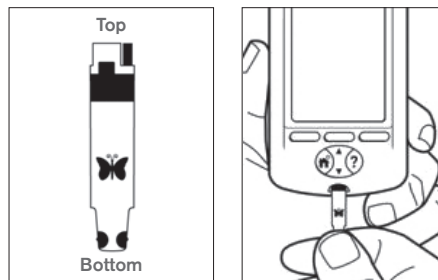
Testing your glucose level.

1. Insert your test strip and set the code^{1,2,3}

a. Insert a new test strip into the test strip port at the bottom of the PDM until it stops. Make sure you insert only the top end of the strip.

+ To help you see the test strip port in reduced lighting, press the middle soft key labeled **Light**. To turn the light off, press **Light** again.

b. The PDM will display a code number once you insert the strip. This code must match the code on the side of the vial to ensure test accuracy. To change this code, just press the **Up/Down Controller** to change the numbers until they match.



WARNING:

The code number on the screen must match the code number on the side of your test strip vial. They must always match or your results will be inaccurate.

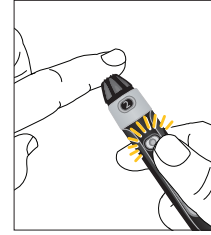
1. From some PDM screens, you cannot access the FreeStyle blood glucose meter. For example, you cannot use the meter while you are activating a Pod or when an alert, alarm, or communication error screen is displayed. In these cases, if you insert a test strip, the PDM beeps to alert you.

2. If you do not start the test within 2 minutes, the PDM powers off. To restart the PDM, take out the unused strip and reinsert it, or simply press and hold the **Power** button to turn on the PDM.

3. If you need to adjust the code number after the PDM has moved to the next screen, just press **Up/Down Controller** buttons. The code screen reappears and you can adjust the number. The code number remains on the PDM screen for your reference until you have completed the BG test.

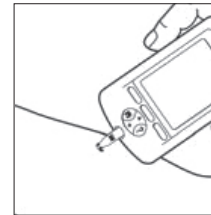
2. Get your sample and fill the test strip

Tip: Before you lance, you'll want to stimulate the blood flow by lowering your hand to waist level and gently massaging your finger.



3. Lance the site

- Hold the lancing device firmly against the side of your fingertip.
- Press the lancing button.
- Squeeze your finger, if needed, until a blood drop forms.



4. Return to your PDM, make sure the strip is in the PDM and your screen reads "Apply a blood sample to the strip".

Bring the strip to the blood at a slight angle.

What if my levels are too low or high?

"LOW" or "HIGH" blood glucose readings can indicate a potentially serious condition requiring immediate medical attention. If you get either a "LOW treat your low BG" reading or a "HIGH check for ketones" reading, first check and see if you feel hypo- or hyperglycemic symptoms. If you do not, retest and perform a control solution test to ensure the system is working properly. If not, or if you feel any symptoms related to hypo- or hyperglycemia, follow your healthcare provider's recommendation.

Test Strip Do's and Don'ts

DO:

- + Only use FreeStyle test strips and FreeStyle Control Solution with the PDM (Other brands may produce inaccurate results)
- + Match the code on the PDM to the side of the vial
- + Use a slight angle to bring the test strip to the blood
- + Use only one edge of the strip per test
- + Add more blood to the strip if the PDM doesn't display "Checking"
- + Only use each strip once
- + Throw away the used lancet in a puncture-resistant container and wash hands thoroughly

DON'T:

- + Test your blood glucose while your PDM is connected via USB to a computer. This could result in a shock.
- + Press the strip against the test site
- + Scrape the blood onto the strip
- + Apply blood to the flat side of the strip
- + Apply blood to the strip when it is out of the meter
- + Put blood or other foreign objects into the test strip port
- + Pull strip away before you hear 1 beep or see "Checking" on the screen
- + Use strips beyond the expiration date printed on the package, as this may cause inaccurate results.

WARNING:

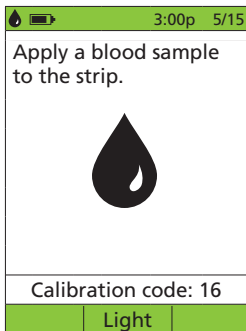
Measurements obtained from alternate site testing should not be used to calculate insulin doses with Omnipod Insulin Management System.



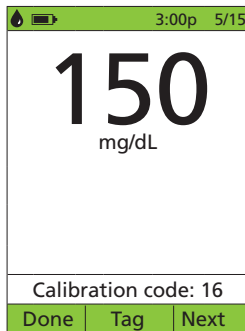
Caution: Consult User Guide.

For more information about blood glucose testing, control solution testing, manual blood glucose test entry and the Suggested Bolus Calculator, see Chapter 7, Checking Your Blood Glucose, in your Omnipod® Insulin Management System User Guide.

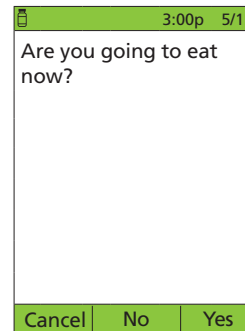
DELIVERING A BOLUS



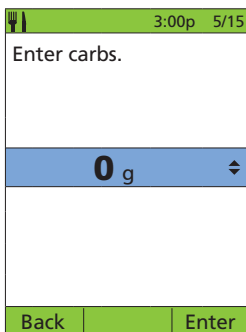
1. Wash the finger with soap and water or an alcohol wipe and dry it completely. Prick finger with the lancing device. Press **Light** to illuminate the test strip in low-light situations. Apply blood sample to test strip.



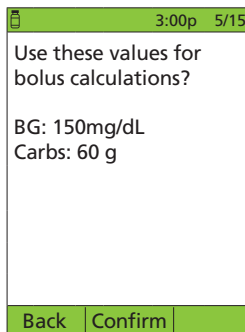
2. When blood glucose reading appears, press **Next** to continue.



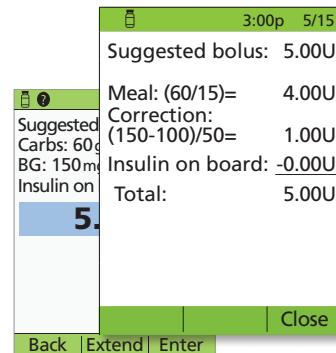
3. If eating now, press **Yes**.
OR
If not eating, press **No**.



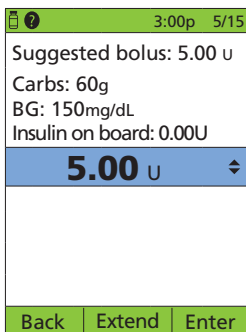
4. If eating, press the **Up/Down Controller** button to enter the correct number of carbs, then press **Enter**.



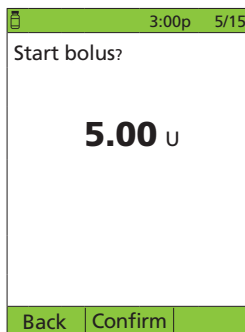
5. Review the BG and carb values to make sure they are correct, then press **Confirm**.



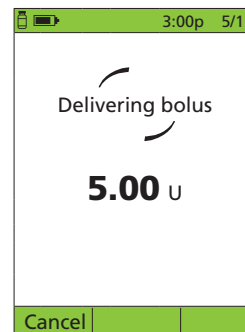
6. Press the **User Info/Support** button to view how the suggested bolus is calculated. Then press **Close**.



7. Press **Enter** to accept the suggested bolus.
OR
Press **Extend** and follow on-screen instructions to deliver a portion/percentage of the bolus immediately and the rest over a set period of time. *Only use the **Extend** option when required by your Diabetes Management Plan.* If extended boluses are not part of your Diabetes Management Plan, the **Extend** option will not appear on the screen.



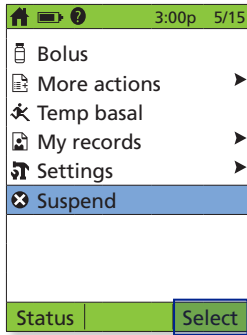
8. Press **Confirm** to start the bolus.



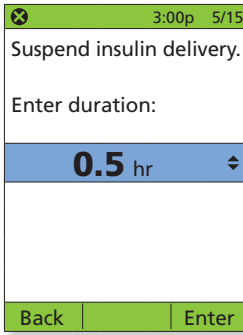
9. The PDM screen will indicate when bolus delivery has begun. If necessary, you may press **Cancel** to stop a bolus while it is being delivered. You do not need to remain near the PDM during delivery. Delivery time varies based on the size of the bolus dose. Once bolus delivery begins, you may press and hold the **Home/Power** button to turn off the PDM screen.

HOW TO SUSPEND INSULIN DELIVERY

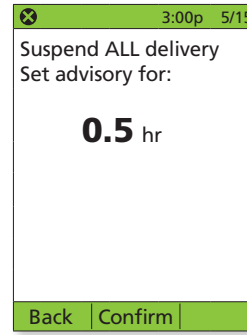
Sometimes you may need to briefly stop insulin delivery (for example, when editing an active basal program or changing the time or date).



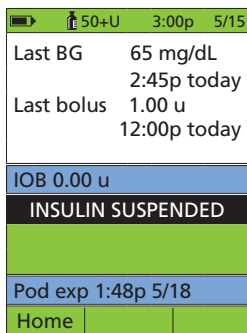
1. Turn on the PDM. Press the **Home/Power** button, then select **Suspend**.



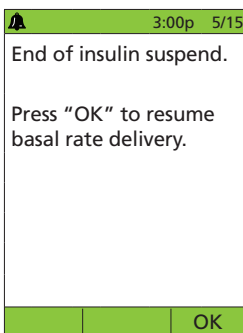
2. Enter the length of time the suspension should last (*minimum 0.5 hour, maximum 2.0 hours*), then press **Enter**.



3. Press **Confirm**.



4. The Status screen indicates that insulin delivery has been suspended.



5. The Pod will beep every 15 minutes until the end of the suspension period. At the end of the suspension period, a Pod advisory alarm will occur. At this time, turn the PDM on and press **OK** to resume the active basal program.



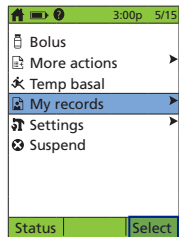
WARNING:

Insulin delivery will not resume until you press OK. If you do not press OK to resume insulin delivery, you could develop hyperglycemia (high blood glucose).

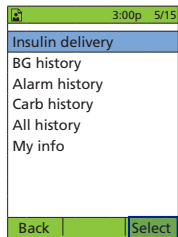
Important PDM Tips and Reminders.

These tips are intended for use only with the PDM UST400 model. The PDM model number is found on the back of the PDM next to the REF symbol.

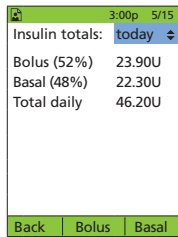
How to view insulin records.



1. On home screen, select **My records**.



2. Select **Insulin delivery**.

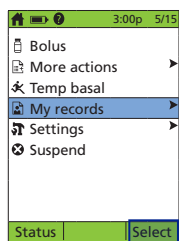


3. PDM provides summary of today's information including total boluses, total basal, and total daily doses. Use **Up/Down Controller** buttons to view the summary for previous days.

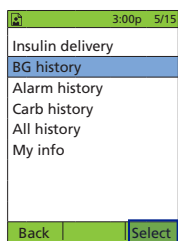
Important reminder

During the activation and priming of the Pod, the PDM and the Pod should be adjacent and touching. Please refer to the Omnipod® Insulin Management System User Guide for a full set of instructions.

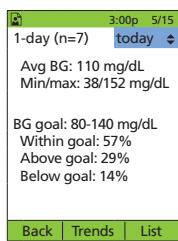
How to view multiple-day BG trends.



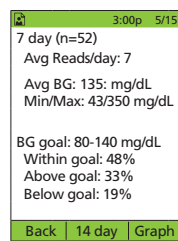
1. On home screen, select **My records**.



2. Select **BG history**.



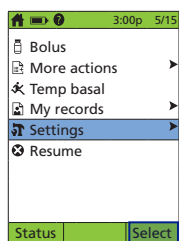
3. Press **Trends** to show BG data for past 7 days.



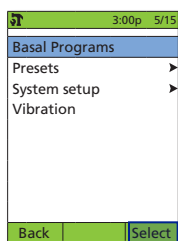
4. Continue pressing the **Middle Soft Key** to show trends for previous 14, 30, 60, and 90 days.

How to change existing basal rate.

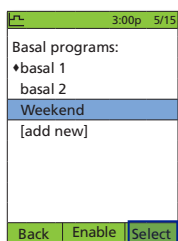
NOTE: Insulin delivery must be suspended before changing basal rates.



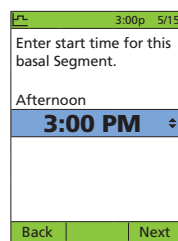
1. On home screen, select **Settings**.



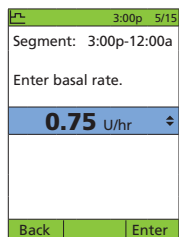
2. Select **Basal Programs**.



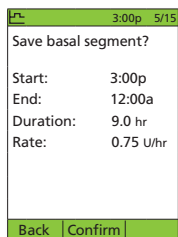
3. Select **basal program** to be edited. **On next screen**, select segment to be edited, then press **Edit**.



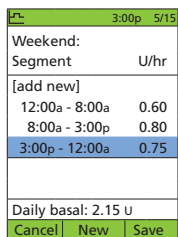
4. Enter **start time**, then press **Next** and repeat for **end time**.



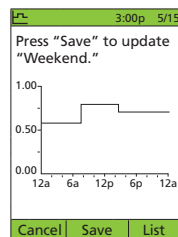
5. Enter **basal rate** for edited segment, then press **Enter**.



6. Review the settings on the confirmation screen carefully. If the settings are correct, press **Confirm**.



7. Press **Save**.

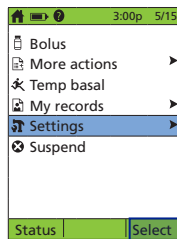


8. Press **Save**. For additional edits, repeat steps 3-8.

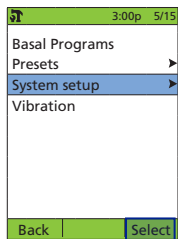
Caution: Consult User Guide.

NOTE: Remember to resume insulin delivery.

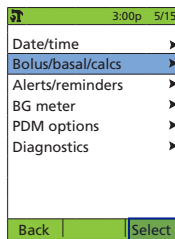
How to change correction factors.



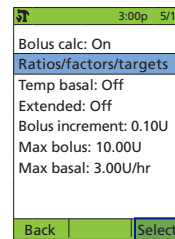
1. On home screen, select **Settings**.



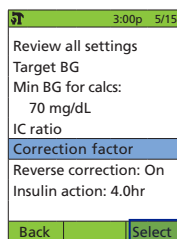
2. Select **System setup**.



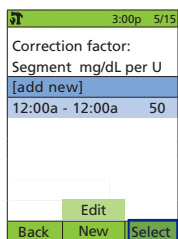
3. Select **Bolus/basal/calcs**.



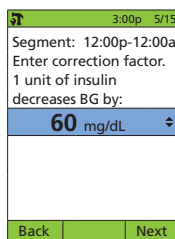
4. Select **Ratios/factors/targets**. **NOTE:** *Bolus calcs must be "on."*



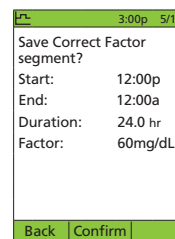
5. Select **Correction factor**.



6. Select **[add new]** or **current segment**, then press **New** or **Edit**.
On next screen, enter **start time**, then press **Next** and repeat for **end time**.

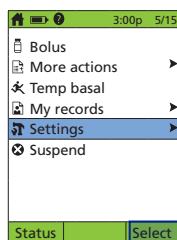


7. Enter the **correction factor**, then press **Next**.

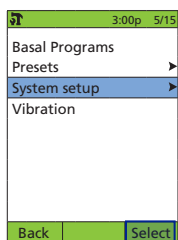


8. Review the settings on the confirmation screen carefully. If the settings are correct, press **Confirm**.
Repeat steps 6-8 to add or edit segments (up to 8 total segments), then press **Done**, then **Save**.

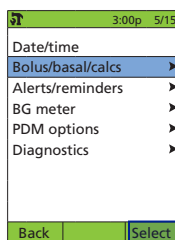
How to change IC ratio or insulin action (duration).



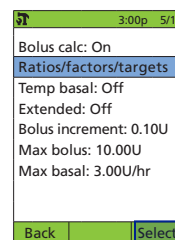
1. On home screen, select **Settings**.



2. Select **System setup**.

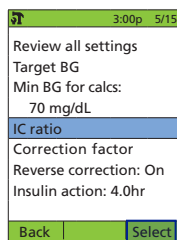


3. Select **Bolus/basal/calcs**.

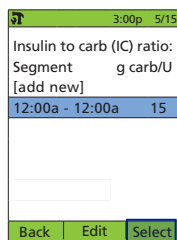


4. Select **Ratios/factors/targets**. **NOTE:** *Bolus calcs must be "on."*

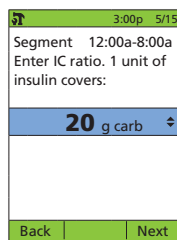
To Change IC Ratio



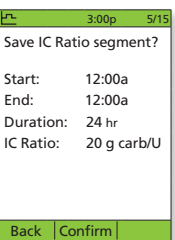
A. Select **IC ratio**.



B. Select current segment, then select **Edit**.
On next screen, enter **start time** then press **Next** and repeat for **end time**.

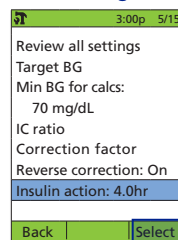


C. Enter **IC ratio**, then press **Next**.

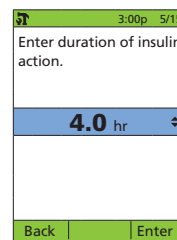


D. Review the settings on the confirmation screen carefully. If the settings are correct, press **Confirm**. On following screens, press **Done**, then press **Save**.

To Change Insulin Action



A. Select **Insulin action**.



B. Use **Up/Down Controller** buttons to change **duration of insulin action**, then press **Enter**.

OMNIPOD® ADVANCED FEATURES

How to use the Extended Bolus Feature.

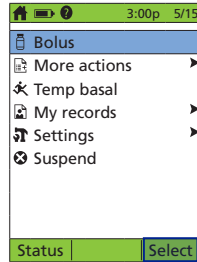
When to use:

This feature is most commonly used for high-fat and/or high-protein meals such as pizza, cheeseburgers, or fried chicken when the digestion of carbohydrates could be delayed.

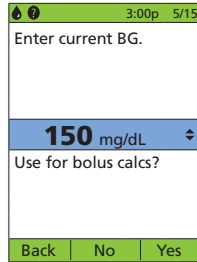
Important Reminders:

Extended Bolus and **Temporary Basal** must be selected in **%** or **U/h** in *System Setup>Bolus/basal/calcs*. Each example is shown with the PDM set to **%**.

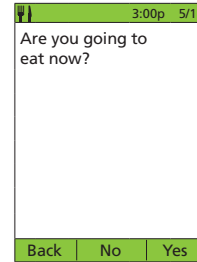
Once you have set an **Extended Bolus** or **Temp Basal** you can cancel it from the *Home Screen>Suspend/Cancel*.



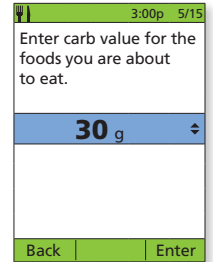
1. From the home screen, select **Bolus**.



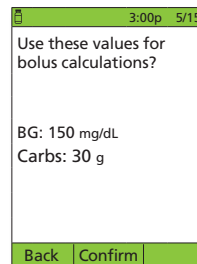
2. Check or manually enter your current blood glucose, then press **Yes**.



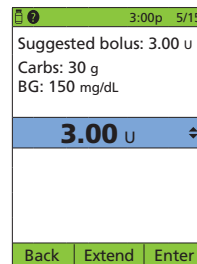
3. Press **Yes**. (Only meal boluses can be extended.)



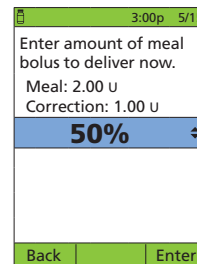
4. Enter the grams of carbs you are about to eat, then press **Enter**.



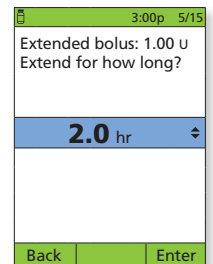
5. Review the values on the confirmation screen carefully. If values are correct, press **Confirm**.



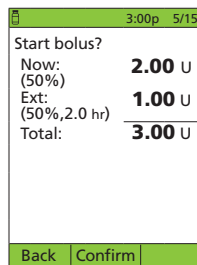
6. A suggested bolus will appear on the screen. Press **Extend**.



7. Enter amount of meal bolus to deliver now, then press **Enter**.



8. Enter the duration of time to extend your bolus, then press **Enter**.



9. A final confirmation will show the entire breakdown of the extended bolus. Press **Confirm**.

Correction boluses will always be delivered "Now" and cannot be extended with the meal bolus.

WARNING:

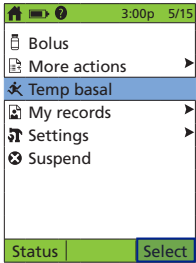
When using the extended bolus function the user should check their blood glucose levels more frequently to avoid hypoglycemia or hyperglycemia.

The values shown here are for teaching purposes only. Consult with your healthcare provider before using these advanced features. Your healthcare provider can also provide you with your own personalized recommendations.

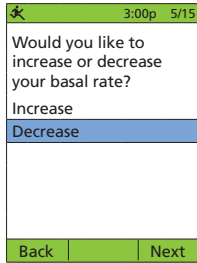
How to set a Temporary Basal Rate.

When to use:

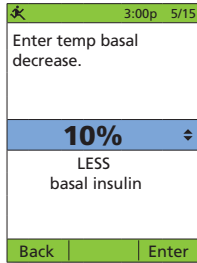
A temporary basal rate lets you adjust your background insulin for a predetermined period of time. This feature is best used to account for a temporary change in a daily routine, such as physical activity or times of illness. Temporary basal rates can be set for durations of 30 minutes to 12 hours; once the time limit is reached, the Pod returns to the active basal program.



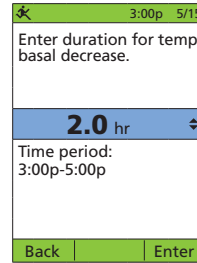
1. From the home screen, select **Temp basal**.



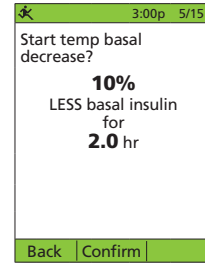
2. Based on your situation, select increase or decrease, then press **Next**.



3. Enter the % or U/h change for the temp basal, press **Enter**.



4. Enter the duration for the temporary basal in increments of 30 minutes, press **Enter**.

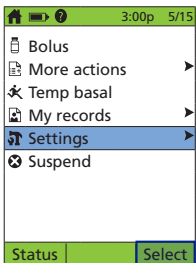


5. A summary of your temporary basal details will appear on the screen for review. Press **Confirm**.

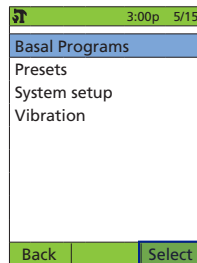
How to create additional Basal Programs.

When to use:

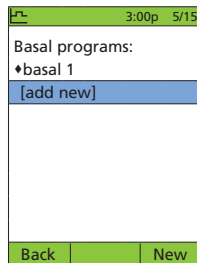
Please consult with your HCP prior to creating additional basal programs. Different basal programs are commonly used for entire days out of your common routine (i.e. weekends vs. work days.)



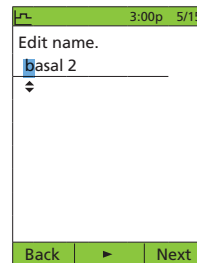
1. From the home screen, select **Settings**.



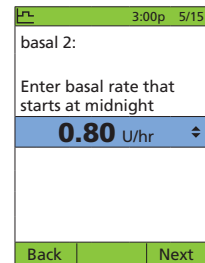
2. Select **Basal Programs**.



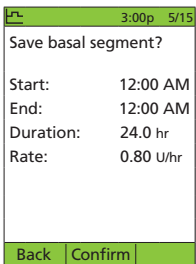
3. Select **[add new]**, then press **New**.



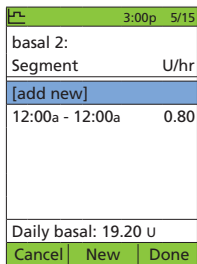
4. You may rename your selection or keep the default name (for example, "basal 2"). Press **Next**.



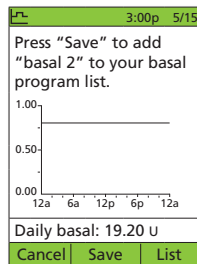
5. Enter the first new basal rate provided by your healthcare provider, then press **Next**.



6. Review the settings on the confirmation screen carefully. If the settings are correct, press **Confirm**.



7. Press **New** if you have more basal segments; otherwise press **Done**.



8. Press **Save**.

Important Reminders:

To enable your new program you must first suspend your pump. Then go to *Settings > Basal Programs*. Select the new program that you just created, Press **Enable** to view and confirm the new program, then press **Enable** to send the program to the Pod.

The values shown here are for teaching purposes only. Consult with your healthcare provider before using these advanced features. Your healthcare provider can also provide you with your own personalized recommendations.

OMNIPOD® ADVANCED FEATURES

How to use the Temp Basal Presets.

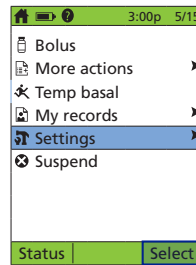
When to use:

Best used for “temporary” routine activities, such as an exercise class that occurs twice a week. The PDM can store up to 7 temporary basal presets. You will be able to access your temp basal presets when you select **Temp Basal** from your home screen.

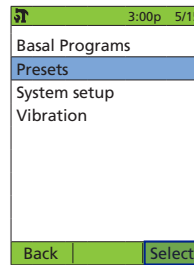
Important Reminders:

Presets are a quick way to get many of your Pod actions complete. If you find yourself eating the same foods, or setting the same temp basal rates, Presets can be a real time saver.

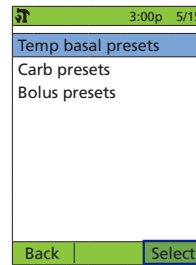
On any preset you will have the option to rename your entry for even more personalization.



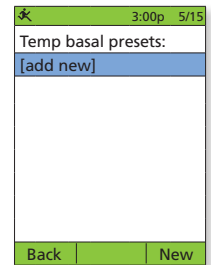
1. From the home screen, select **Settings**.



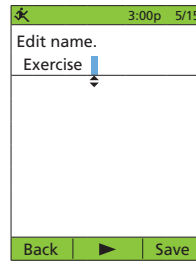
2. Select **Presets**.



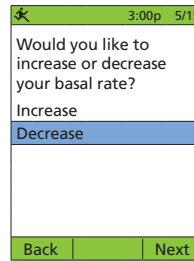
3. Select **Temp basal presets**.



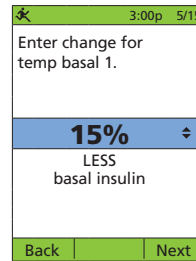
4. Select **[add new]** press **New**.



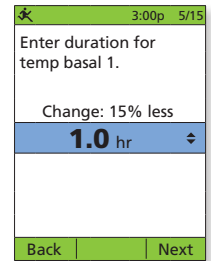
5. Keep default name, or rename. Press **Save**.



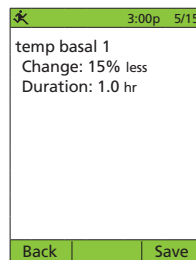
6. Indicate whether you want to increase or decrease your basal rate, then press **Next**.



7. Enter the % or U/h change for the temp basal preset, then press **Next**.



8. Enter duration for the temp basal preset, then press **Next**.



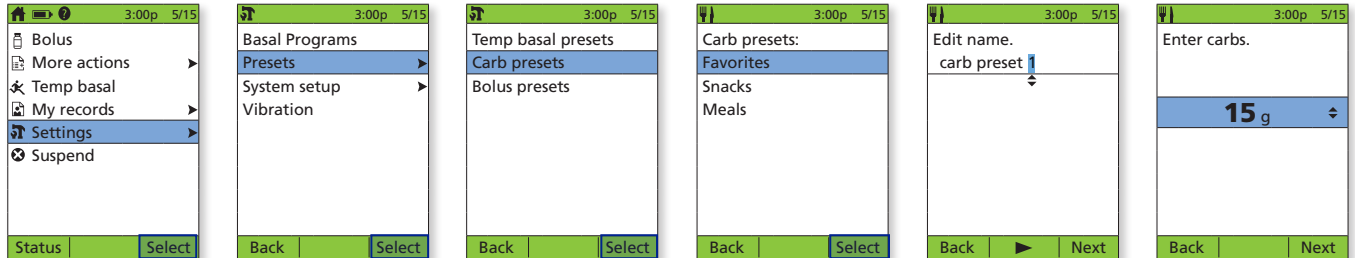
9. A summary of the temp basal preset you just created will appear on the screen, then press **Save**.

The values shown here are for teaching purposes only. Consult with your healthcare provider before using these advanced features. Your healthcare provider can also provide you with your own personalized recommendations.

How to use the Carbohydrate Presets.

When to use:

Best used for easy access to favorite food items, snacks, or meals that you eat frequently. You will be able to access your carb preset during the bolus calculator process.

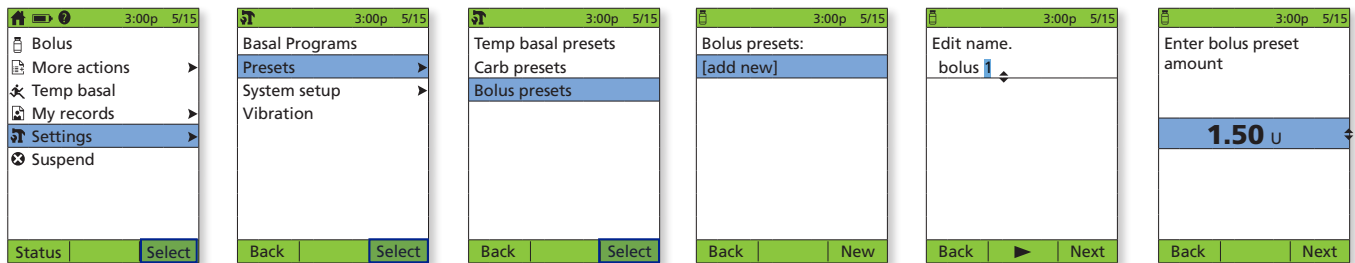


1. From the home screen, select **Settings**.
2. Select **Presets**.
3. Select **Carb presets**.
4. Select **Favorites**, **Snacks**, or **Meals**.
5. Keep default name, or rename. Press **Next**.
6. Enter the amount of carbs in grams, additional nutrition info is optional, then press **Next**.

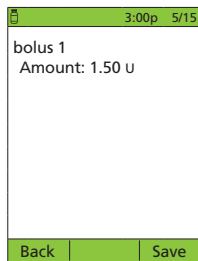
How to use the Bolus Presets.

When to use:

Bolus presets can only be used if your bolus calculator is **OFF**. This feature is best for those utilizing set bolus amounts at their meals. You will be able to access your bolus preset when you select **Bolus** from the home screen.



1. From the home screen, select **Settings**.
2. Select **Presets**.
3. Select **Bolus presets**.
4. Select **[add new]**, then press **New**.
5. Keep default name, or rename. Press **Next**.
6. Enter bolus preset amount, then press **Next**.



7. A summary of the bolus preset you just created will appear on the screen, then press **Save**.



The values shown here are for teaching purposes only. Consult with your healthcare provider before using these advanced features. Your healthcare provider can also provide you with your own personalized recommendations.

HYPOGLYCEMIA

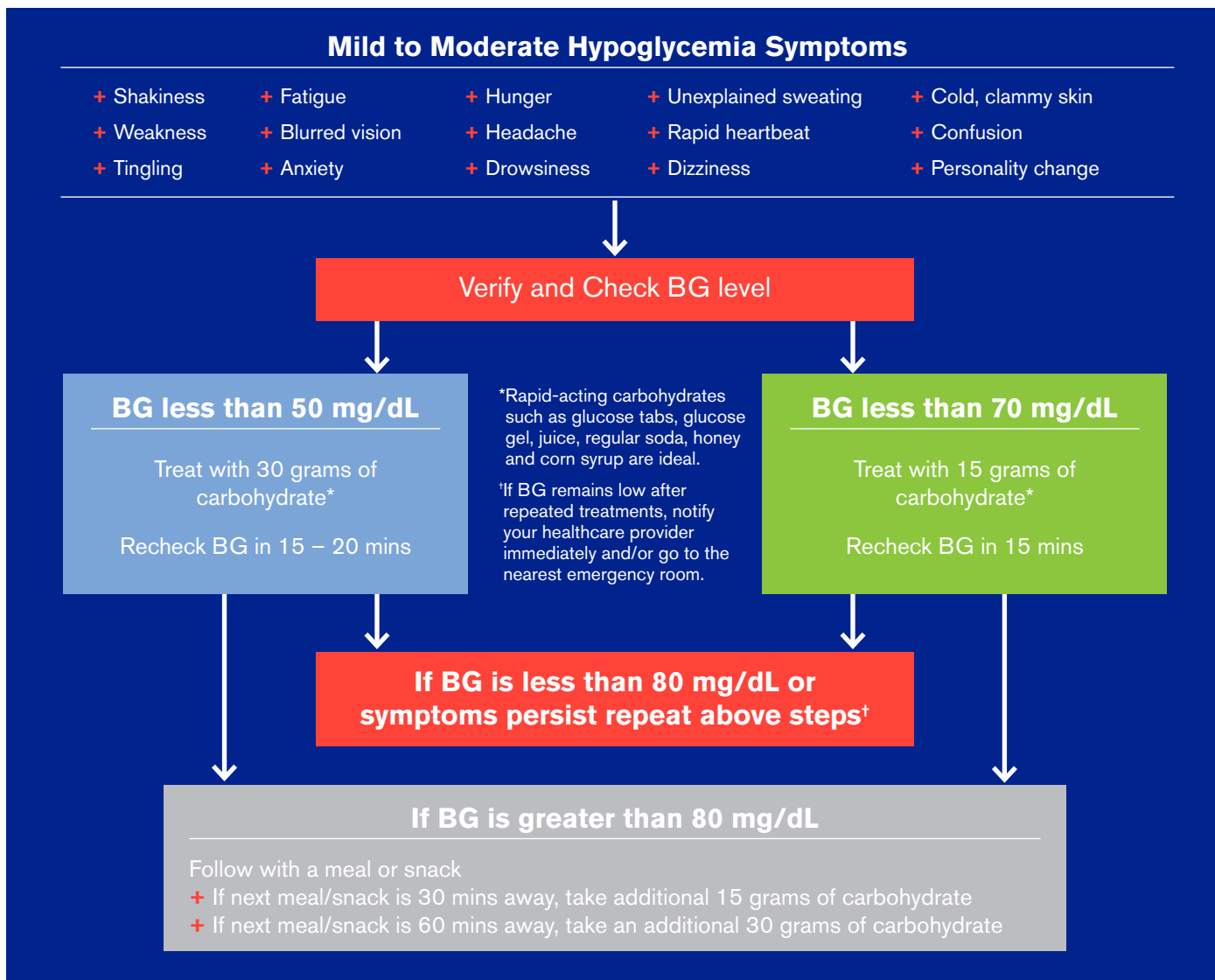
Blood Glucose (BG) less than 70 mg/dL or \leq 80 mg/dL with symptoms

Always follow your healthcare provider's guidelines first. The below guidelines are derived from The Joslin Diabetes Center's recommendations and may differ from your own healthcare providers guidelines.

Action Plan

Never ignore the signs of low blood glucose, no matter how mild. If left untreated, severe hypoglycemia may cause seizures or lead to unconsciousness. If loss of consciousness, inability to swallow glucose treatment or seizures are experienced or observed take the following action immediately:

- + Give glucagon as instructed by healthcare provider
- + Call 911
- + Notify healthcare provider
- + Suspend insulin delivery



Never leave a person who is hypoglycemic unattended!

IMPORTANT NOTES: Make sure your blood glucose is at least 100mg/dL before driving or working with dangerous machinery or equipment. Even if you cannot check BG, do not wait to treat symptoms of hypoglycemia. Avoid hypoglycemia unawareness by checking your BG more frequently.

The above general guidelines are drawn from Joslin Diabetes Center. For further guidance please consult with your healthcare provider for individualized advice.

Troubleshooting

Check PDM Settings

- + Is the correct basal program active?
- + Is the PDM time set correctly?
- + Is the temp basal (if active) correct?
- + Are target blood glucose levels correct?
- + Is the insulin sensitivity factor (or correction factor) correct?
- + Is the insulin-to-carb ratio correct?

Consult your healthcare provider for guidance about adjusting settings on your PDM.

50+U 3:00p 5/15	
Last BG	196 mg/dL
	3:00p today
Last bolus	2.90 u
	3:00p today
IOB	2.90 u
◆ Temp basal	0.25 U/hr 0:30 remains
Pod exp	1:48p 5/18
Home	

Review Recent Activity

Physical activity

- + Has your exercise been unusually long or strenuous?
- + Have you been unusually physically active? (i.e., extra walking, housework, heavy or repetitive tasks, lifting or carrying?)
- + Did you use a decreased temp basal during this activity?
- + Did you consume carbs before, during and/or after activity?

Meals/Snacks

- + Did you count the carbs correctly—including subtracting significant fiber?
- + Did you bolus with food?
- + Did you consume alcohol?

Consult your Omnipod® Insulin Management System User Guide for additional information.

SICK DAY MANAGEMENT

Action Plan

Discuss Sick Day Management with your healthcare provider as part of your routine office visit. Always follow your healthcare provider's guidelines first. Below are only guidelines.

Emergency situations

- + For BG of 250 mg/dL or more see: Hyperglycemia Action Plan
- + For BG of 70 mg/dL or less (and/or symptoms) see: Hypoglycemia Action Plan

Throughout an illness

If you have a cold, stomach virus, toothache or other minor illness:

- + Check blood glucose more often (every 2-4 hours or at least 4 times a day)
- + Check ketones—any time BG is 250 mg/dL or more
- + Use temp basal as directed by your healthcare provider
- + Stay hydrated
- + Monitor urine output
- + Keep a record of information (BG, ketone checks, fluids, and time/amount of urine, vomiting, diarrhea, temperature)

Call your healthcare provider immediately if you have:

- + Persistent nausea and/or if you are vomiting/or have diarrhea over two hours
- + Difficulty breathing
- + Unusual behavior (such as confusion, slurred speech, double vision, inability to move, jerking movements)
- + Persistent high BG and/or positive ketones after treating with extra insulin and drinking fluids
- + Persistent low BG that is not responsive to decreasing insulin and drinking carbohydrate-containing fluids
- + A fever above 100.5°F
- + Moderate to large urine ketones or ≥ 1.0 mmol/L blood ketones

IMPORTANT NOTE: *The symptoms of DKA (diabetic ketoacidosis) are much like those of the flu. Before assuming you have the flu, check your BG to rule out DKA. Consult your healthcare provider and Omnipod® Insulin Management System User Guide for further information. Always consult with your healthcare provider when experiencing hyperglycemia and sick days. Always follow your healthcare provider's guidelines first.*

The above general guidelines are drawn from Joslin Diabetes Center. For further guidance please consult with your healthcare provider for individualized advice.

 Caution: Consult User Guide.

HYPERGLYCEMIA

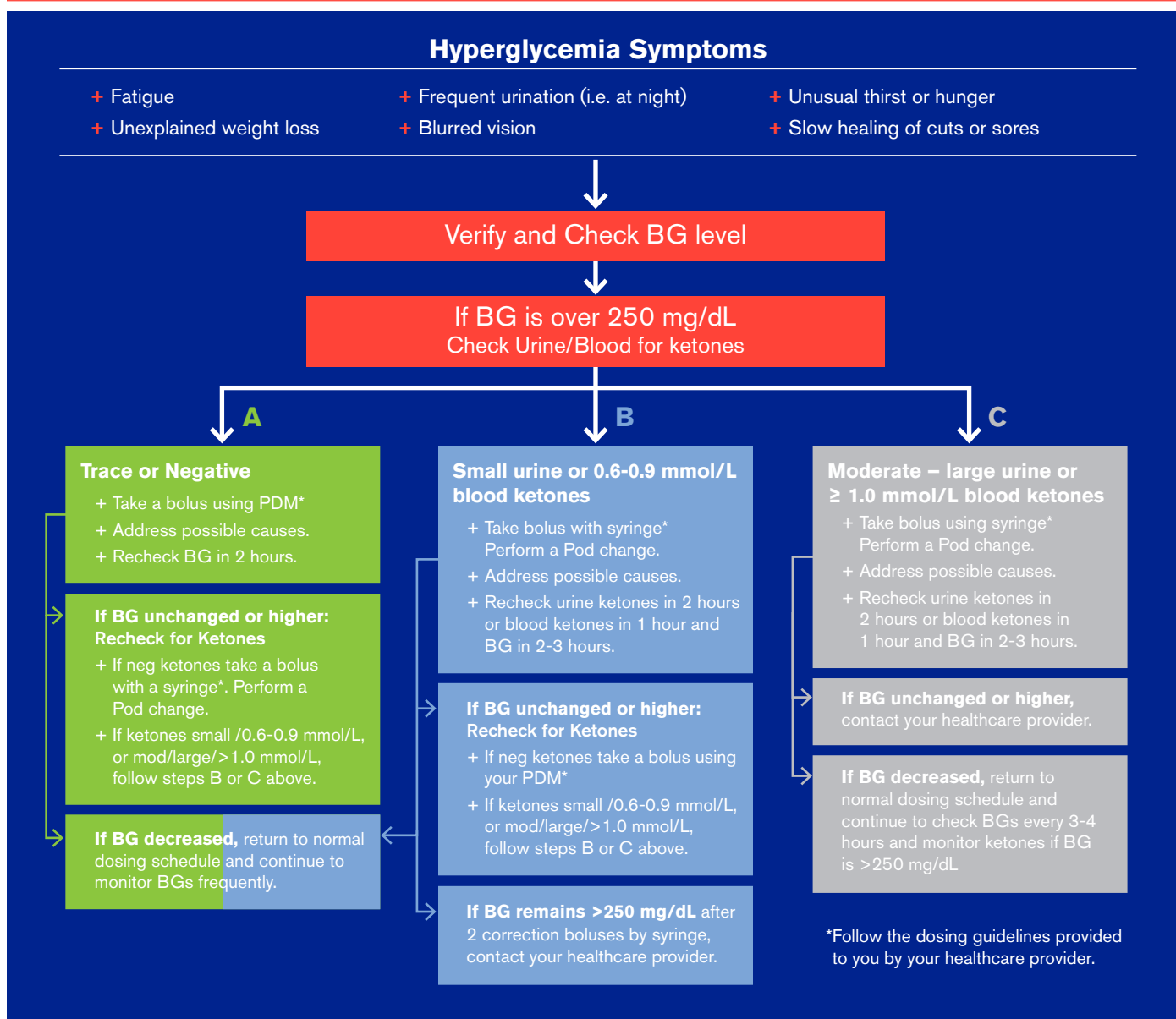
Blood Glucose (BG) reading of 250 mg/dL or more

Always follow your healthcare provider's guidelines first. The below guidelines are derived from The Joslin Diabetes Center's recommendations and may differ from your own healthcare providers guidelines.

Action Plan

There are several factors that can cause hyperglycemia. Common causes include illness, stress, infection, and missed insulin doses. As a Podder™, only rapid-acting insulin is used in your Pod, so you have no long-acting insulin in your body. If an occlusion or other interruption of insulin delivery occurs, your blood glucose may rise rapidly. It is important you do not ignore the signs and symptoms of hyperglycemia.

If you are experiencing persistent nausea and/or vomiting, or have diarrhea over two hours, contact your healthcare provider immediately.



The above general guidelines are drawn from Joslin Diabetes Center. For further guidance please consult with your healthcare provider for individualized advice.

Troubleshooting

Check PDM Settings

Check status screen

- + **Last bolus:** was the bolus too small?
 - Was the bolus timing correct?
 - Did you account for high-protein or high-fat meal?
- + **Basal program:** Is the proper basal program running?
- + **Temp basal:** Do you have a temp basal running that you should have turned off?

50+U 3:00p 5/15	
Last BG	196 mg/dL 3:00p today
Last bolus	2.90 u 3:00p today
IOB 2.90 u	
◆ Temp basal 0.25 U/hr 0:30 remains	
Pod exp 1:48p 5/18	
Home	

Check my records

- + **Alarm history:** Did you ignore or not hear alarms that should have been addressed?

Check Pod

Check your cannula through the viewing window

- + Did the cannula slip out from under your skin?
- + Is there blood in the cannula?
- + Is there redness, drainage, or other signs of infection around the cannula?

If YES, change your Pod. If you suspect an infection, then call your healthcare provider.

Check your infusion site

- + Is there redness or swelling around the Pod and adhesive?
- + Is insulin leaking from your infusion site or is there odor of insulin?

If YES, change your Pod. If you suspect an infection, then call your healthcare provider.

Check your adhesive dressing

- + Is the adhesive dressing coming loose from your skin?
- + Is the Pod becoming detached from the adhesive dressing?

If YES, and if cannula is still inserted properly, you may tape down the Pod or adhesive to prevent further detachment.

If cannula is no longer under your skin, change your Pod.

Check your insulin

- + Is the insulin used expired?
- + Has the insulin used been exposed to extreme temperatures?

If YES, change Pod using a new vial of insulin.

WARNING:

Hyperglycemia symptoms can be confusing. Always check your BG before treating your hyperglycemia.



Caution: Consult User Guide.

CUSTOMIZING REMINDERS AND ALERTS

Get to know your Omnipod® reminders.

A **reminder** is a notification you can turn on or off at any time and customize to fit your needs. Your Omnipod® has a number of different reminders:

- + **Blood glucose (BG) reminders**
Program your Personal Diabetes Manager (PDM) to remind you to check your blood sugar levels every time you deliver a bolus dose.
- + **Bolus reminders**
Your PDM can remind you if you haven't delivered a meal bolus within a specific time frame.
- + **Program reminders**
Your Pod will automatically beep to let you know that a temporary basal and/or extended bolus program is in process.
- + **Confidence reminders**
Your PDM is preset to beep so you can know when certain programs have started and finished, including:
 - Bolus delivery
 - Extended bolus
 - Temporary basal
- + **Custom reminders**
Enter text reminders into your PDM to be delivered when you choose.



Get to know your Omnipod® alerts.

An **alert** is a notification you can adjust based on your needs. There are 4 different kinds of alerts on your Omnipod®:

- + **Pod expiration alerts**
When your Pod is about to expire (nearing the 72 hour expiration time), you'll hear 2 sets of beeps every minute for 3 minutes. This pattern will repeat every 15 minutes until you press OK on your PDM.
- + **Low reservoir alerts**
So you can plan ahead to change your Pod and make sure you have enough insulin, your Pod will alert you when your insulin reaches a certain level.
- + **Auto-off alerts**
Program your PDM to alert you if it hasn't received a Pod status within 1 to 24 hours.
- + **Blood glucose meter alerts**
If there is an error with your blood glucose meter, test strip, sample, or results, your PDM will beep and display an error message number. To learn more about addressing specific error messages, see Chapter 10, Alerts and Alarms, in your Omnipod® Insulin Management System User Guide.

WARNING:

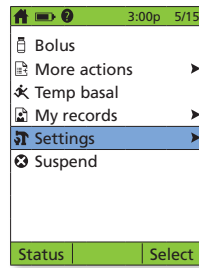
+The Low reservoir alert will escalate to an **Empty reservoir** hazard alarm when insulin is depleted. Be sure to respond to alert when it first occurs.

+The Auto-off alert will escalate to a hazard alarm if ignored, and will result in the deactivation of your active Pod. Be sure to respond to the alert when it occurs.

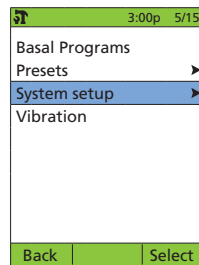
Programming reminders and alerts.

To program all reminders and alerts except Bolus reminders and Custom reminders, follow these simple steps. For more information about programming Bolus reminders and Custom reminders, see Chapter 6, Using the Personal Diabetes Manager, in your Omnipod® Insulin Management System User Guide.

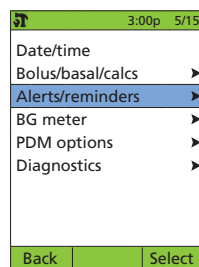
1. On home screen, choose **Settings**. Then press **Select**.



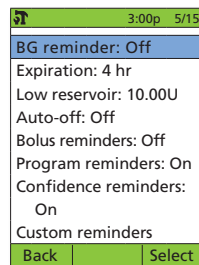
2. Choose **System setup**, then press **Select**.



3. Choose **Alerts/reminders**, then press **Select**.



4. Choose the option you want to set, then press **Select**.



5. Choose the desired option or set the desired value, then press **Select** or **Enter**.

Understanding alarms.

Get to know your Omnipod® alarms

An alarm is a notification to make you aware of serious, or possibly serious, conditions.

When an alarm goes off, your PDM will display a message with instructions on what to do. If you ignore an alarm, your Pod could be deactivated—so be sure to respond to alarms promptly.

There are 2 types of alarms: **advisory** alarms and **hazard** alarms.

Advisory alarms

Advisory alarms beep intermittently to let you know about a condition that requires your attention.

When you hear an advisory alarm, turn on your PDM to see the Status screen. A message will appear describing the alarm and telling you what to do next.

It's important to resolve an advisory alarm as quickly as possible. If you wait too long to address the alarm, it can escalate to a hazard alarm.

Hazard alarms

Hazard alarms are a continuous tone to let you know when the Pod is in a very serious condition or something is wrong with the PDM.

When a hazard alarm goes off, all insulin delivery stops. To avoid hyperglycemia, it's very important to follow the instructions on your PDM to resolve the issue quickly:

Step 1: Press **OK** on your PDM to silence the alarm

Step 2: Deactivate and remove your current Pod

Step 3: Activate and apply a new Po

 Caution: Consult User Guide.

To learn more about alarms and how to handle them, see Chapter 10, Alerts and Alarms, in your Omnipod® Insulin Management System User Guide.

MAKING THE MOST OF YOUR PDM

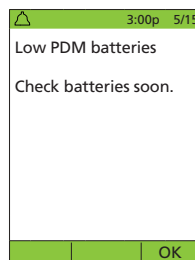
What happens if...?

You already know that your PDM enables you to live a tube-free life, delivering basal and bolus insulin doses remotely to your Pod. However, from time to time you may find yourself asking the question “Why does my PDM do that?”

The Omnipod® Customer Care team has heard it all, and we’ve compiled the top 3 areas our customers ask or comment about the most. Read on to understand how to use your PDM to its maximum potential.

Your PDM Battery

The PDM requires two AAA alkaline batteries to perform at optimal level. If you are using another type of battery, your battery life could suffer and ultimately damage the PDM. AAA alkaline batteries are readily available at most pharmacy, grocery, or hardware stores.



Your PDM automatically takes steps to maximize battery life when running low. You’ll first see the Low PDM battery alert and then your PDM will:

- + Turn off your vibration alert (if set)
- + Disable the bright mode
- + Disable the test strip port light

Once you replace your battery these functions resume.

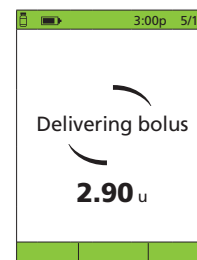
PDM Communication

One of the key benefits of the Omnipod® Insulin Management System is the wireless, tubeless communication between PDM and Pod.

This means that you don’t have to keep your PDM next to you all the time. However, there are a few actions that require your PDM and Pod to be in close proximity to communicate.

Here are a few ways you can help that “conversation”:

- + When you deactivate a Pod, it can take a few moments for the Pod to fully deactivate. Often you’ll see the “Please Wait” screen while your Pod and PDM communicate. Make sure you wait until the Pod is fully deactivated before you attempt to activate a new Pod.
- + Remember if you are helping deliver a bolus to someone in your care (or changing the basal rate), remember that the PDM and Pod need to keep communicating until the Bolus is confirmed. Make sure you keep both the Pod and PDM in close proximity to each other—within 5 feet—until you see the confirmation screen.



Your PDM's Environment

Your Pod can go anywhere you go, but your PDM requires a bit more protection. Following the below guidelines will help you keep your PDM functioning at peak performance!

- + Your Pod is waterproof* but your PDM isn't—make sure to keep it dry.
- + Like all electronics, your PDM needs to be maintained at a moderate temperature. Avoid storing it in extreme heat or cold (such as a hot car or cooler).
- + While your PDM has a 4-year warranty, years of wear and tear can take a toll on your PDM screen in the way of nicks and small scratches. You can help save the integrity of your screen and overall body of your PDM by keeping it stored in your storage bag.

Visit <http://www.myomnipod.com/customer-care/accessories> for more information or call us at 800.591.3455 for more information.

Helpful Tips from Omnipod® Customers

As the Omnipod® Team, we pride ourselves on helping our customers navigate the Omnipod® Insulin Management System and use it successfully to live life on their terms. However, occasionally we find ourselves taking notes from our customers, who have discovered ways to bring their Pod success to the next level. Check out these helpful tips:

- + From time to time we hear that the 90-minute alert, after you perform a Pod change, can be disruptive to everyday life. Did you know that putting your PDM on vibrate will quiet this alert?
- + Try taking a picture of your program setting with your smartphone and keeping it. This way if you don't download your PDM regularly at home, you always have a record of your settings.
- + What happens if you misplace your PDM? Put your phone number as your ID, so that anyone who may find it can easily return it to you.

 Caution: Consult User Guide.

For more information on your PDM, refer to your Omnipod® Insulin Management System User Guide.

*The Pod has a waterproof IPX8 rating for up to 25 feet for 60 minutes.

INSULET PROVIDED GLOOKO

Guide for Omnipod® Insulin Management System Users

- + For frequently asked questions, please visit Glooko support at: <https://support.glooko.com/hc/en-us>
- + For full upload instructions, please visit: <http://myomnipod.com/glooko.php> and select **User Guide** under the Sync Data section.



Step 1: Get an Insulet provided Glooko account

1. In the iTunes App Store (Apple® devices) or Google Play (Android™ devices) on your mobile phone, search for and install the free Glooko app.
2. Open the **Glooko** app and create an account: fill out the form and click **Sign Up** (or log in if you already have a Glooko account). Remember your username and password.
3. Open the **Side Menu** and go to **Settings** (on an Apple® device, it is depicted as a gear icon).
4. Click **Profile** and then click **Account**.
 - Click **ProConnect**. Follow the steps to enter in your clinic's ProConnect code: _____
 - Your Omnipod® PDM (Personal Diabetes Manager) data will be automatically uploaded to your clinic's Glooko account.

Step 2: Upload Omnipod® System PDM data

Data can currently be uploaded from Omnipod® System PDMs directly to Android™ mobile devices and PC or Mac computers. If you are an Apple® user, once you download your Omnipod® System PDM data to your computer, you will be able to view the data on your Apple® device and also use your device to add additional context to your day such as notes about carbs, insulin and exercise.



Upload Omnipod® System PDM to an Android™ mobile device:

To upload glucose readings, insulin and carb data from your Omnipod® System PDM to your Android™ mobile device, you will need a **Micro-to-Mini USB OTG Cable**.

Order the cable here: <http://shop.glooko.com/products/insulet-provided-glooko-subscription>

- + This cable is at no charge to Omnipod® System users (standard S&H rates apply).

1. Log into the **Glooko** app.
2. From the *Home* screen, click **Start Syncing your Devices**.
3. Scroll down to select **Omnipod®** from the list of devices.
4. Click **Continue**.
5. Follow the illustrative tutorial to connect your Omnipod® System PDM to your Android™ device using a Micro-to-Mini USB OTG Cable.
6. After your Omnipod® System PDM is connected to your Android™ device, click **Sync** in the Glooko app.
7. The data stored in your Omnipod System PDM will now download to the Glooko app.

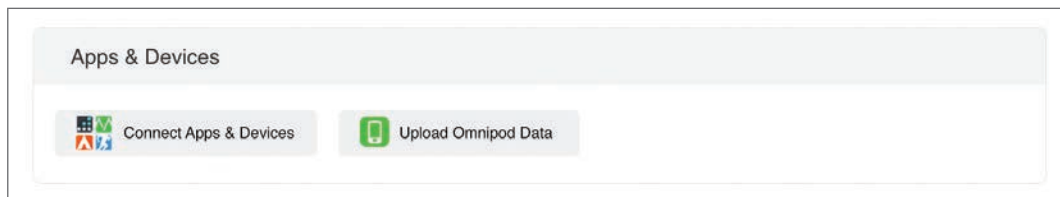
Upload Omnipod® Insulin Management System PDM Data to a Computer:

To upload glucose readings, insulin and carb data from your Omnipod® System PDM to your PC or Mac Computer, you will need an **Omnipod® System USB Cable**, which was included in your Omnipod® System Starter Kit.

If you need a new cable, order it here: <http://shop.glooko.com/products/insulet-provided-glooko-subscription>



- + This cable is at no charge to Omnipod® System users (standard S&H rates apply).
1. On your computer, open your Internet browser and go to: **my.glooko.com**.
 2. Log into your Glooko account by entering in your **Email** and **Password**. Click **Sign in**.
 3. Use the top navigation bar to open **Settings**.
 4. Scroll down to a section called Apps & Devices. Click **Upload Omnipod® Data**.



5. Connect your Omnipod® System PDM to your computer using the Omnipod® System USB Cable:
 - Plug the USB side of the cable into your computer.
 - Plug the Mini-USB side into your Omnipod® System PDM.

* **Note:** To upload data from your Omnipod® System PDM to Mac computers manufactured before mid-2012 utilizing Apple®'s OS X El Capitan software (version 10.11), it is recommended to use a **USB Hub**:

 - Plug the USB Hub into your computer
 - Plug the USB side of the Omnipod® System USB Cable into the USB Hub.
 - Plug the other end of the Omnipod® System USB Cable into your Omnipod® System PDM.
6. After connecting the Omnipod® System PDM to your computer, wait for the Omnipod® System PDM to prepare your data file. Your Omnipod® System PDM display will say “USB device ready”.
7. On your computer, click **Upload**.
8. Your Omnipod® System PDM data file will appear in your Finder Window, displayed as a new drive (likely labeled as “NO NAME” on Mac or “Removable Disk/USB Drive” on PC). Click on the associated drive.
9. In the drive, open the **.ibf file**: click on it and then click **Open** in the Finder Window.
10. Click **Done** to stay on the Settings page or click **View Data** to see your Daily Overview.



Katie R.
Podder™
SINCE 2015



omnipod®



Clare J.
Podder
SINCE 2013

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17594-5A-AW Rev B 10/16

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