



omnipod<sup>®</sup>  
insulin management  
system  
DASH<sup>®</sup>

# Podder<sup>®</sup> Resource Guide

Omnipod DASH<sup>®</sup> System

Insulin Delivery That's Simple, Smart, and Discreet



# Get to Know the Omnipod DASH® System

<b>Introduction</b>	<b>04</b>	<b>Advanced Features</b>	<b>30</b>
Welcome	04	Bolus	30
Supply List and Reorder	05	Basal	31
The Pod	06	Food Library	34
The Personal Diabetes Manager	07	Custom Foods	35
Basal/Bolus	10	Presets	36
Your Personal Diabetes Manager Settings	11		
Counting Carbohydrates	12	<b>Troubleshooting</b>	<b>39</b>
		Sick Day Management	39
<b>Omnipod DASH® System Instructions</b>	<b>14</b>	Hypoglycemia	40
How to Change the Pod	14	Hyperglycemia	42
Activate a New Pod	15	Notifications, Alerts & Alarms	44
Pod Placement/Prep/Tips	20		
Blood Glucose Meter Pairing	22	<b>Digital Resources</b>	<b>46</b>
Blood Glucose Meter Syncing	23	Additional Notes	47
Delivering a Bolus	24		
Suspend and Resume Insulin Delivery	25		
Important Tips and Reminders	26		
Additional Notes	29		

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

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

Refer to the Omnipod DASH® Insulin Management System User Guide for complete information on how to use the Omnipod DASH® System, and for all related warnings and cautions.

The Omnipod DASH® Insulin Management System User Guide is available online at [Omnipod.com](http://Omnipod.com) or by calling Customer Care (24 hours/7 days), at 800-591-3455.



**CAUTION:** Consult User Guide.

This Resource Guide is for Personal Diabetes Manager model PDM-USA1-D001-MG-USA1. The Personal Diabetes Manager model number is written on the back cover of each Personal Diabetes Manager.

## What's Different About the Pod? Simple.

Omnipod DASH® System is a simple system consisting of just 2 parts—the tubeless Pod and the handheld Personal Diabetes Manager (PDM) that you use 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 almost anywhere you would give yourself a shot. Wear what you want, and do what you want. Omnipod DASH® System 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 DASH® System.

This Resource Guide will lead you through some of the key functions you may need to perform with the Omnipod DASH® System.

Have questions?

We're here to help with our 24/7 Customer Care

**Customer Care: 1-800-591-3455**  
**From Outside the US: 1-978-600-7850**  
[Omnipod.com](http://Omnipod.com)

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

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Healthcare provider name

Healthcare provider number

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Emergency contact name

Emergency contact number

Always consult with your healthcare provider to determine the appropriate settings for you.

HEALTH CARE AND TREATMENT ARE COMPLEX SUBJECTS REQUIRING THE SERVICES OF QUALIFIED HEALTH CARE PROVIDERS. THIS RESOURCE GUIDE IS INFORMATIONAL AND NOT INTENDED AS MEDICAL OR HEALTH CARE ADVICE OR RECOMMENDATIONS TO BE USED FOR DIAGNOSIS, TREATMENT OR FOR ANY OTHER INDIVIDUAL NEEDS. THIS RESOURCE GUIDE IS NOT A SUBSTITUTE FOR MEDICAL OR HEALTH CARE ADVICE, RECOMMENDATIONS AND/OR SERVICES FROM A QUALIFIED HEALTH CARE PROVIDER. THIS RESOURCE GUIDE MAY NOT BE RELIED UPON IN ANY WAY IN CONNECTION WITH YOUR PERSONAL HEALTH CARE, RELATED DECISIONS AND TREATMENT. ALL SUCH DECISIONS AND TREATMENT SHOULD BE DISCUSSED WITH A QUALIFIED HEALTH CARE PROVIDER WHO IS FAMILIAR WITH YOUR INDIVIDUAL NEEDS.

\* At start up the Personal Diabetes Manager and Pod should be adjacent and touching, either in or out of tray to ensure proper communication during priming.

At least 5 feet (1.5 meters) during normal operation

\*\* Up to 72 hours of insulin delivery



## Supplies/Reorder

### You Should Have the Following Supplies on Hand at All Times:

- Omnipod DASH® PDM
- Several new, sealed Omnipod DASH® Pods
- Vial of rapid-acting U-100 insulin
- Blood Glucose (BG) meter
- BG test strips
- Lancing device & lancets
- Alcohol swabs
- Syringes or pens/needles for alternative way of injecting insulin
- Instructions from your healthcare provider about how much insulin to inject if delivery from Pod is interrupted
- Ketone testing supplies
- Glucose tabs or another fast-acting source of carbohydrate
- Glucagon emergency kit and written instructions for giving an injection if you are unconscious
- Phone numbers for your healthcare provider in case of an emergency

### Reorder Tips:

- It is a good idea to call your Omnipod DASH® System supplier (Insulet or other vendor) when you open your last box of Pods. This helps ensure you will have enough supplies in the event additional authorizations are needed from your insurance.
- You may be able to reorder your Pods automatically. Reach out to your supplier to find out.
- Be sure to inform your supplier of any changes in your insurance coverage
- Access PodderCentral® through our website or mobile app to get billing, ordering, and information updates
- 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 Customer Care

### Important Reorder Contacts:

- Customer Care: 1-800-591-3455 ext. 2
- Your Current Supplier:

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Supplier Name

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Phone



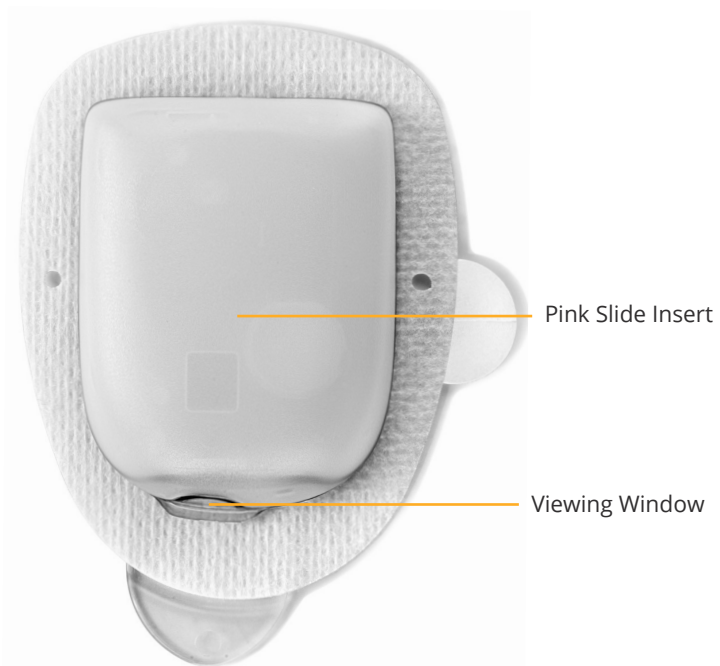
**CAUTION:** Consult User Guide.

\* Only Omnipod DASH® System Pods can communicate with the Omnipod DASH® System Personal Diabetes Manager

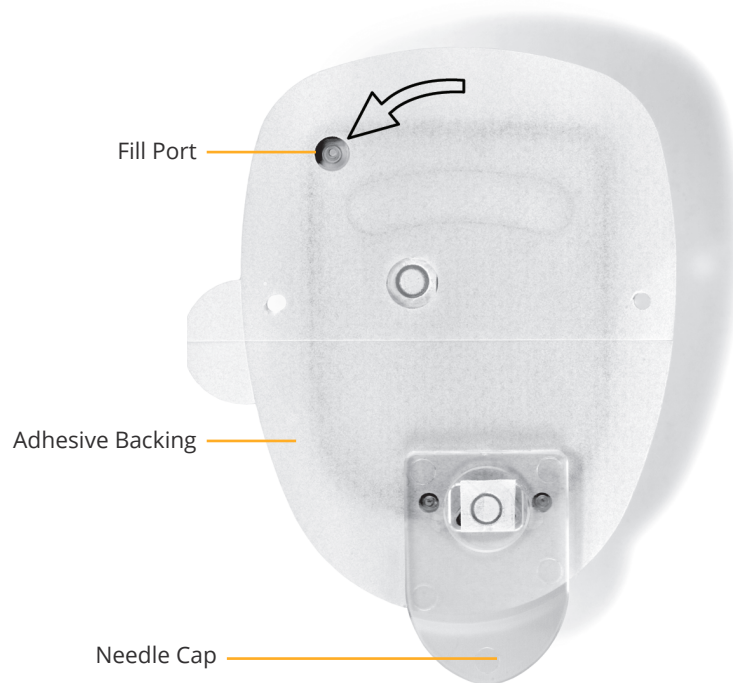
## The Omnipod DASH® System Pod

A Bluetooth®-Enabled Pod that Delivers both Basal and Bolus Insulin.

Top

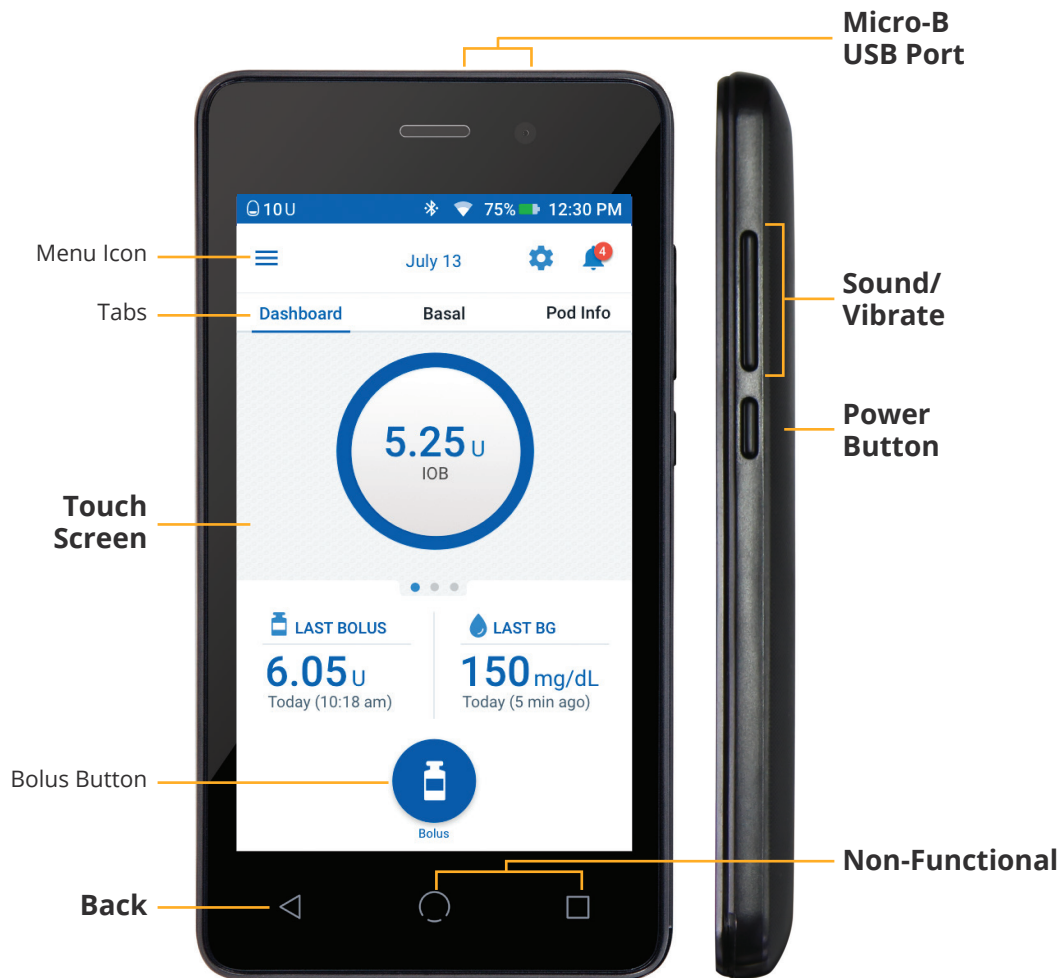


Bottom



# The Omnipod DASH® System Personal Diabetes Manager

A Bluetooth®-Enabled Personal Diabetes Manager (PDM) that Controls All Pod Functions.



## Home Screen View

- View current Pod and Personal Diabetes Manager Status
- Access more system options in the Menu icon
- View Notifications and Alarms
- Access IOB in the Dashboard view
- Review and edit Basal Programs in Basal view
- View details of the Pod and access Pod Change in Pod info view
- Reference LAST BOLUS and LAST BG
- Easy access to deliver a Bolus via Bolus Button

## Tip

You can find the following items when you tap on the Menu icon:

- Alternate access to Basal and Pod Info
- Set Temp Basal
- Enter BG
- Suspend Insulin
- Manage Temp and Bolus Preset
- Access Food Library
- View History
- Edit Settings

### DASH® PDM Battery

Your DASH® PDM is powered by a rechargeable Lithium Ion battery. Here are a few things to know:

- Only use an Insulet approved battery, charger and cable
- To preserve battery you can customize screen time-out and brightness levels
- Under normal use the battery should hold its charge for more than a day
- When your PDM battery is low (less than 15%) the PDM preserves battery by silencing the vibration and tone
- When charge is completely gone, the PDM will power off. Your Pod will continue to deliver your basal insulin if your PDM powers off. The good news is you can use your PDM while it is charging.
- Develop a routine to charge your PDM at the same time each day
- Consider having more than one charger and cable set placed in several areas where you spend your day (home, office, school, car, etc)



### Communication

One of the key benefits of the Omnipod DASH® System is the wireless communication between the PDM and Pod. Bluetooth® wireless technology also allows communication between the DASH® PDM and CONTOUR®NEXT ONE blood glucose meter as well as with compatible smart phone apps, like the Omnipod DISPLAY® app. Although you will not need to keep your DASH® PDM next to you at all times, you will need your PDM and Pod to be in close proximity as you perform actions such as deactivating and activating a new Pod, or delivering a bolus.

Please keep in mind the following distances. The Pod and the PDM:

- Should be side-by-side and touching during activation and priming
- Should be within at least 5 feet to start the delivery of a bolus, change settings, or receive status updates
- Are not required to be in any specific distance for basal delivery. The Pod will continue to deliver basal insulin even when the PDM is out of range.

Sometimes you may see “- -” on the status bar. Most often, this is a temporary loss of communication due to the PDM being too far away from the Pod. Any insulin command will initiate a connection between the PDM and Pod. Upon successful status check or insulin command, “- -” will be replaced with the units of insulin remaining in the Pod. Sometimes the PDM fails to communicate with the Pod even when they are close together. In such cases, the PDM will display a “Pod Communication Error”. Follow the on-screen instructions to resolve this error.

\* At start up the Personal Diabetes Manager and Pod should be adjacent and touching, either in or out of tray to ensure proper communication during priming. At least 5 feet (1.5 meters) during normal operation

**CAUTION:** Consult User Guide.



## Wi-Fi & Airplane Mode Setting

Your PDM allows you to control your network connectivity. When you are traveling you may need to use airplane mode. Wi-Fi is disabled during airplane mode. When you turn airplane mode on, the PDM automatically turns off Wi-Fi. Remember when you are finished traveling to turn off airplane mode so that Wi-Fi can reconnect.

Various digital applications are supported via Wi-Fi. Data from the PDM flows wirelessly to Insulet's Cloud, allowing remote monitoring through the VIEW app as well as seamless cloud-to-cloud data integration with Insulet Provided Glooko.

## Software Updates

Connect to Wi-Fi periodically to check for software updates. This will make sure your PDM software is kept up to date. When you are connected to Wi-Fi and there is a software update available, you will receive a notification on your PDM lock screen. You can also check for an update manually. Check for an update in between Pod changes (when you have no active Pod). In the PDM, tap the Settings icon, tap PDM Device and then tap Software Update. The PDM

will display a screen that lists conditions that must be met to check for and perform a software update. Once all conditions are met, tap "Check for Updates." If an update is available, information about that update will be displayed. Tap the Download button to download the update. Once the update has been downloaded you may choose to install the software now, or at a later time.

Remember that updating your software is a 2-step process: First the update is downloaded and then it is installed.

Your PDM must have more than 30% charge in order to install the software update. The installation will last several minutes and will display different screens including an image of a green robot. Once the installation is complete the Lock screen will reappear. After unlocking your PDM you will receive confirmation that the update was successful. Don't forget to activate a new Pod after the confirmation is received.

For more information refer to the Omnipod DASH® Insulin Management System user guide.

## Helpful Tips From Other Podders®

We pride ourselves on helping our customers navigate the Omnipod DASH® Insulin Management System and use it successfully to live life on their terms. However, occasionally we find ourselves taking notes from our Podders®, 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 you can put your PDM on vibrate to prevent the alert sounds?
- Try taking a picture of your program settings 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 on your Lock screen, so that anyone who may find it can easily return it to you. In closer ranges you can also use the Find My PDM feature in the Omnipod DISPLAY® app.
- Have you noticed that your screen is turning off quicker than you would like? Change the screen time-out setting to stay on longer.

## Basal and Bolus Insulin

### Omnipod DASH® System Lets You Personalize Your Basal and Bolus Insulin.

When you first set up your Omnipod DASH® System, a Certified Pod Trainer will assist you in programming your Personal Diabetes Manager with the settings determined by your healthcare provider. As your insulin needs change, you can work with your healthcare provider to adjust these settings.

### What is a Basal Rate?

Your body needs a small amount of insulin constantly delivered throughout the day, called basal insulin. Basal rates are specified in units per hour (U/hr). The exact amount of basal insulin your body needs changes often depending on:

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

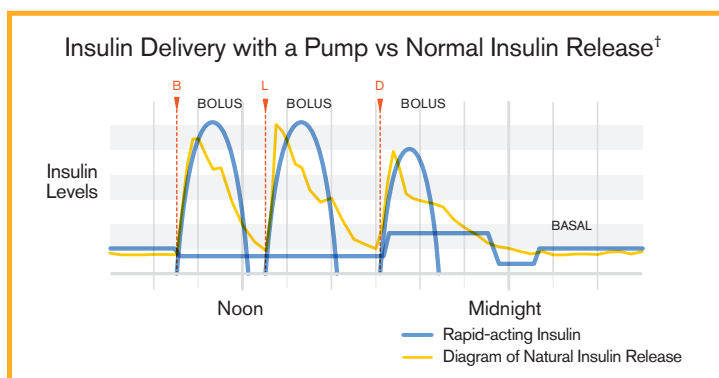
### What is a Bolus?

A bolus is a dose of insulin, delivered 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 the Omnipod DASH® System, you can deliver either an immediate or an extended meal bolus
  - An immediate meal bolus delivers 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 DASH® System Will Help to Calculate Your Bolus Doses.

Omnipod DASH® System also features a 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, refer to your Omnipod DASH® Insulin Management System User Guide.

# Your Personal Diabetes Manager Settings

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

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 Personal Diabetes Manager settings without formal instruction from your healthcare provider.

Basal			
Max Basal Rate*		_____ U/hr	
Basal 1*	Time Segment 12:00 am - _____ _____ - _____ _____ - _____ _____ - _____	_____ U/hr _____ U/hr _____ U/hr _____ U/hr	
Temporary Basal Rate		<input type="checkbox"/> On <input type="checkbox"/> Off	
Blood Glucose (BG)			
BG Goal Limits		Lower Limit _____ mg/dL Upper Limit _____ mg/dL	
BG Meter		<input type="checkbox"/> Pair <input type="checkbox"/> Skip	
Bolus			
Bolus Calculator		<input type="checkbox"/> On <input type="checkbox"/> Off	
Target BG & Correct Above*	Time Segment 12:00 am - _____ _____ - _____ _____ - _____ _____ - _____	Target _____ mg/dL _____ mg/dL _____ mg/dL _____ mg/dL	Correct Above _____ mg/dL _____ mg/dL _____ mg/dL _____ mg/dL
Minimum BG for Bolus Calcs		_____ mg/dL	
Insulin to Carb (IC) Ratio*	Time Segment 12:00 am - _____ _____ - _____ _____ - _____ _____ - _____	1 unit of insulin covers _____ g _____ g _____ g _____ g	
Correction Factor*	Time Segment 12:00 am - _____ _____ - _____ _____ - _____ _____ - _____	1 unit of insulin decreases BG by _____ mg/dL _____ mg/dL _____ mg/dL _____ mg/dL	
Reverse Correction*		<input type="checkbox"/> On <input type="checkbox"/> Off	
Duration of Insulin Action*		_____ hours	
Maximum Bolus*		_____ units	
Extended Bolus		<input type="checkbox"/> On <input type="checkbox"/> Off	

\* Indicates settings provided by HCP

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

## Why Carbohydrates Matter

### What are Carbohydrates?

- **Starches** Starchy vegetables like potatoes, corn and peas, dried beans and lentils, grains like oats, barley, rice and items made from wheat flour
- **Sugars** Naturally occur in milk and fruit, or added during cooking or processing. Common names for sugar are table sugar, brown sugar, molasses, honey, cane sugar, maple syrup, high fructose corn syrup and agave nectar.
- **Fiber** Can be found in fruits, vegetables, whole grains, nuts and legumes. Most dietary fiber is not digestible. Fiber contributes to digestive health, keeps you regular and helps make you feel full and satisfied after eating.

### Impact on Blood Glucose

Carbohydrates (carbs) 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 blood glucose levels.

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

### How Do I Figure Out the Amount of Carbohydrates in My Meal?

#### Check the Label

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

#### Use the PDM Food Library to Search

Your PDM is equipped with CalorieKing®! Simply browse by category or enter a keyword in search. Carbohydrate amounts can be seamlessly added to the bolus calculator.

Nutrition Label

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 160 mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* 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

Food Library

The screenshot shows the PDM Food Library interface. A search for 'corn' has been performed, and the results show 'White Sweet Corn, raw' selected. The carbohydrate information for this item is displayed as follows:

Food Carbs	
1 item added	
<b>Carbs</b>	<b>29.3 g</b>
Dietary Fiber	4.2 g
Sugars	5 g

Buttons for 'REMOVE' and 'ADD TO CALCULATOR' are visible at the bottom of the screen.



## Know Your Favorites

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	Cooked black beans	1/2 cup	20
	Cooked peas	1/2 cup	12
	Cooked chickpeas	1/2 cup	16

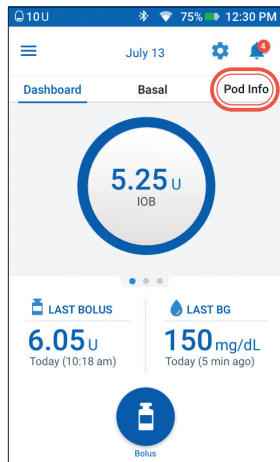
Food Category	Food	Serving Size	Carbohydrate Grams
Fruit and Fruit Juices	Apple	1 small (4 oz)	17
	Banana	1 small (6")	23
	Watermelon	1 cup	12
	Strawberries	1 cup halves	12
	Grapes	1 cup	27
	Canned fruits (in juice)	1 cup	28
	Apple, orange, grapefruit or pineapple juice	1/2 cup (4 oz)	15
	Cranberry,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

## How to Change the Pod

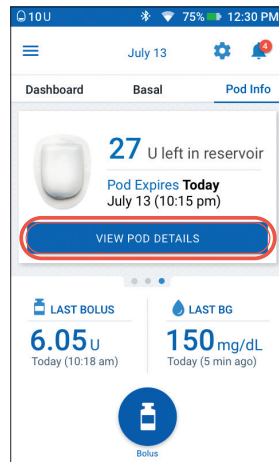
### You May Need to Change the Pod:

- When the reservoir is low or empty, or the Pod is nearing expiration or expired
- 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 during activation the Pod fails to beep

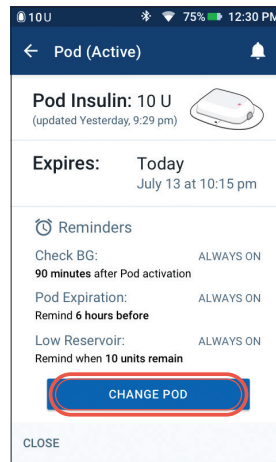
## Deactivate an Old Pod



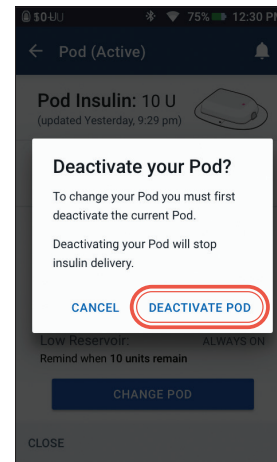
1. • Tap “Pod Info” on the Home screen



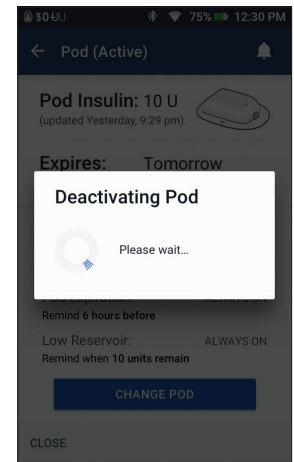
2. • Tap “VIEW POD DETAILS”



3. • Tap “CHANGE POD”



4. • Confirm and tap “DEACTIVATE POD”

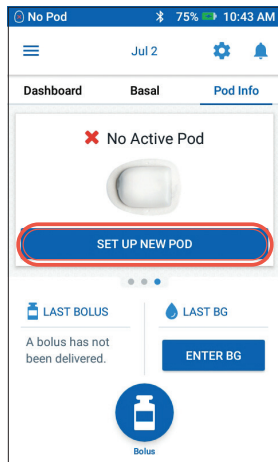


5. • The Pod will take a moment to deactivate

If the Personal Diabetes Manager screen times out during the process, press the Power button to continue.

## Activate a New Pod

- Assemble the following supplies:
  - DASH® Personal Diabetes Manager (PDM)
  - Sealed DASH® Pod, indicated by a blue needle cap
  - Vial of U-100, rapid acting insulin at room temperature. (See the Omnipod DASH® System User Guide for insulins tested and found to be safe with the Omnipod DASH® Insulin Management System.)
  - Alcohol prep swab
- Wash your hands



1. • To set up a new Pod, Tap “SET UP NEW POD”
  - Read and perform each instruction carefully



**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:

**CAUTION:**

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

## 1. Fill the Pod



- 1.1**
- Remove the fill syringe and needle from its sterile packaging. Keep the Pod in its tray during set up. Confirm the Pod's needle cap is blue.
  - Use the alcohol prep swab to clean the top of the insulin vial
  - Assemble the fill syringe by twisting the needle onto the syringe



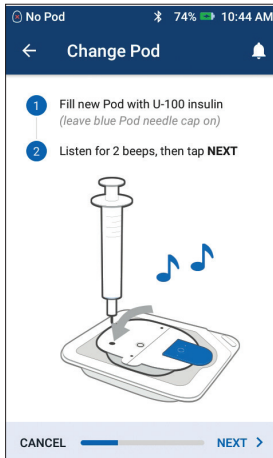
- 1.2**
- Pull outward to remove the syringe's protective cap



- 1.3**
- Draw air into the fill syringe equal to the amount of insulin you will use
  - Insert needle into the vial of insulin and inject air
  - Turn the vial and syringe upside down
  - Slowly withdraw insulin from the vial and fill the syringe with the amount of insulin you will use; fill at least to the MIN line
  - Tap or flick the syringe to remove any air bubbles

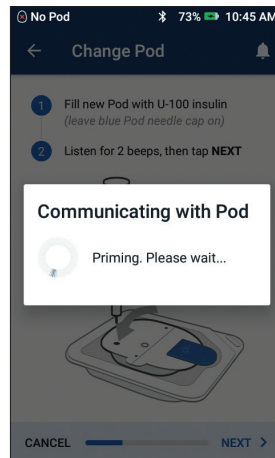
If the Personal Diabetes Manager screen times out during the process, press the Power button to continue.





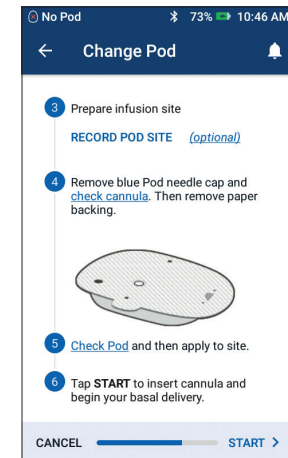
#### 1.4 • Leave Pod in its plastic tray

- 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 Omnipod DASH® System is ready to proceed
- Return to the PDM. If the PDM screen times out, press the Power button to turn it back on. Place the PDM next to the Pod so they are touching.
- Tap “NEXT”



- #### 1.5 • 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 Pod Placement/Prep/Tips section in this resource guide for sites your healthcare provider may recommend and placement tips.



### Tip

Use Pod site map to help you track your current and recent Pod site locations. This feature can be turned on in Settings.

### Reminder

During activation and priming the PDM and Pod should be next to each other and touching.

If the Personal Diabetes Manager screen times out during the process, press the Power button to continue.

## 2. Apply the Pod (continued)



- 2.2** • 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 blue needle cap



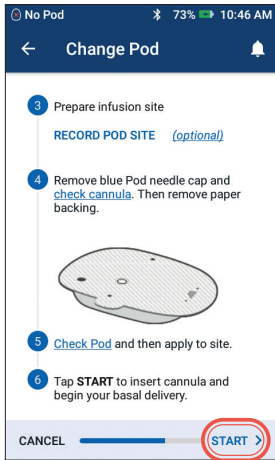
- 2.4** • Carefully remove white paper backing from the adhesive, ensuring the adhesive is clean and intact



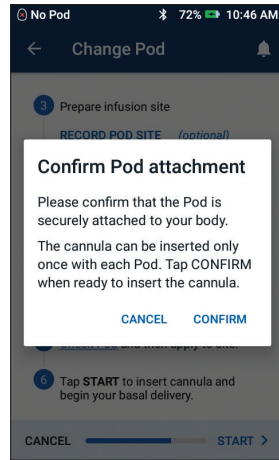
- 2.5** • Apply the Pod to the selected site
- Run your finger around the adhesive to secure it

If the Personal Diabetes Manager screen times out during the process, press the Power button to continue.

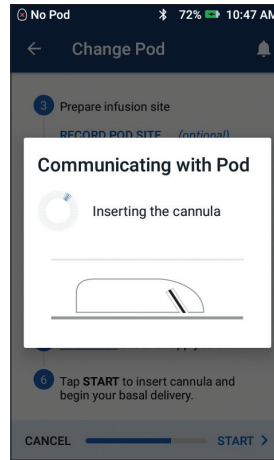
### 3. Press Start



#### 3.1 • Tap “START”



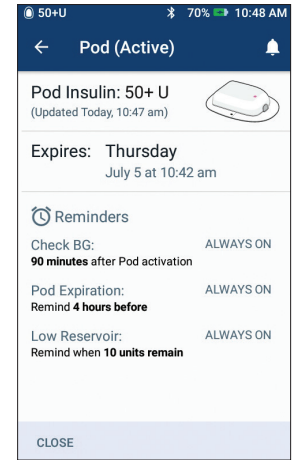
- #### 3.2 • Verify that the Pod is securely attached to your body, then tap “CONFIRM”
- For best technique refer to pinching up in the Pod Placement/Prep/ Tips section of this Resource Guide



- #### 3.3 • The Pod automatically inserts the cannula and delivers a prime bolus to fill the cannula with insulin



- #### 3.4 • Once the cannula has inserted, verify proper insertion by checking that the pink slide insert is visible in the faint window on the top of the Pod



- #### 3.5 • Your Pod is now active!
- The PDM will generate an automatic reminder to check your blood glucose 1.5 hours after each Pod change



#### WARNING:

- The Personal Diabetes Manager 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 Personal Diabetes Manager screen times out during the process, press the Power button to continue.

## Feel Comfortable and Confident With Your Omnipod DASH® Pod

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

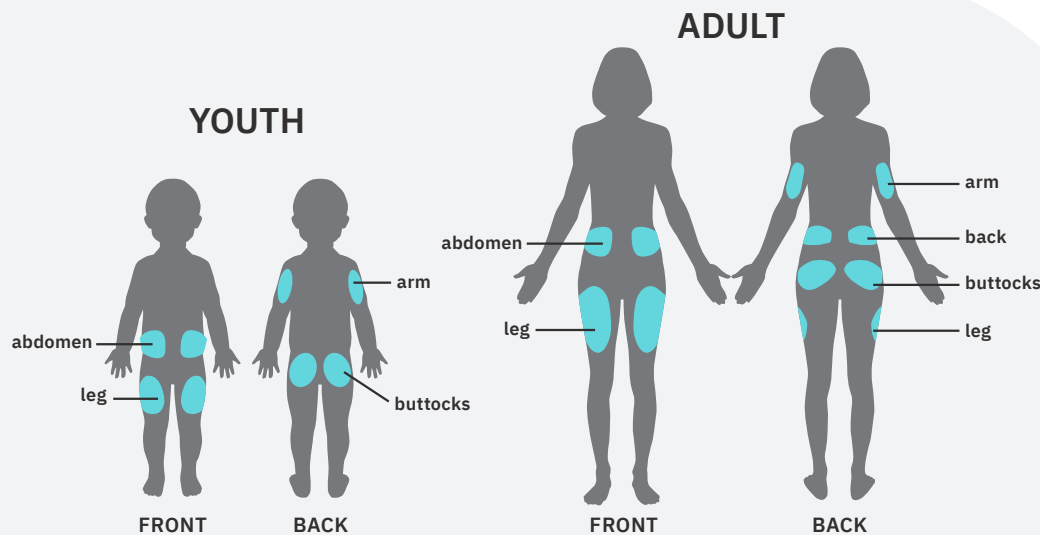
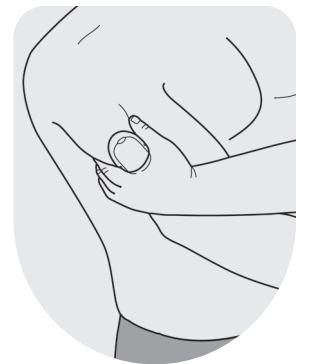
Position the Pod vertically or at a slight angle.

#### 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 Personal Diabetes Manager. You can let go when the cannula inserts.



**WARNING:**

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



## 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 adhere to. Do this 24 hours before putting on your Pod to prevent irritation.

## Helpful Products to Secure and Remove Your Pod\*

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

### Preparing your skin

- BD Alcohol Swab  
[www.bd.com](http://www.bd.com)
- Hibiclens  
[www.amazon.com](http://www.amazon.com)

### Helping the Pod stick

Adhesives and more.

- Bard® Protective Barrier Film  
[www.crbard.com/medical](http://www.crbard.com/medical)
- Torbot Skin Tac™  
[www.torbot.com](http://www.torbot.com)
- AllKare® Wipe  
[www.convatec.com](http://www.convatec.com)
- Mastisol®  
[www.amazon.com](http://www.amazon.com)
- Hollister Medical Adhesive  
[www.amazon.com](http://www.amazon.com)

### Protecting your skin

Prevent irritation with barriers and banners.

- Bard® Protective Barrier Film  
[www.crbard.com/medical](http://www.crbard.com/medical)
- Torbot Skin Tac™  
[www.torbot.com](http://www.torbot.com)
- AllKare® Wipe  
[www.convatec.com](http://www.convatec.com)
- Adapt™ Skin Protective Wipe by Hollister  
[www.amazon.com](http://www.amazon.com)
- 3M™ Cavilon™ No String Barrier Film:  
[www.3m.com](http://www.3m.com)

### Holding the Pod in place

Keep your Pod even more secure with tapes and bands.

- Mefix® 2" Tape  
[www.amazon.com](http://www.amazon.com)

- 3M™ Coban™ Self-Adherent Wrap  
[www.3m.com](http://www.3m.com)
- Bands 4 Life Arm and Thigh Bands  
[www.bands4life.net](http://www.bands4life.net)

### Removing your Pod gently

Use a soft touch with moisturizers and removers.

- Baby Oil/Baby Oil Gel  
[www.johnsonsbaby.com](http://www.johnsonsbaby.com)
- UNI-SOLVE◇ Adhesive Remover  
[www.amazon.com](http://www.amazon.com)
- Detachol®  
[www.amazon.com](http://www.amazon.com)
- Torbot TacAway Adhesive Remover  
[www.amazon.com](http://www.amazon.com)

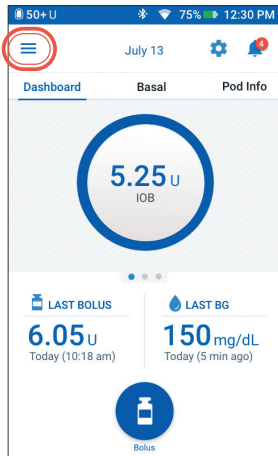
*(After removing your Pod, clean area with warm, soapy water and rinse well to remove any residue still on your skin.)*

\* 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 Podders® whose needs, preferences and situations may differ from yours. Consult with your healthcare provider prior to the use of any of these products with the Pod.

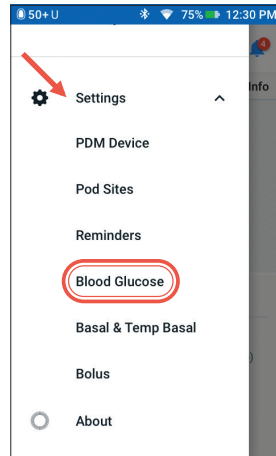
All trademarks used herein are the property of their respective owners.

CONTOUR®NEXT ONE

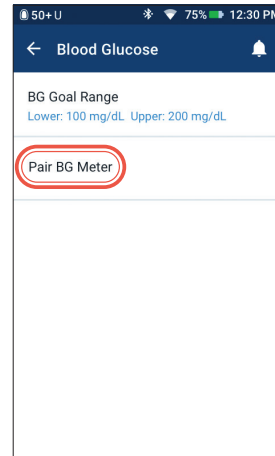
## Blood Glucose Meter Pairing



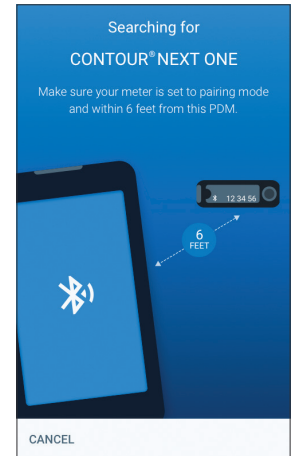
1. Tap Menu icon on the Home screen



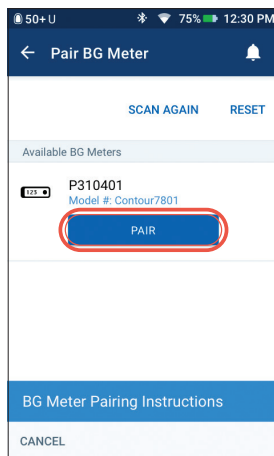
2. Under "Settings" tap "Blood Glucose"



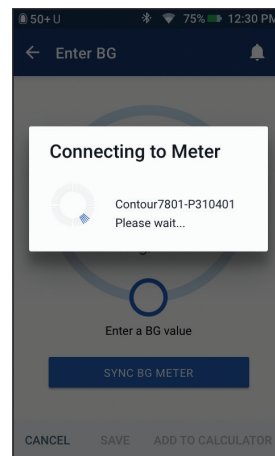
3. Tap "Pair BG Meter"  
NOTE Your BG meter must be in pairing mode before tapping "Pair BG Meter"



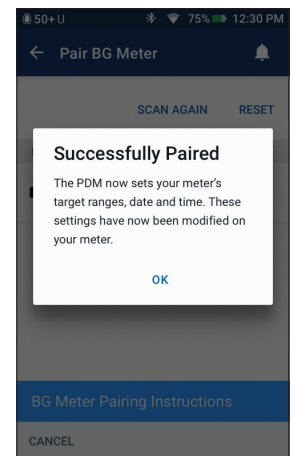
4. Your PDM will search for available CONTOUR®NEXT ONE BG Meter(s)



5. Select the appropriate meter that matches the serial number on the back of your BG meter
  - Tap "PAIR"
  - If needed tap "BG Meter Pairing Instructions" for additional instructions



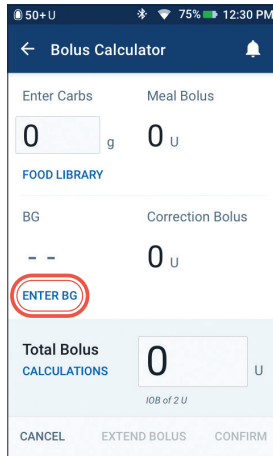
6. Your PDM will indicate it's connecting to the BG Meter



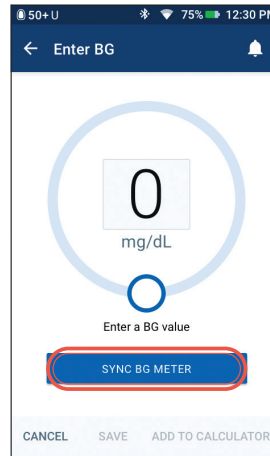
7. Your PDM is now paired with your CONTOUR®NEXT ONE BG meter

CONTOUR®NEXT ONE

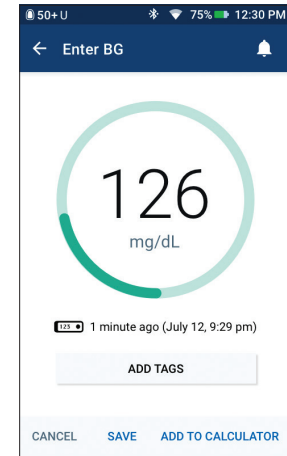
## Blood Glucose Meter Syncing



- Once the CONTOUR®NEXT ONE BG meter is paired, you can sync your BG. After checking BG, leave meter on and next to PDM. Tap "ENTER BG".



- With the CONTOUR®NEXT ONE meter on, tap "SYNC BG METER"



- Tap "SAVE" or "ADD TO CALCULATOR" if bolusing

### Tips for Testing

- CONTOUR®NEXT ONE meter must be on during sync. Once you get BG reading, leave strip in the meter and sync immediately (CONTOUR®NEXT ONE meter will remain on for 3 minutes).
- Check your blood glucose as often as needed. You should check when you feel symptoms like weakness, headaches or sweating; when you have delayed a meal after taking insulin; & when your healthcare provider advises you to do so.
- Clean your fingers properly by washing your hands with soap and warm water. Dry completely before testing. Residue on your fingers can affect your blood glucose.
- Use a different finger each day or each time you test. Use the edges of your fingers. Take care not to get too close to the cuticle. This allows the finger to heal with less pain/soreness.
- Make sure your test strips are stored in their closed original packaging and check the expiration date.
- Use a fresh lancet for each test – reusing lancets causes them to dull and will hurt more.



**WARNING:**

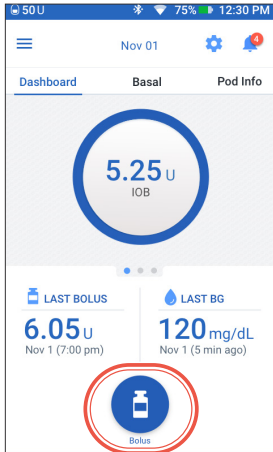
Measurements obtained from alternate site testing should not be used to calculate insulin doses with Omnipod DASH® Insulin Management System.



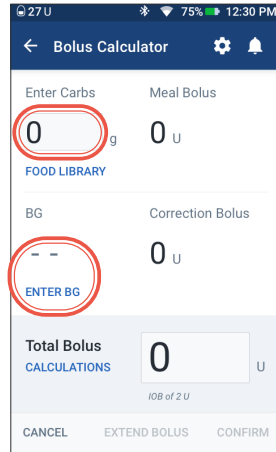
**CAUTION:** Consult User Guide.

The values shown here are for illustrative purposes only. Actual screens may vary based on user settings. Consult with your healthcare provider before using these advanced features. Your healthcare provider can also provide you with your own personalized recommendations

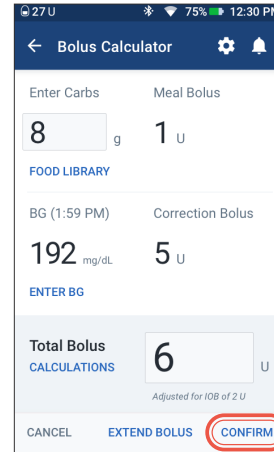
## Delivering a bolus



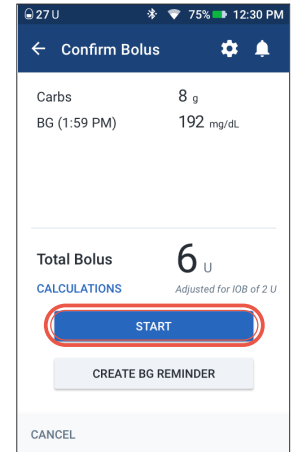
1. Tap Bolus button on the Home screen



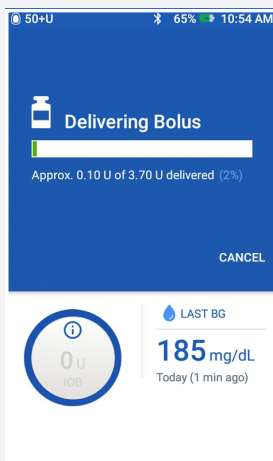
2. Tap "Enter Carbs" to input grams of carbs. Sync (see BLOOD GLUCOSE METER SYNCING section) or enter your BG manually by tapping "ENTER BG".



3. Tap "CONFIRM" once you have reviewed the values entered



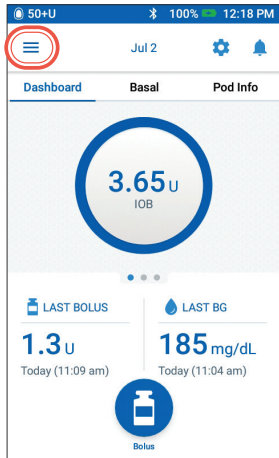
4. Tap "START" to begin bolus delivery



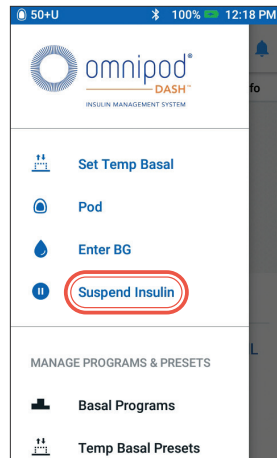
### Reminder

The Home screen displays a progress bar and details while you are delivering a bolus. You cannot use your PDM during an immediate bolus.

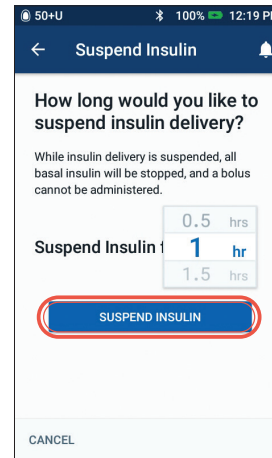
# Suspend and Resume Insulin Delivery



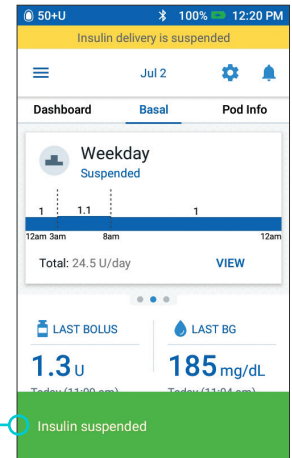
1. Tap Menu icon on the Home screen



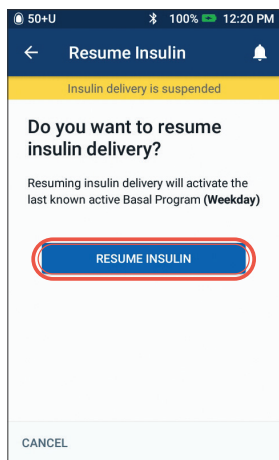
2. Tap "Suspend Insulin"



3. Scroll to desired duration of insulin suspension (min 0.5 hour, up to 2 hours)
  - Tap "SUSPEND INSULIN"
  - Tap "Yes" to confirm you want to stop all insulin delivery



4. The Home screen displays a yellow banner stating "Insulin delivery is suspended"
  - The Pod beeps every 15 minutes during suspension



5. When the Pod completes suspension duration, you will be prompted to resume insulin delivery. Insulin delivery does NOT resume automatically.
  - The Pod and PDM repeat a notification every 15 minutes until you have resumed insulin delivery

## Reminder

Rather than waiting for the green confirmation banners to disappear you can swipe them to the right to dismiss them sooner.



### WARNING:

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

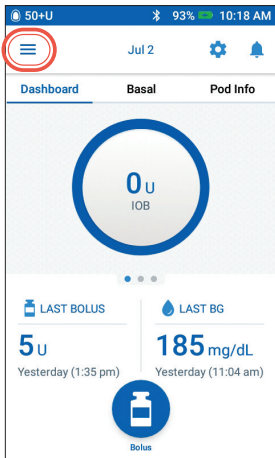
Note: Remember to resume insulin delivery.

The values shown here are for illustrative purposes only. Actual screens may vary based on user settings. Consult with your healthcare provider before using these features. Your healthcare provider can also provide you with your own personalized recommendations.

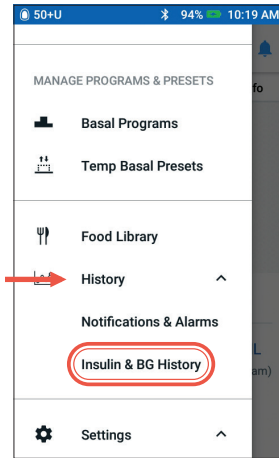
## Important PDM Tips and Reminders

These tips are intended for use only with the DASH® Personal Diabetes Manager model. The serial number and model can be found on the back of the PDM.

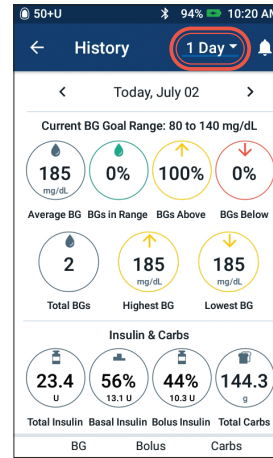
### How to View Insulin and BG History



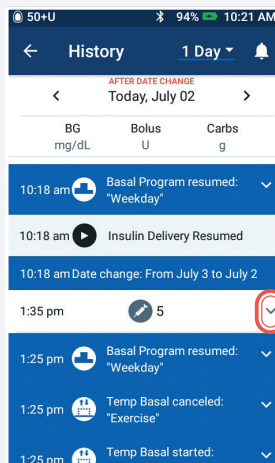
1. Tap Menu icon on the Home screen



2. Tap "History" to expand list
  - Tap "Insulin & BG History"



3. You can view BG, Insulin & Carb
  - Tap the day drop-down to view a single day or multiple day averages
  - Swipe up to see the details section



### Tip

Tap the down arrow to display more details. Tap again to hide the details.

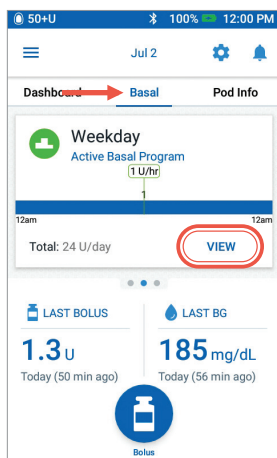


#### CAUTION: Consult User Guide.

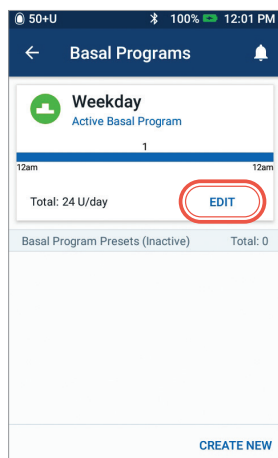
The values shown here are for illustrative purposes only. Actual screens may vary based on user settings. Consult with your healthcare provider before using these features. Your healthcare provider can also provide you with your own personalized recommendations.



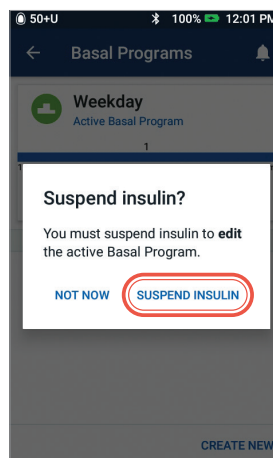
## How to Edit a Basal Program



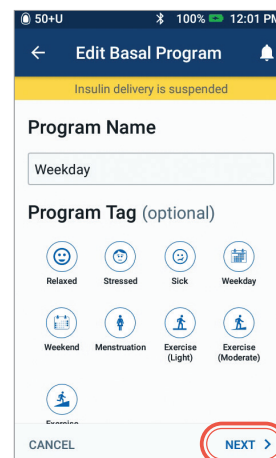
1. • Tap "Basal" on the Home screen  
• Tap "VIEW"



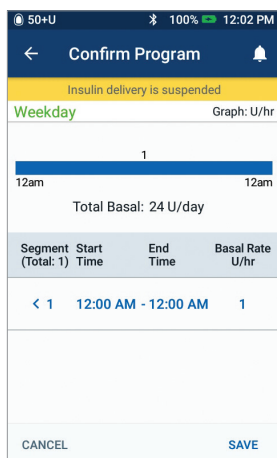
2. • Tap "EDIT" on the basal program you want to change



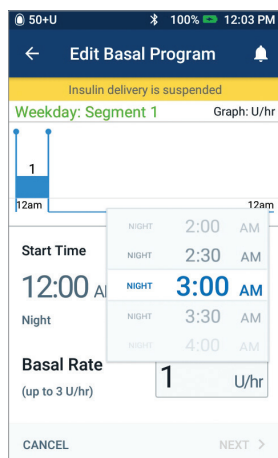
3. • Tap "SUSPEND INSULIN" if you are changing the active basal program



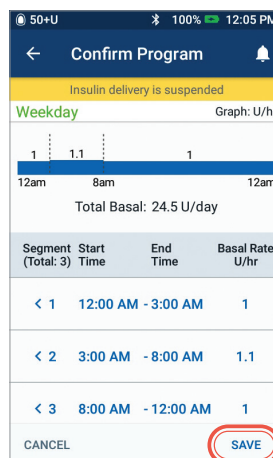
4. • Tap to edit program name, choose program tag or tap "NEXT" to edit basal time segments and rates



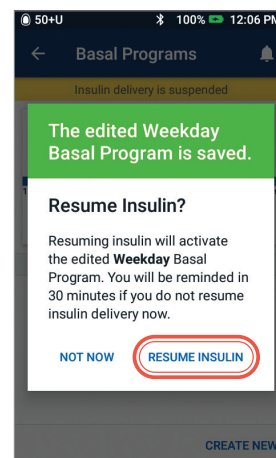
5. • Tap on the segment to edit



6. • Edit time and basal rates for the 24 hour period

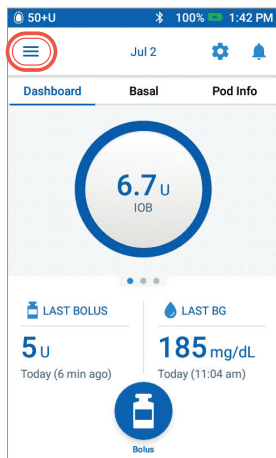


7. • Tap "SAVE" once complete

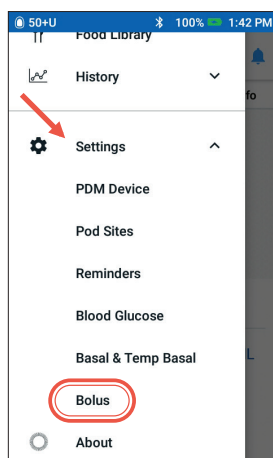


8. • Tap "RESUME INSULIN"

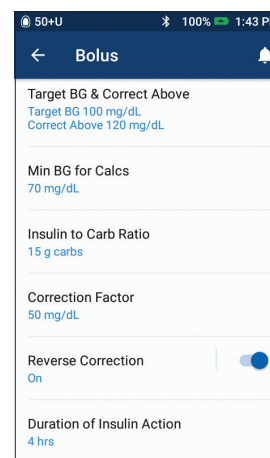
## How to View and Edit IC Ratio and Correction Factor



1. Tap Menu icon on the Home screen



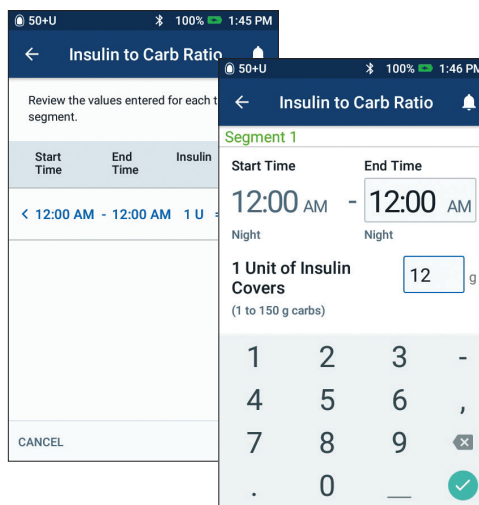
2. Tap "Settings" to expand list
  - Tap "Bolus"



3. Tap on the setting you want to edit

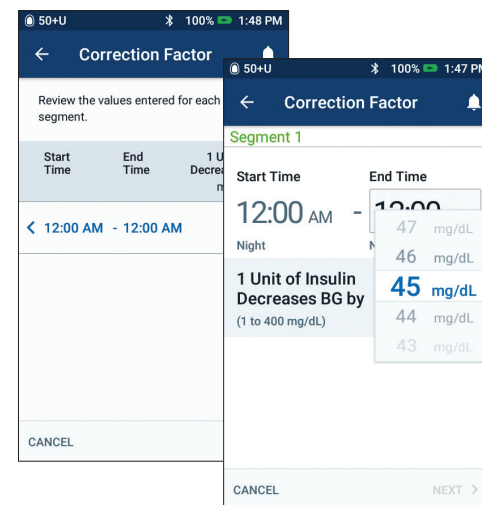
### Tip

You can change other settings such as Target BG & Correct Above, or Duration of Insulin Action by following the same steps.



### Insulin to Carb Ratio

- Tap on segment you want to edit
- Edit time and/or amount
- Tap "NEXT" to add more segments as needed
- Tap "SAVE"



### Correction Factor

- Tap on segment you want to edit
- Edit time and/or amount
- Tap "NEXT" to add more segments as needed
- Tap "SAVE"

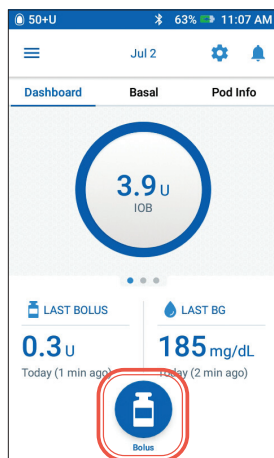


# Omnipod DASH® System Advanced Features

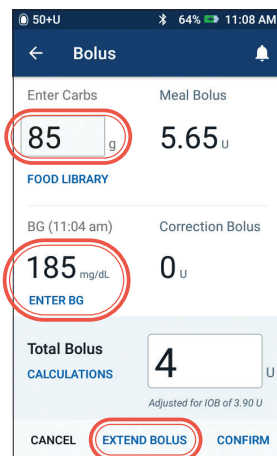
## How to Use the Extended Bolus Feature

### When to use:

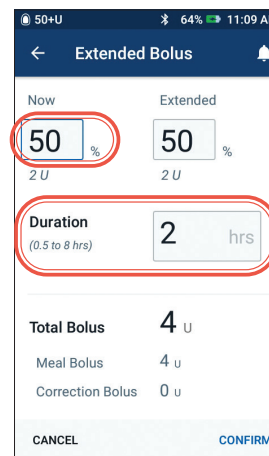
This feature is most commonly used for high-fat and/or high-protein meals such as pizza, cheeseburgers, or fried chicken when the digestion of carbohydrates could be delayed.



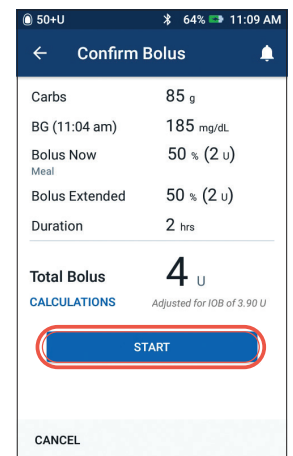
1. Tap Bolus button on the Home screen



2. After entering carb and BG values, tap "EXTEND BOLUS"



3. Enter amount of meal bolus to deliver now (extended portion will automatically adjust)
  - Enter Duration of time
  - Tap "CONFIRM"



4. Confirm values entered
  - Tap "START"



### WARNING:

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

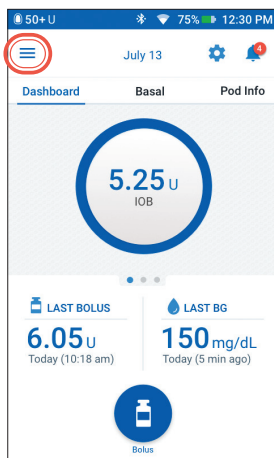
The values shown here are for illustrative purposes only. Actual screens may vary based on user settings. Consult with your healthcare provider before using these advanced features.

Your healthcare provider can also provide you with your own personalized recommendations.

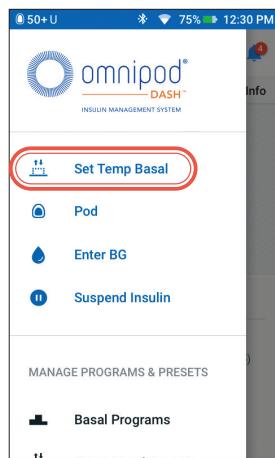
## How to Set a Temporary (Temp) Basal Rate

### When to use:

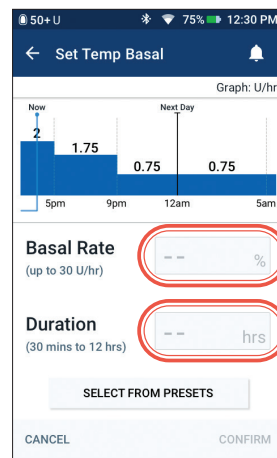
A temporary basal rate lets you adjust your background insulin for a predetermined period of time. This feature is best used to account for a temporary change in a daily routine, such as physical activity or times of illness. Temporary basal rates can be set for durations of 30 minutes to 12 hours; once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



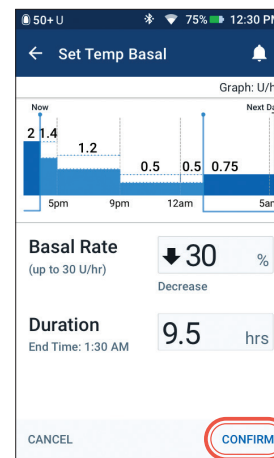
1. Tap Menu icon on the Home screen



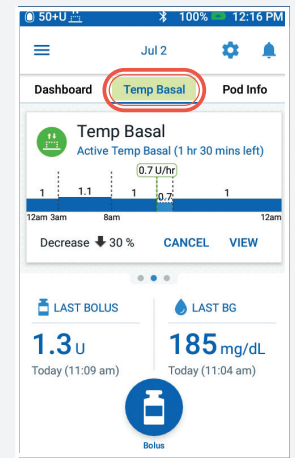
2. Tap "Set Temp Basal"



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



4. Tap "CONFIRM" to start temp basal



**Tip**  
Temp Basal is highlighted in green on the home screen tab to indicate a temp basal is currently running.

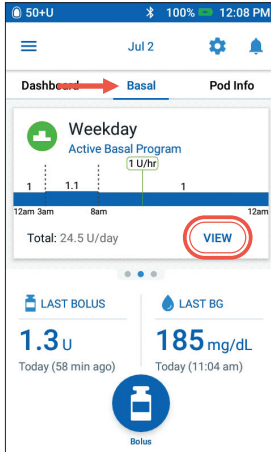
### Tip

Temporary basal can be changed to a flat rate of units (U/hr). To make this change, go to settings and tap on Basal and Temp Basal. Your settings can be configured to either % or flat rate (U/hr). Each example is shown with the Personal Diabetes Manager set to %.

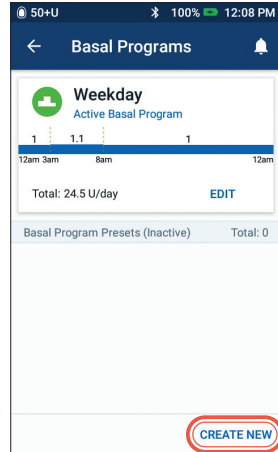
## How to Create and Use Additional Basal Programs

### When to use:

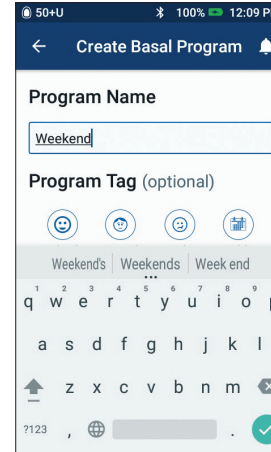
Different basal programs are commonly used for entire days out of your common routine (e.g. weekends vs. work days.) Please consult with your healthcare provider prior to creating additional basal programs.



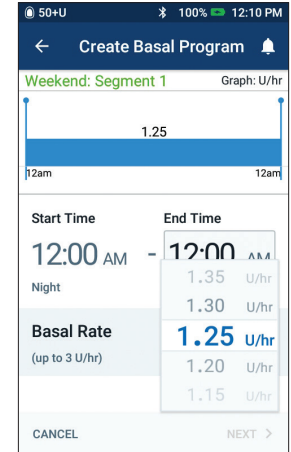
1. Tap "Basal" on the Home screen
  - Tap "VIEW"



2. Tap "CREATE NEW"

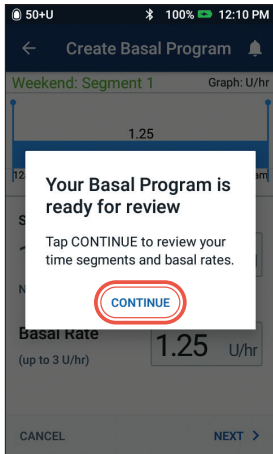


3. Rename your program or keep the default name. Example "Weekend". Tap to choose a program tag.

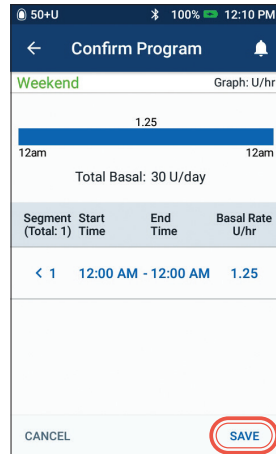


4. Edit End Time and Basal Rate
  - Tap "NEXT"
  - Continue to add segments for the entire 24 hours
  - Tap "NEXT" to continue

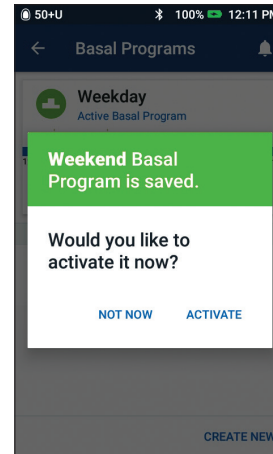




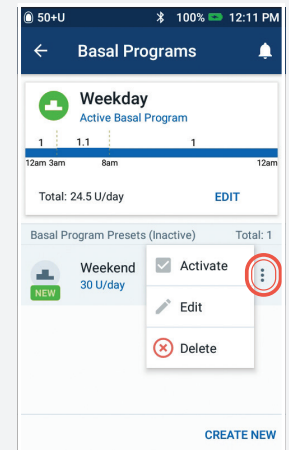
5. Tap "CONTINUE" to review your time segments and basal rates



6. Review your new basal program
  - If correct tap "SAVE"



7. Choose to activate your new basal program now or later



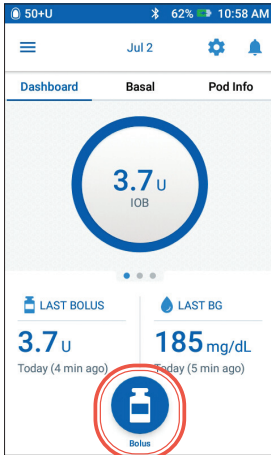
### Tip

In Basal Programs, you can activate, edit or delete the different basal programs you have saved by tapping on the Options icon (3 dots).

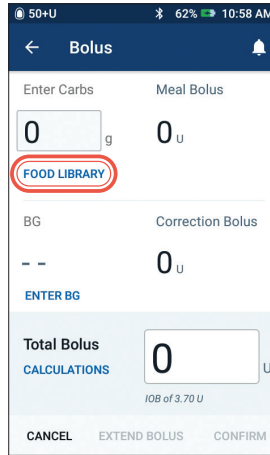
## How to Use the Food Library

### When to use:

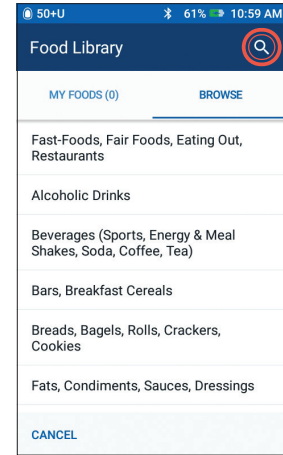
Your DASH® PDM contains a Food Library option that allows you to look up the carbohydrate content of various foods and create custom foods.



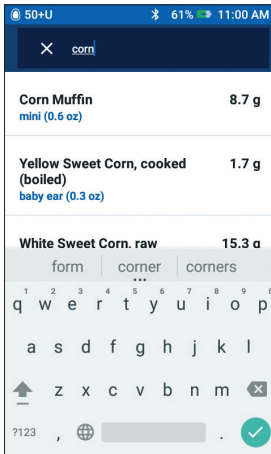
1. Tap Bolus button on the Home screen



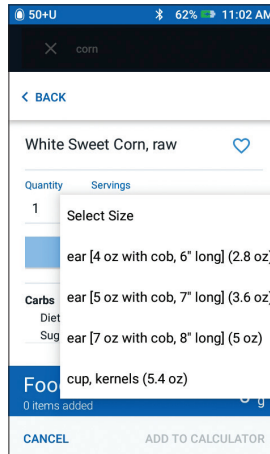
2. Tap "FOOD LIBRARY"



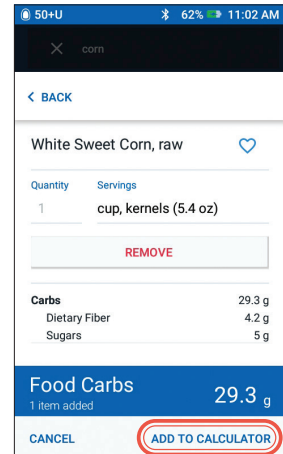
3. Tap on search icon



4. Type in food you are looking for
  - Select item



5. Select quantity & serving size

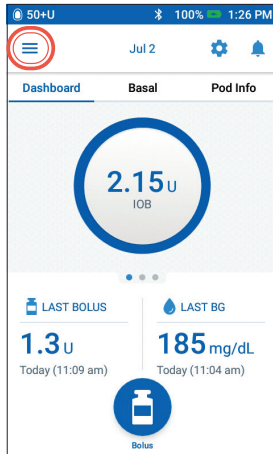


6. Tap "ADD TO CALCULATOR" so that you can use these values to bolus

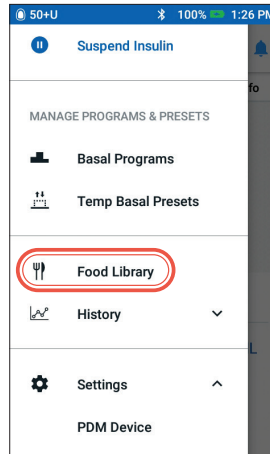
## How to Create and Use Custom Foods

### When to use:

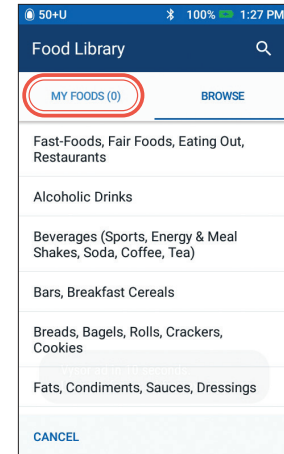
Creating Custom Foods allows you to save your favorite food items, snacks or meals that you eat frequently. You will be able to view these Custom Foods in MY FOODS.



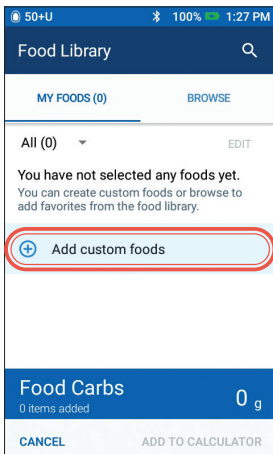
1. Tap Menu icon on the Home screen



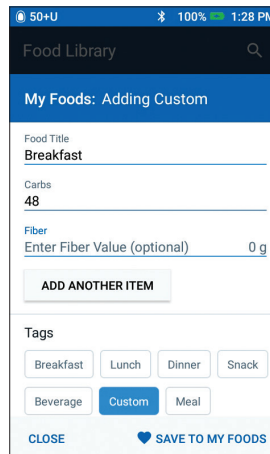
2. Tap "Food Library"



3. Tap "MY FOODS"



4. Tap "Add custom foods"



5. Add Food Title, Carb Value and Fiber (if desired)
  - Tap to add other foods as needed
  - Tap "SAVE TO MY FOODS"

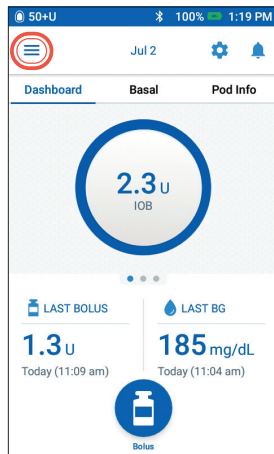
### Reminder

To add a custom food to your bolus, you can tap "Food Library" on the bolus screen and in "MY FOODS," tap the item you want to use. Example, Breakfast then tap "ADD TO CALCULATOR".

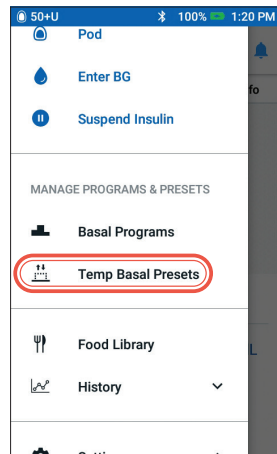
## How to Create and Use Temp Basal Presets

### When to use:

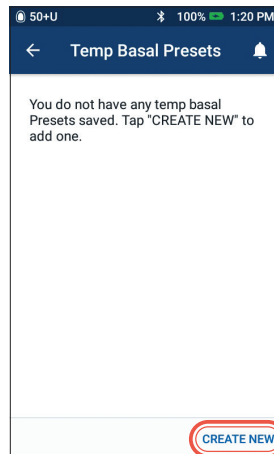
Best used for “temporary” routine activities, such as an exercise class that occurs twice a week. The Personal Diabetes Manager can store up to 12 temporary basal presets. You will be able to access your temp basal presets when you select **Temp Basal** from your main menu.



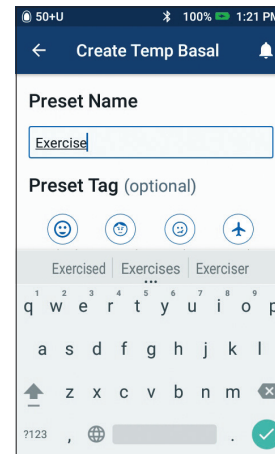
1. Tap Menu icon on the Home screen



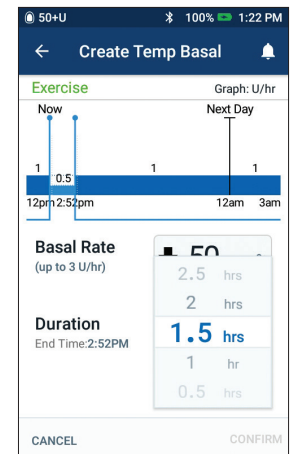
2. Tap “Temp Basal Presets”



3. Tap “CREATE NEW” to enter a new temp basal preset



4. You can tap to enter preset name and/or preset tag
  - Tap “NEXT” to continue

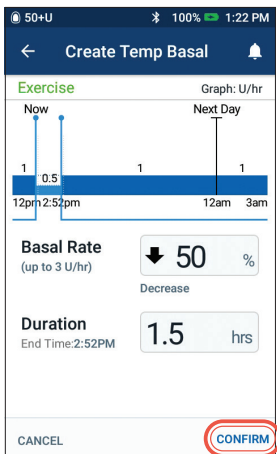


5. Tap Basal Rate entry box and select your % change
  - Tap then scroll to select your time duration

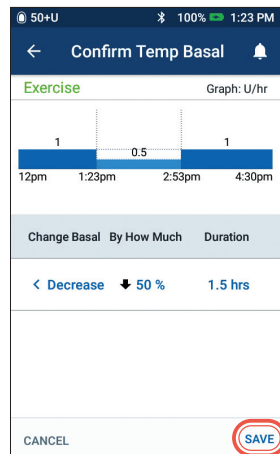
## Tip

Presets can be created for commonly-used functions of the DASH® System. For instance, if you find yourself setting the same temp basal rates for a particular activity, presets can be a real time saver.

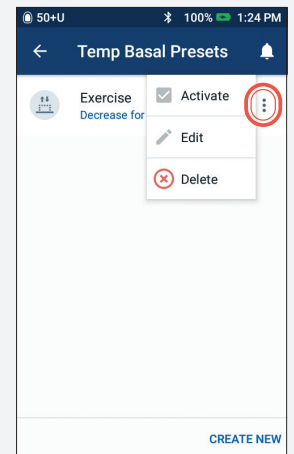
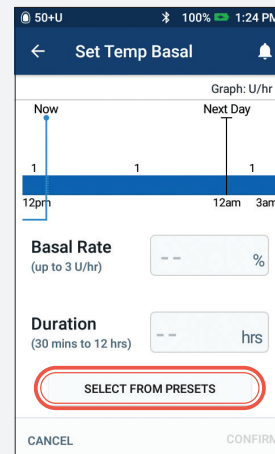
On any preset you will have the option to rename your entry for even more personalization.



6. • Tap “CONFIRM”



7. • Tap “SAVE” to save temp basal preset



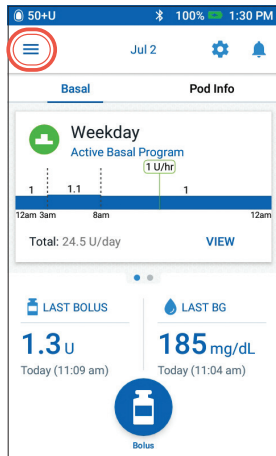
## Tip

- If you have already created Temp Presets you can access them from Set Temp Basal
- Tap “Select From Presets”
- Tap on the Options icon (3 dots) to activate, edit or delete your Temp Basal Presets

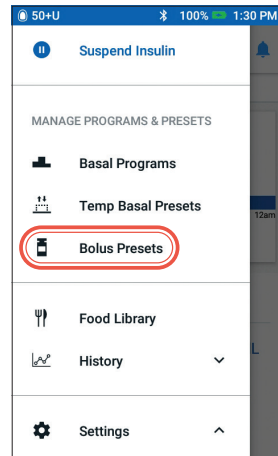
## How to Create and Use Bolus Presets

### When to use:

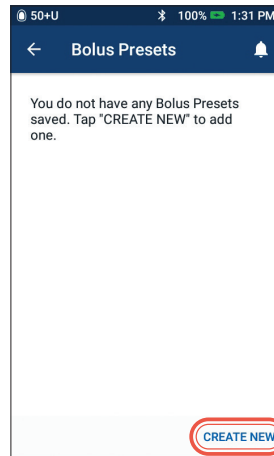
Bolus presets can only be used if your bolus calculator is **OFF**. This feature is best for those utilizing set bolus amounts at their meals. You will be able to access your bolus preset when you select **Bolus** from the home screen.



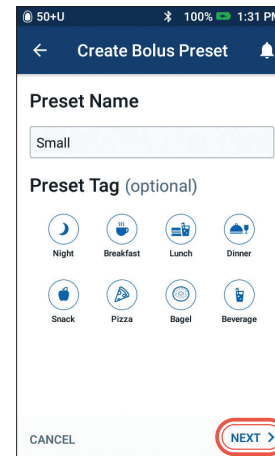
1. Tap Menu icon on the Home screen



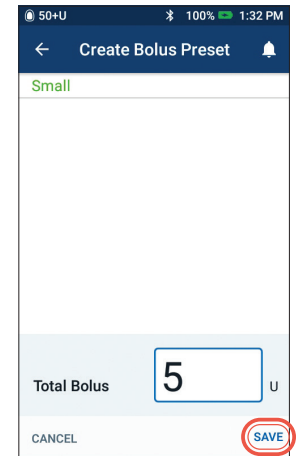
2. Tap "Bolus Presets"



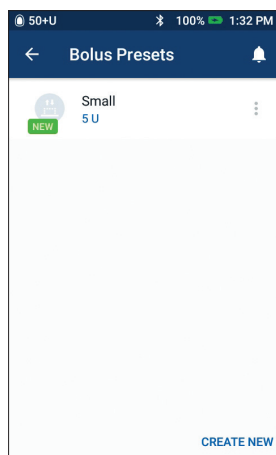
3. Tap "CREATE NEW"



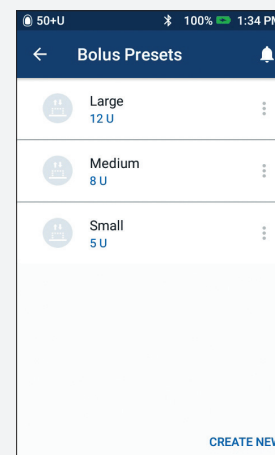
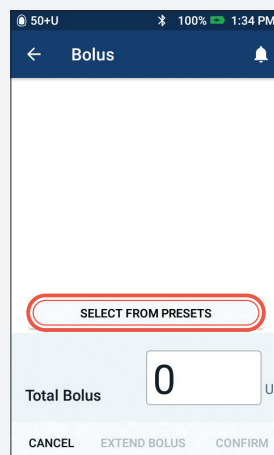
4. Edit Preset Name and Tag
- Tap "NEXT"



5. Tap to edit the number of units
- Tap "SAVE"



6. Your Bolus Preset is saved
- Tap "CREATE NEW" to add new Bolus Presets as needed



### Tip

To use the Bolus presets you have already saved:

- Tap "Bolus"
- Tap "SELECT FROM PRESETS"
- Tap the Bolus Preset you want to use
- Tap "CONFIRM"



# Sick Day Management

## Action Plan

Discuss Sick Day Management with your healthcare provider. Always follow your healthcare provider's guidelines for your individual needs. Below are only general 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:

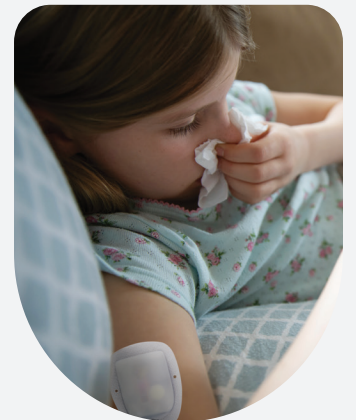
- Check blood glucose more often (every 2-4 hours or at least 4 times a day)
- Check ketones—any time BG is 250 mg/dL or more
- Use temp basal as directed by your healthcare provider
- Stay hydrated
- Monitor urine output
- Keep a record of information (BG, ketone checks, fluids, and time/amount of urine, 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  $\geq 1.0$  mmol/L blood ketones

## Reminder

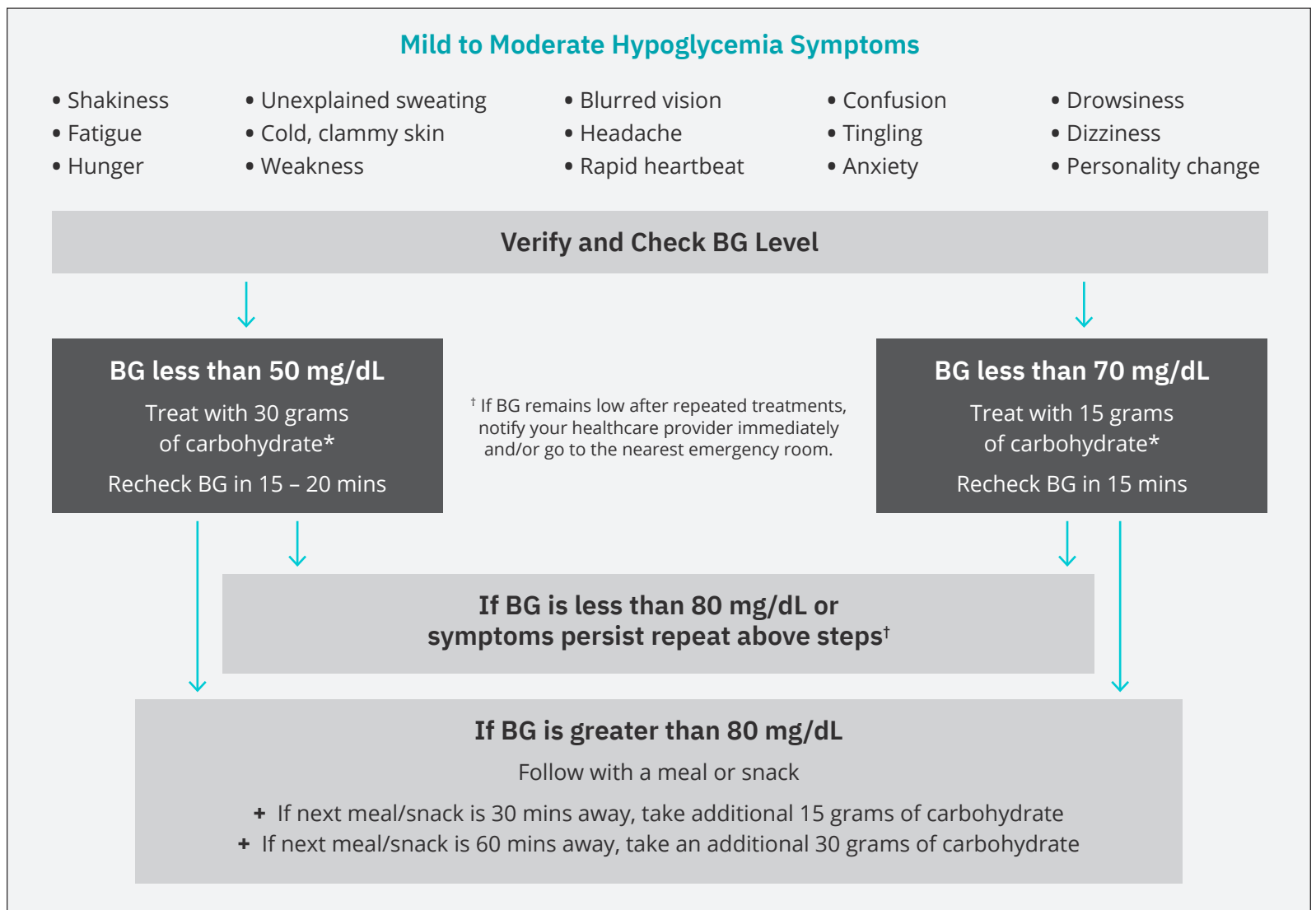
The symptoms of DKA (diabetic ketoacidosis) are much like those of the flu. Before assuming you have the flu, check your BG to rule out DKA. Consult your healthcare provider for further information. Always consult with your healthcare provider when experiencing hyperglycemia and sick days. Always follow your healthcare provider's guidelines.



# Hypoglycemia

## Blood Glucose (BG) < 70 mg/dL or ≤ 80 mg/dL with Symptoms

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



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.

## 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:

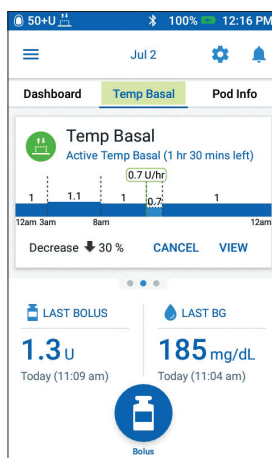
- Give glucagon as instructed by healthcare provider
- Call 911
- Notify healthcare provider
- Suspend insulin delivery

## Troubleshooting Frequent Hypoglycemia

### Check Personal Diabetes Manager 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 correction factor set correctly?
- Is the insulin-to-carb ratio correct?

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



### Review Recent Activity

#### Physical activity

- Has your exercise been unusually long or strenuous?
- Have you been unusually physically active? (e.g., 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 DASH® Insulin Management System User Guide for additional information.*

## Hyperglycemia

### Blood Glucose (BG) Reading $\geq$ 250 mg/dL

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

#### Troubleshooting Frequent Hyperglycemia

##### Check Personal Diabetes Manager 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?

##### 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.

#### 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.

#### Reminder

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

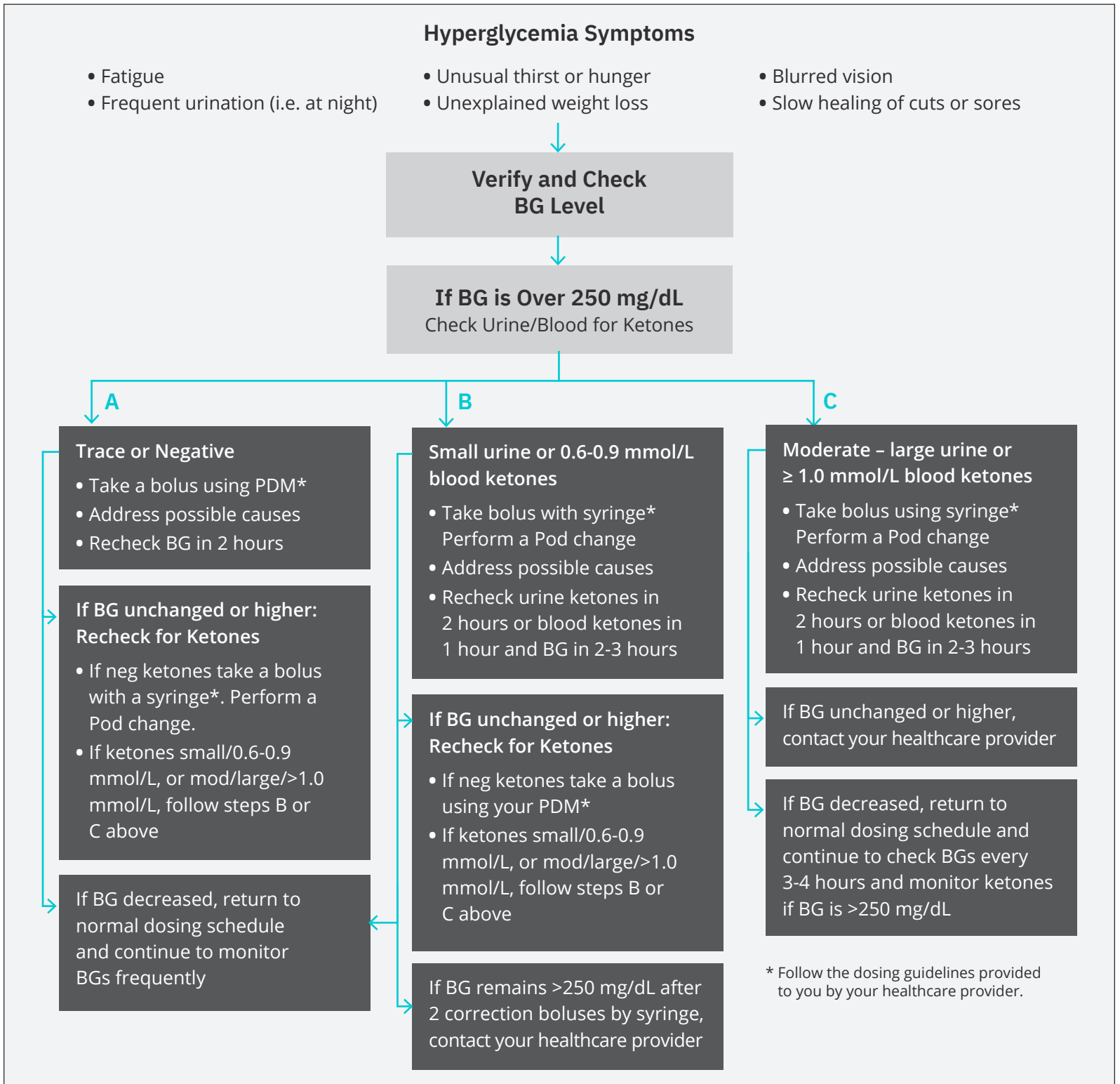


**WARNING:**

Hyperglycemia symptoms can be confusing. Always check your BG before treating your hyperglycemia. Consult with your healthcare provider.



**CAUTION:** Consult User Guide.



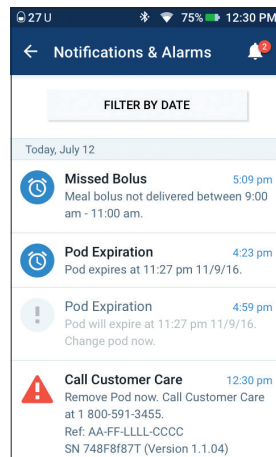
The above general guidelines are drawn from Joslin Diabetes Center. For further guidance please consult with your healthcare provider for individualized advice.

## Customizing Notifications and Alerts

### Get to Know Your Omnipod DASH® System Reminders

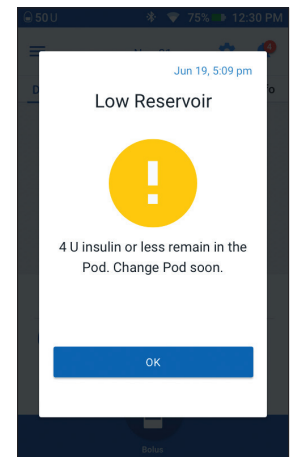
A **reminder** is a notification you can turn on or off at any time and customize to fit your needs. Your Omnipod DASH® System has a number of different reminders:

- **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 DASH® System Advisory Alarms.



An **advisory alarm** can be adjusted based on your needs. There are several different kinds of advisory alarms on your Omnipod DASH® System:

- **Pod expired alarm**  
When your Pod will stop delivering insulin soon, 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 advisory alarm**  
So you can plan ahead to change your Pod and make sure you have enough insulin, your Pod will inform you when your insulin reaches a certain level.
- **Auto-off advisory alarm**  
This advises you if you have had no interaction with your PDM in your chosen timeframe. It informs you that you need to wake up your PDM to avoid having your Pod deactivate due to inactivity.



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

When you hear an advisory alarm, check your PDM. 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.

For more information about advisory alarms, see Chapter 10, "Alarms, Notifications, and Communication Errors" in your Omnipod DASH® Insulin Management User Guide



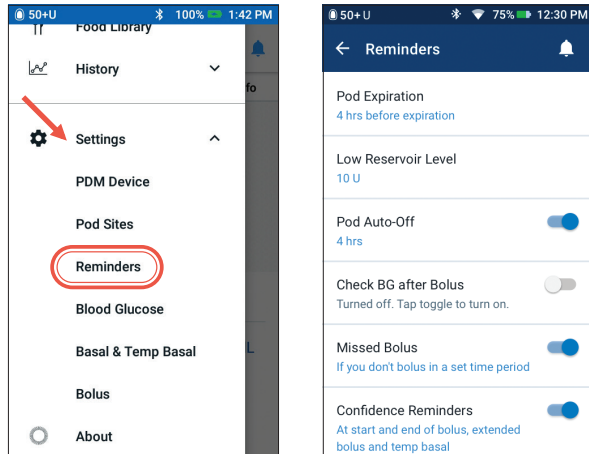
**WARNING:**

- The Low reservoir advisory alarm 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 advisory alarm 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.



## Customizing Advisory Alarms and Reminders

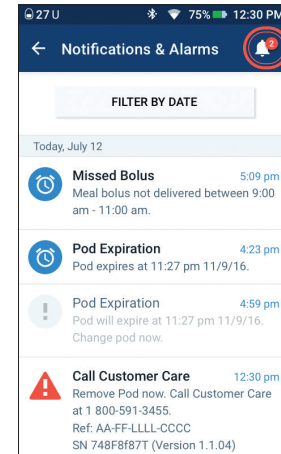
You can customize your reminders and advisory alarms in settings.



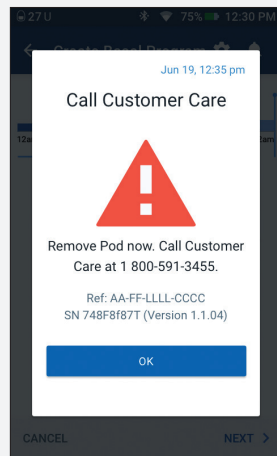
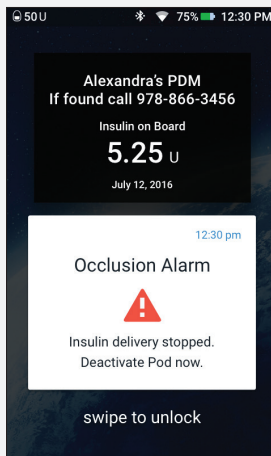
- Tap on “Reminders”
- Tap on the reminder or advisory alarm you would like to edit

## Viewing Notifications

You can view your notifications and alarms.



- Tap Notification icon to view list of notifications and alarms



## Understanding Hazard Alarms

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

Hazard alarms are a continuous tone to let you know when an issue with the Pod is becoming urgent or something is wrong with the PDM.

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

### Insulet Provided Glooko

We want to make sure you have all the tools you need to succeed – that’s why we provide a free Glooko™ account to all of our Podders®.

Glooko™ is a diabetes management system that is used by healthcare providers and patients to help track progress over time and identify trends within your data.

With your Glooko™ account, you’ll be able to upload data from home and share directly with your care team. You can also view your trends and patterns directly from your phone on the Glooko™ Mobile App.

Please use the included Getting Started with Insulet Provided Glooko guide to setup your account and upload your data today!



### Omnipod DASH® Mobile Apps



#### Omnipod DISPLAY® App

The Omnipod DISPLAY® App is for the person who operates the PDM. It is a secondary display of your PDM data. Everything you see on your PDM is displayed on your smartphone.

It also includes a “Find my PDM” feature and the ability to invite viewers to see the Podder’s® insulin delivery and system data.



#### Omnipod VIEW® App

The Omnipod VIEW® app is ideal for the caregivers/care team of the Podder®. It allows remote viewing capability of up to 12 Podders® insulin delivery and DASH® System information.





## Insulet Corporation

100 Nagog Park

Acton, MA 01720

1-800-591-3455 | 1-978-600-7850

**Omnipod.com**

## I HAVE DIABETES

### Call 911 for assistance.

If I am unconscious or my behavior is peculiar, I may be having a reaction associated with diabetes or its treatment.

I am not intoxicated.

If I am able to swallow, give me sugar in some form (**juice, candy, non-diet soft drink**).



### Support & Supplies

1-800-591-3455 | 1-978-600-7850

**Omnipod.com**

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