omnipod | pod

insulin management
system

DASH®

Omnipod DASH®
System Podder™
Resource Guide

Insulin Delivery that's
SIMPLE, **SMART**, and
DISCREET

Get to know the Omnipod DASH® System

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 myomnipod.com or by calling Customer Care (24 hours/7 days), at 1-855-POD-INFO (763-4636).

⚠ **CAUTION:** Consult User Guide.

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

What's different about the Pod? Simple.

The 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 an injection. Wear what you want, and do what you want. The 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: 1-855-POD-INFO (763-4636)
omnipod.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

Medical Advice Disclaimer

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 1.5 meters (5 feet) 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:

+ You can order Pods through Diabetes Express. They can be reached at 1-866-418-3392 or online through Diabetes Express. Visit diabetesexpress.ca for more information.

+ It is a good idea to reorder Pods when you open your last box of Pods. This helps ensure you will have enough supplies in the event additional Pods are needed or if an unexpected delay in delivering supplies occur.

+ You may be able to reorder your Pods automatically. Contact Diabetes Express to inquire about your auto-shipment options

⚠ **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

Pink Slide Insert

Viewing Window

BOTTOM

Fill Port

Adhesive Backing

Blue Needle Cap

The Omnipod DASH® System Personal Diabetes Manager

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

MICRO-B USB PORT

Menu Icon

Tabs

SOUND/VIBRATE

TOUCH SCREEN

POWER BUTTON

50+   99%   07:02

2 Jan

Dashboard   Basal   Pod info

1.35 U
IOB

LAST BOLUS   LAST BG

3 U   5.1 mmol/L
Today (04:47)   Today (05:48)

Bolus Button

Bolus

NON-FUNCTIONAL

BACK

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 Presets

+ View History

+ Edit Settings

Home Screen View

+ View current Pod and PDM Status

+ Access more system options in the Menu icon

+ View Notifications and Alarms

+ Access insulin on board (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

Omnipod DASH® System PDM Battery

Your Omnipod DASH® System 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 tones

+ 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. Although you will not need to keep your Omnipod 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 1.5 meters 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 1.5 meters (5 feet) during normal operation

CAUTION: Consult User Guide.

For more information on your Personal Diabetes Manager, refer to your Omnipod DASH® Insulin Management System User Guide.

Helpful Tips From Other Podders™

We pride ourselves on helping our customers navigate the Omnipod DASH® 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:

+ 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.

+ 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

The 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

The Omnipod DASH® System Will Help to Calculate Your Bolus Doses.

The 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.

Insulin Delivery with a Pump vs Normal Insulin Release†
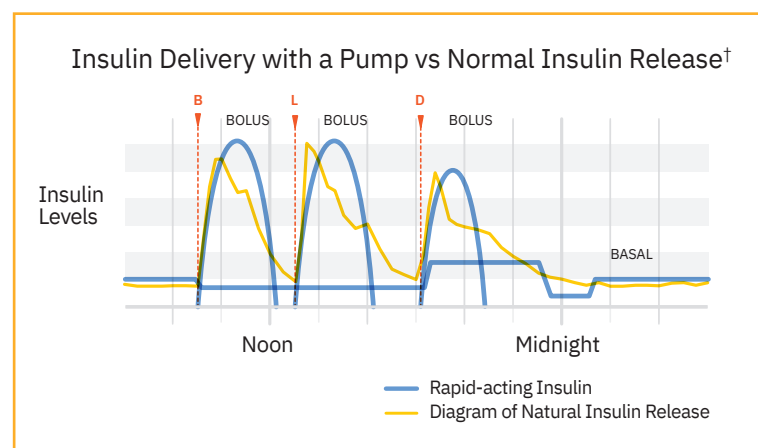
⚠ **CAUTION:** Consult User Guide.

For more information about the Suggested Bolus Calculator, refer to your Omnipod DASH® Insulin Management System User Guide.

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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	☐ On ☐ Off	
Blood Glucose (BG)		
BG Goal Limits (not for use in bolus calculations, these limits are for graphical display of BG readings in BG history)	Lower Limit _____ mmol/L Upper Limit _____ mmol/L	
Bolus		
Bolus Calculator	☐ On ☐ Off	

Target BG & Correct Above*
(BG Target is the "correct to" value. When a BG value is above the "Correct Above" value, the bolus calculator will suggest a correction bolus dose)
	Time Segment
	    12:00 am - _____
	    _____ - _____
	    _____ - _____
	    _____ - _____
		Target
		_____mmol/L
		_____mmol/L
		_____mmol/L
		_____mmol/L
			Correct Above
			_____mmol/L
			_____mmol/L
			_____mmol/L
			_____mmol/L

Minimum BG for Bolus Calcs (The system will not suggest a bolus dose if BG is below this value. Range available is 2.8-3.9 mmol/L)		_____ mmol/L

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
		_____mmol/L
		_____mmol/L
		_____mmol/L
		_____mmol/L

Reverse Correction* (If this feature is turned on, the system will suggest a reduced meal bolus for a BG under the Target BG value)	☐ On ☐ Off	
Duration of Insulin Action*	_____ hours	
Maximum Bolus*	_____ units	
Extended Bolus	☐ On ☐ Off	

* Indicates settings provided by HCP. Be sure to check with your healthcare provider before adjusting these settings.

After entering all insulin delivery settings in your PDM the PDM will need to restart before you can activate a Pod. Press the "COMPLETE" button to initiate the restart.

Why carbohydrates matter

What are Carbohydrates?

+ **Starches** Starchy vegetables like potatoes, corn, peas, dried beans, lentils, grains like oats, barley, rice and items made from wheat flour.

+ **Sugars** Naturally occur in milk, yogurt and fruit, or added during cooking or processing. Some 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® System.

How do I figure out the amount of carbohydrates in my meal?

Check the Label

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

The amount of carbohydrate in a food is listed in the Nutrition Facts panel on every packaged foods.

First, check the serving size listed. Are you eating more or less than the serving size? If so, you'll have to adjust the rest of the numbers accordingly.

Next look at the total amount of carbohydrates in grams.
This number includes fiber, sugars and starches even if starches are not listed separately.

Fiber does not raise blood sugar levels and should be subtracted from the total carbohydrate to provide the number of available carbohydrates and the amount needed to match insulin to.
In this example: 36g carbohydrate – 6g fiber = 30g of available carbohydrate.

Nutrition Facts	
Per 90 g serving (2 slices)	
Amount	**% Daily Value**
Calories 170	
Fat 2.7 g	**4 %**
Saturated 0.5 g + Trans 0 g	**5 %**
Cholesterol 0 mg	
Sodium 200 mg	**8 %**
Carbohydrate 36 g	**13 %**
Fibre 6 g	**24 %**
Sugars 3 g	
Protein 8 g	
Vitamin A 1 % Vitamin C 0 %	
Calcium 2 % Iron 16 %	

Know Your Favorites

Below is a chart to give you an idea of the carbohydrate content of common foods. For a more extensive list you can read the Nutrient Value of Some Common Foods from the Health Canada website listed here:
https://www.canada.ca/en/health-canada/services/food-nutrition/healthy-eating/nutrient-data.html

Food Category	Food	Serving Size	Carbohydrate Grams*
Breads	White or whole wheat	2 slices	25 - 30
	Hotdog or hamburger bun	1 whole	18 - 20
	Dinner roll whole wheat	1 roll (28 g)	12
	Flour tortilla	1 tortilla (8" dia.)	25
	Corn tortilla	1 tortilla (6" dia.)	6
Cereals/ Grains/ Pasta	White or brown rice cooked	125 mL	23
	Spaghetti, cooked	250 mL	40
	Dry cereal (Plain Cheerios)	250 mL	16
	Instant oatmeal - reg cooked with water	1 packet	17
Starchy Vegetables	Corn (on or off the cob, fresh or frozen)	125 mL	17
	Potato (baked with skin)	1 medium	34
	Edamame	125 mL	4
	Carrots (baby)	8	6
Dried beans, Peas, Lentil	Black beans, canned	175 mL	17
	Peas, boiled	175 mL	27
	Chickpeas, Canned	175 mL	32
	Lentils, boiled	175 mL	26

Food Category	Food	Serving Size	Carbohydrate Grams*
Fruit and Fruit Juices	Apple	7 cm diameter	16
	Blueberries	125 mL	9
	Watermelon	125 mL	6
	Fruit cocktail (canned in juice)	125 mL	14
	Apple juice	125 mL	15
	Grape juice	125 mL	20
Milk and Milk Products	Low-Fat Milk (fat-free, 2%, whole)	250 mL	12
	Plain low-fat yogurt	175 mL	13
Sweets, Desserts & Snacks	Honey	5 mL	6
	Vanilla Ice cream (regular)	125 mL	18
	Chocolate Chip Cookie (commercial)	2 cookies	13
	Sugar Cookies (commercial)	2 crackers	20
	Popcorn (regular, microwave)	250 mL popped	6

*The carbohydrate values listed in this chart are net carbs rounded to the nearest whole number.

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 2.5 cm away from the previous one, 5 cm 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.

YOUTH

abdomen
leg
arm
buttocks

FRONT   BACK

ADULT

abdomen
leg
arm
back
buttocks
leg

FRONT   BACK
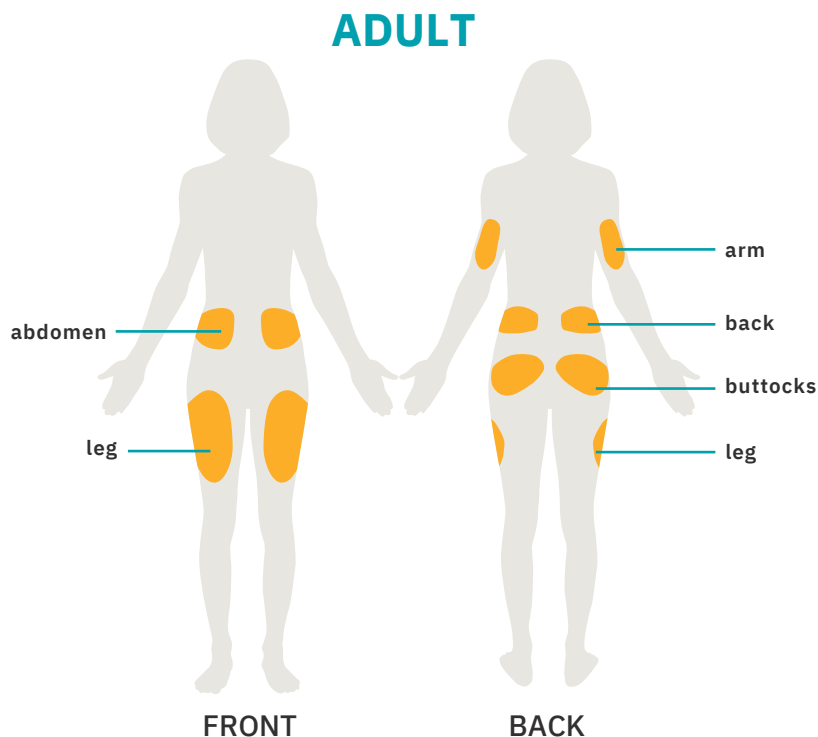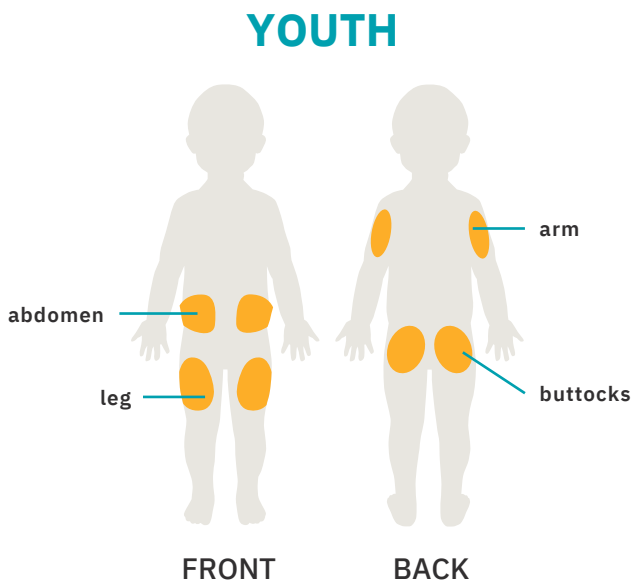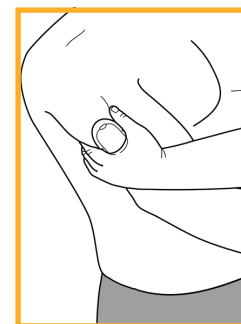
⚠️ **WARNING:**
Occlusions may result in lean areas if you do not use this technique.

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. These products can be purchased from Diabetes Express when your order your Pods.

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

HELPING THE POD STICK
Adhesives and more.

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

PROTECTING YOUR SKIN
Prevent irritation with barriers.

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

HOLDING THE POD IN PLACE
Keep your Pod even more secure with tapes and bands.

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

REMOVING YOUR POD GENTLY
Use a soft touch with moisturizers and removers.

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

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

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 13.9 mmol/L 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
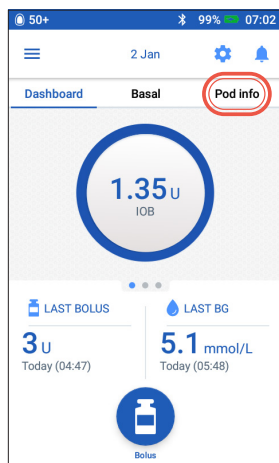
1. + Tap "Pod Info" on the Home screen
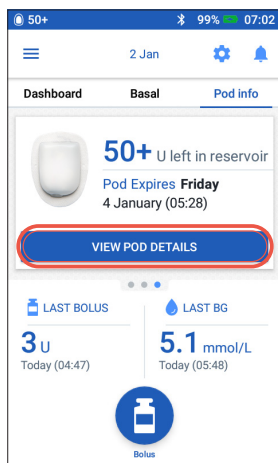
2. + Tap "VIEW POD DETAILS"
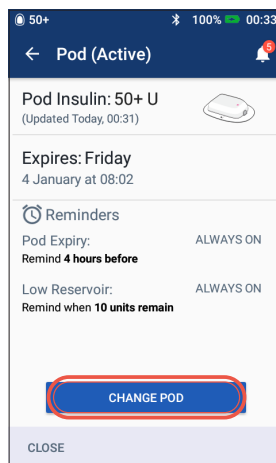
3. + Tap "CHANGE POD"
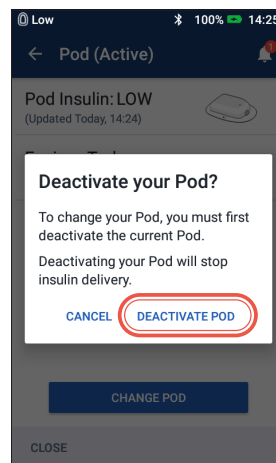
4. + Confirm and tap "DEACTIVATE POD"
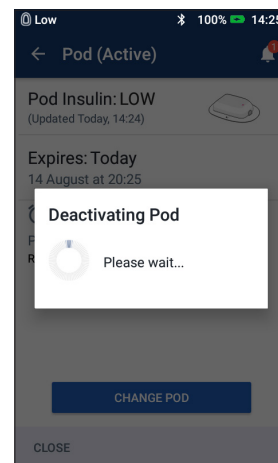
5. + The Pod will take a moment to deactivate

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:

  • Omnipod DASH® Personal Diabetes Manager (PDM)

  • Sealed Omnipod 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® System)

  • Alcohol prep swab

+ Wash your hands
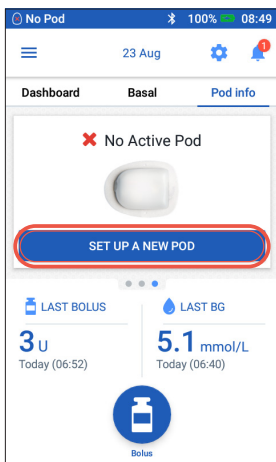
1. + To set up a new Pod, Tap "SET UP NEW POD"

   + 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:

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

OMNIPOD DASH® SYSTEM INSTRUCTIONS

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.

2. Apply the Pod
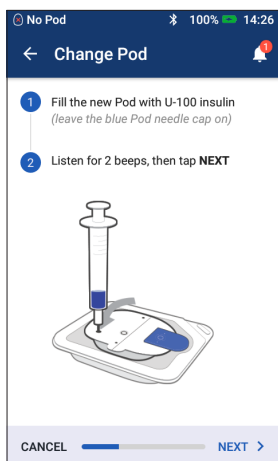
1.4 + Leave Pod in its plastic tray

+ 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"
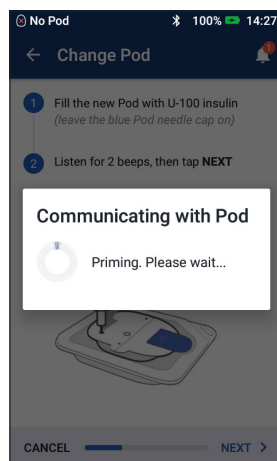
1.5 + The PDM establishes a one-to-one relationship with the Pod, which will prevent it from communicating with any other Pod while this Pod is active. Once the Pod successfully completes its priming and safety checks, the PDM will beep
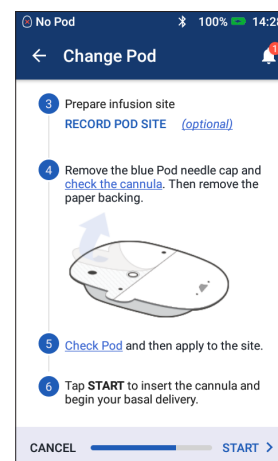
2.1 + Select the infusion site, being careful to avoid areas where the Pod will be affected by folds of skin. Refer to the Pod Placement/Prep/Tips section in this resource guide for sites your healthcare provider may recommend and placement tips

OMNIPOD DASH® SYSTEM INSTRUCTIONS

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
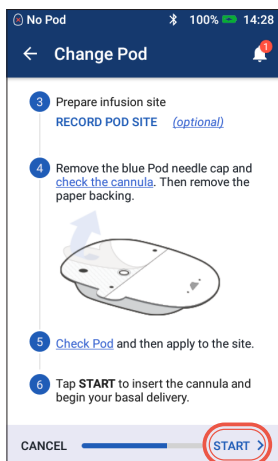
3.1 + Tap "START"
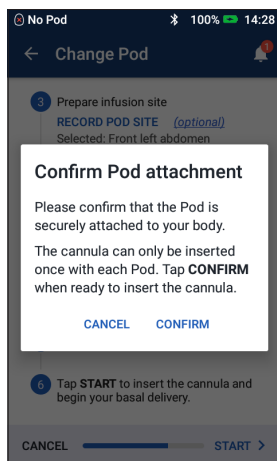
3.2 + Verify that the Pod is securely attached to your body, then tap "CONFIRM"

+ For best technique refer to pinching up in the Pod Placement/Prep/Tips section of this Resource Guide
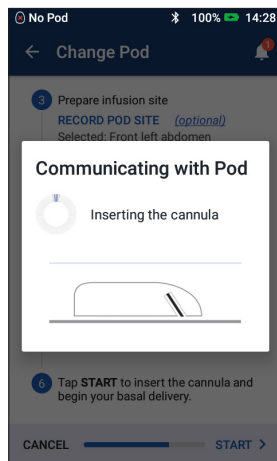
3.3 + The Pod automatically inserts the cannula and delivers a prime bolus to fill the cannula with insulin
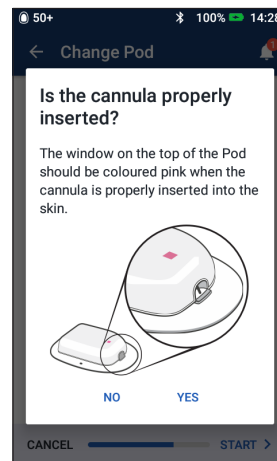
3.4 + Once the cannula has inserted, verify proper insertion by checking that the pink slide insert is visible in the faint window on the top of the Pod
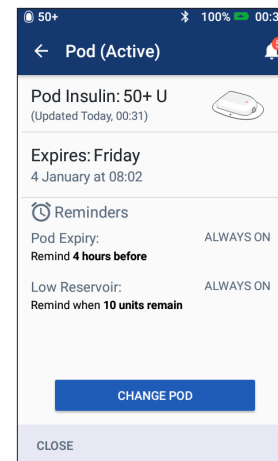
3.5 + Your Pod is now active!

⚠️ **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.

Delivering a Bolus
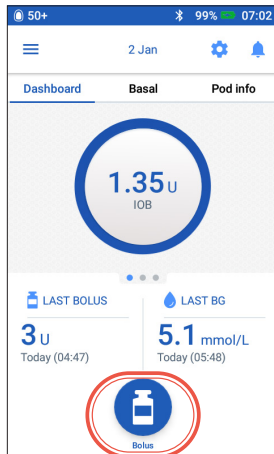
1. **+** Tap Bolus button on the Home screen
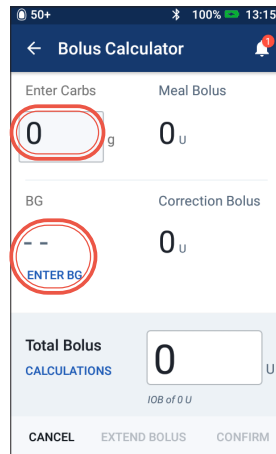
2. **+** Tap "Enter Carbs" to input grams of carbs. Enter your BG manually by tapping "ENTER BG"
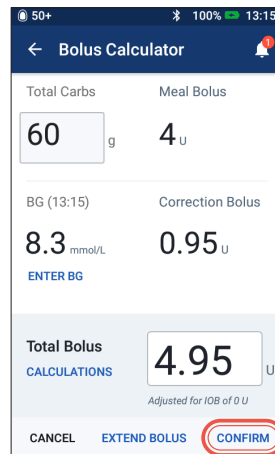
3. **+** Tap "CONFIRM" once you have reviewed the values entered
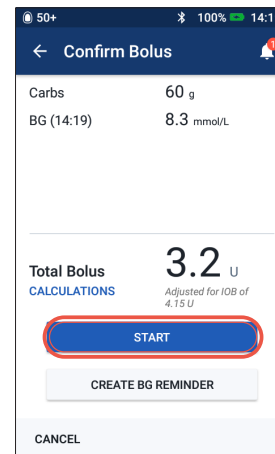
4. **+** Tap "START" to begin bolus delivery

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.

Delivering Bolus

Approx. 0.55 U of 2 U delivered (27%)

CANCEL

LAST BG
6.0 mmol/L
Today (3 min ago)
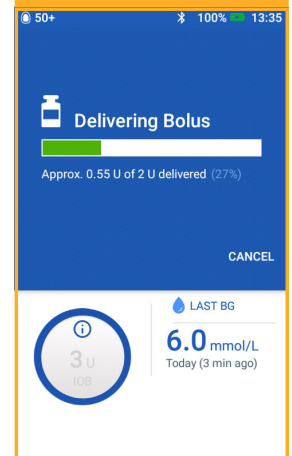
Suspend and resume insulin delivery
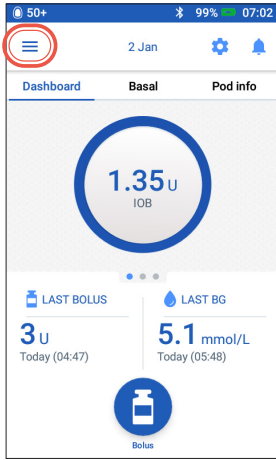
1. + Tap Menu icon on the Home screen
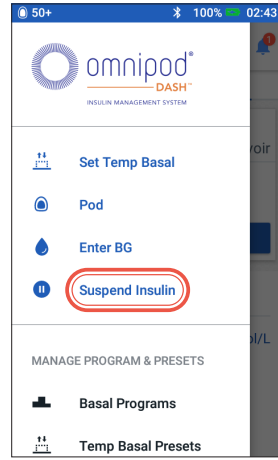
2. + Tap "Suspend Insulin"
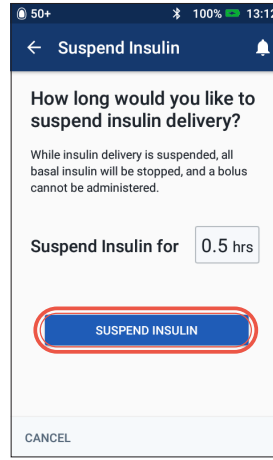
3. + Scroll to desired duration of insulin suspension (min 0.5 hour, up to 2 hours)
   + Tap "SUSPEND INSULIN"
   + Tap "Yes" to confirm you want to stop all insulin delivery
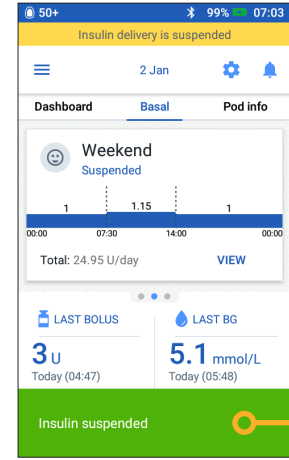
4. + The Home screen displays a yellow banner stating "Insulin delivery is suspended"
   + The Pod beeps every 15 minutes during suspension
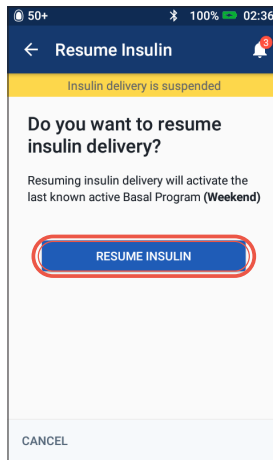
5. + When the Pod completes suspension duration, you will be prompted to resume insulin delivery. Insulin delivery does NOT resume automatically
   + The Pod and PDM repeat a notification every 15 minutes until you have resumed insulin delivery

OMNIPOD DASH® SYSTEM INSTRUCTIONS

Reminder

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

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⚠ **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 Omnipod DASH® Personal Diabetes Manager model. The serial number and model can be found on the back of the PDM.
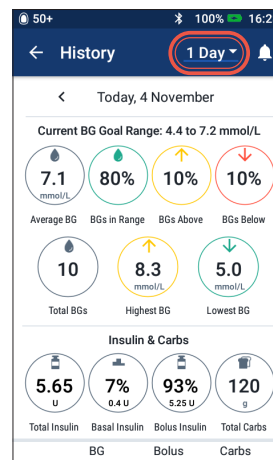
How to View Insulin and BG History

Tip

Tap the down arrow to display more details. Tap again to hide the details
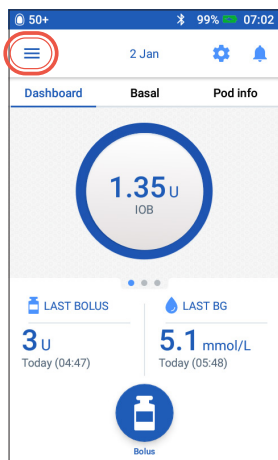
1. + Tap Menu icon on the Home screen
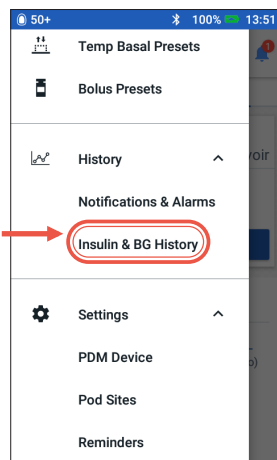
2. + Tap "History" to expand list
   + Tap "Insulin & BG History"

3. + You can view BG, Insulin & Carbs
   + Tap the day drop-down to view a single day or multiple day averages
   + Swipe up to see the details section
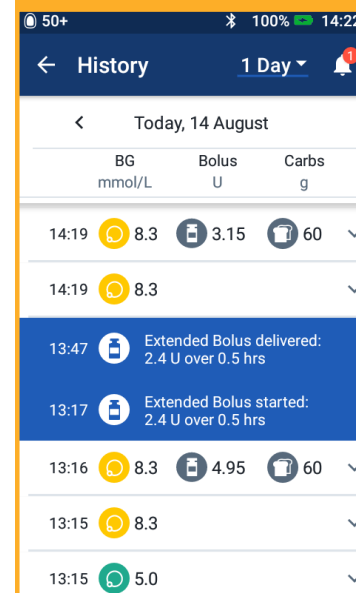
CAUTION: Consult User Guide.

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.
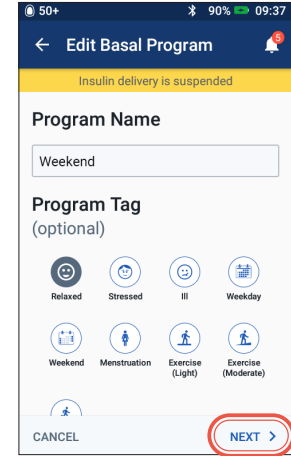
How to Edit a Basal Program
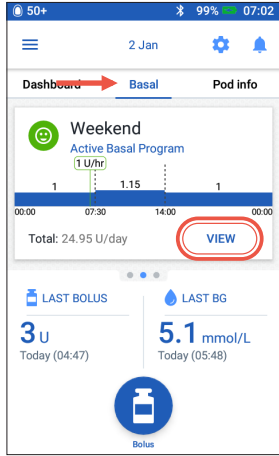
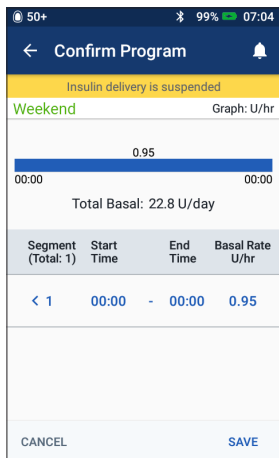1. + Tap "Basal" on the Home screen
   + Tap "VIEW"
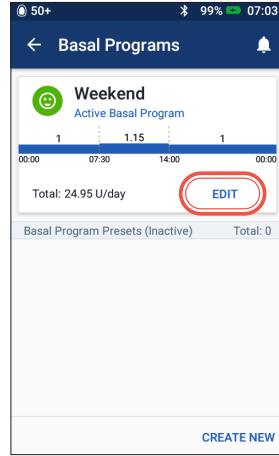
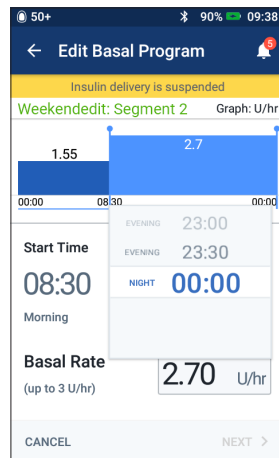2. + Tap "EDIT" on the basal program you want to change
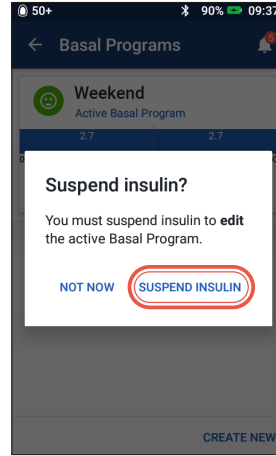
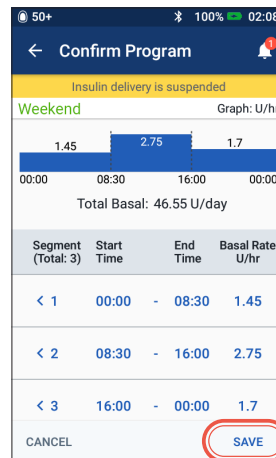3. + Tap "SUSPEND INSULIN" if you are changing the active basal program

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"

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.
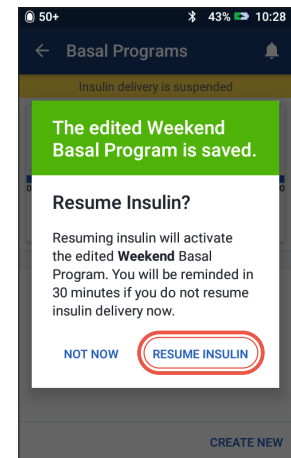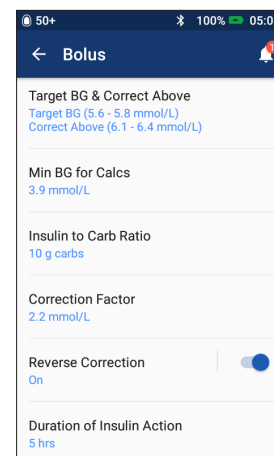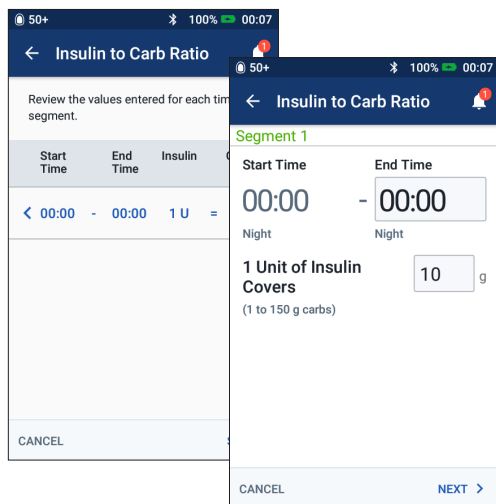
How to View and Edit IC Ratio and Correction Factor
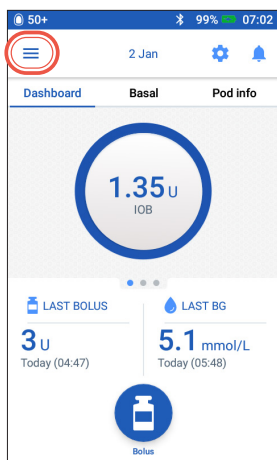
1. + Tap Menu icon on the Home screen
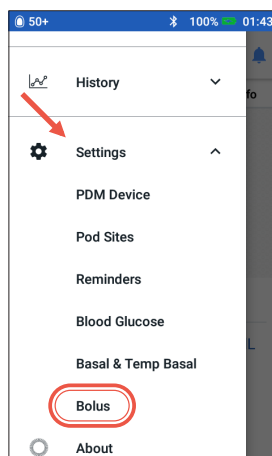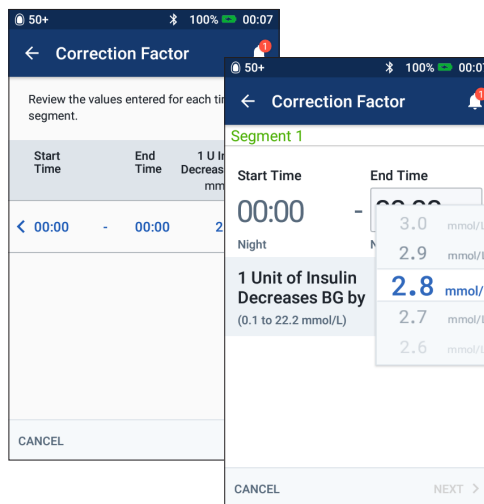
2. + Tap "Settings" to expand list.
   + Tap "Bolus"

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
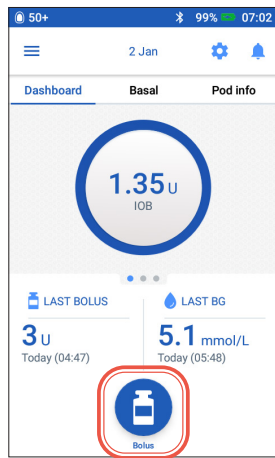
+ Tap "NEXT" to add more segments as needed

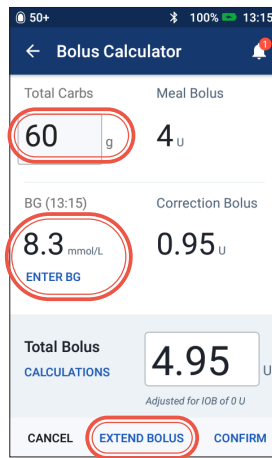+ Tap "SAVE"

Omnipod DASH® System Advanced features

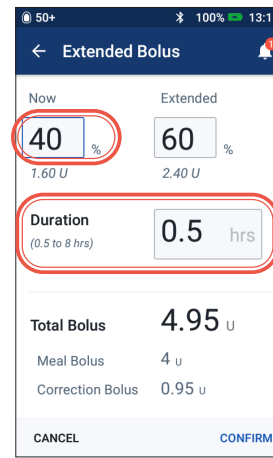## How to Use the Extended Bolus Feature

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.
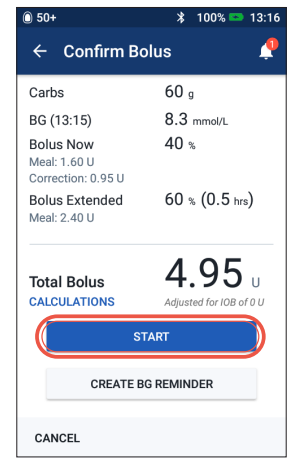

1. **+** Tap Bolus button on the Home screen

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.
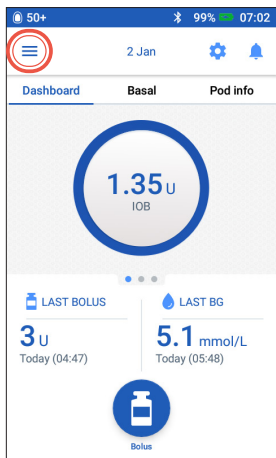
1. **+** Tap Menu icon on the Home screen

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
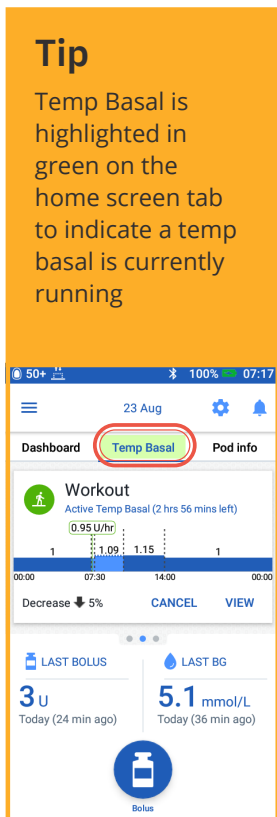
Tip

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 setttings can be configured to either % or flat rate (U/hr). Each example is shown with the Personal Diabetes Manager set to %.

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.
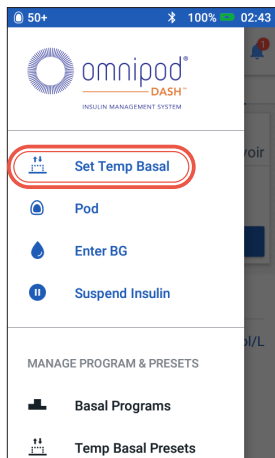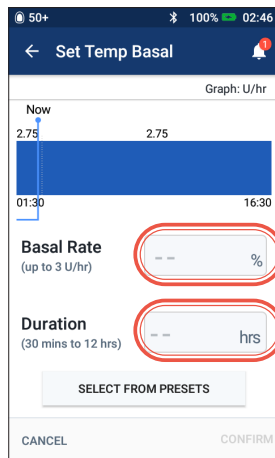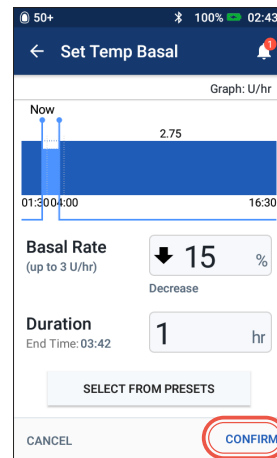
ADVANCED FEATURES

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.
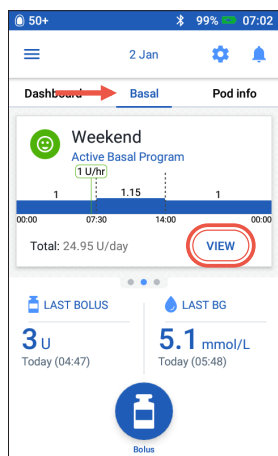
1. + Tap "Basal" on the Home screen

   + Tap "VIEW"

2. + Tap "CREATE NEW"
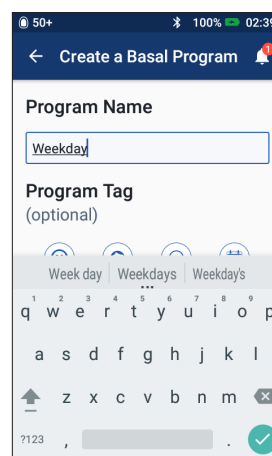
3. + Rename your program or keep the default name. Example "Weekend". Tap to choose a program tag
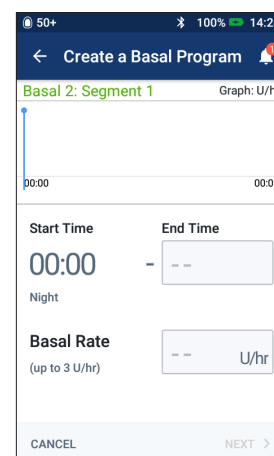
4. + Edit End Time and Basal Rate
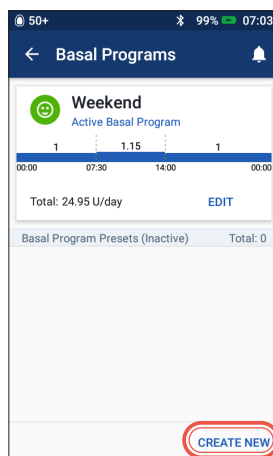
   + Tap "NEXT"

   + Continue to add segments for the entire 24 hours

   + Tap "NEXT" to continue

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.
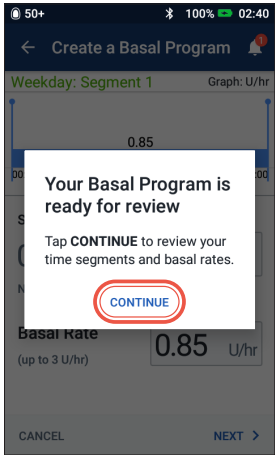
5. + Tap "CONTINUE" to review your time segments and basal rates
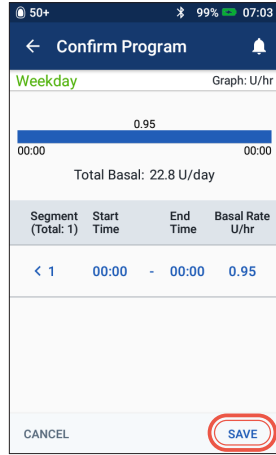
6. + Review your new basal program
   + If correct tap "SAVE"
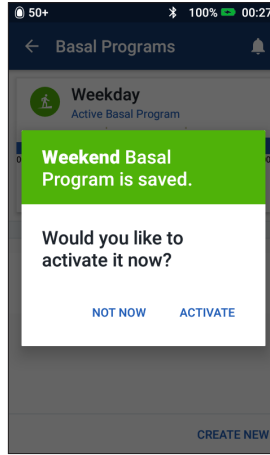
7. + Choose to activate your new basal program now or later

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)

ADVANCED FEATURES

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.
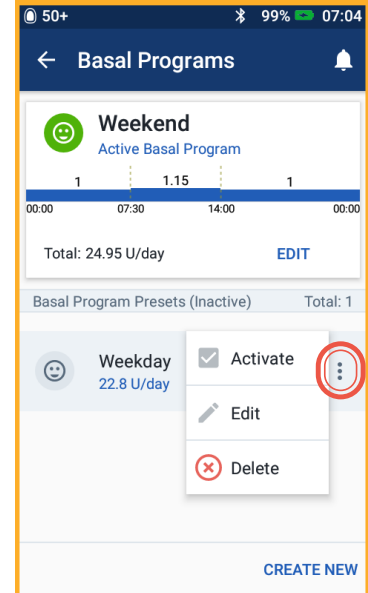
How to Create and Use Temp Basal Presets

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.
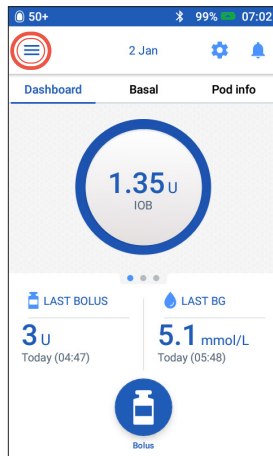
1. **+** Tap Menu icon on the Home screen
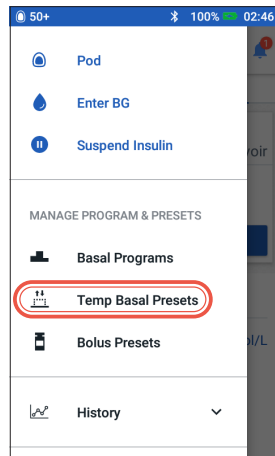
2. **+** Tap "Temp Basal Presets"
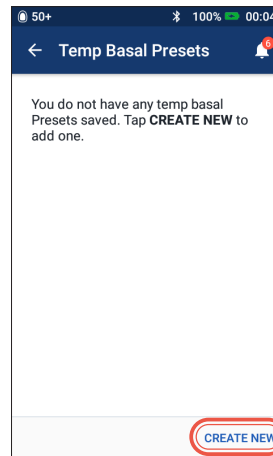
3. **+** Tap "CREATE NEW" to enter a new temp basal preset
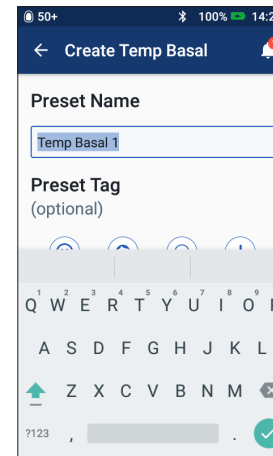
4. **+** You can tap to enter preset name and/or preset tag
    + Tap "NEXT" to continue
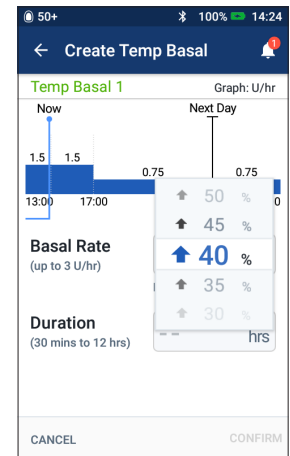
5. **+** Tap Basal Rate entry box and select your % change
    + Tap then scroll to select your time duration

Tip

Presets can be created for commonly-used functions of the Omnipod 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.
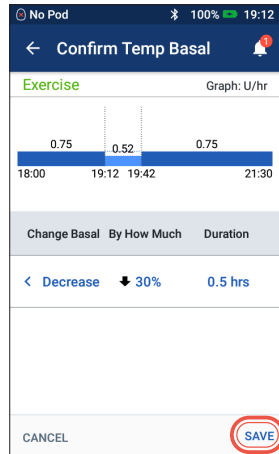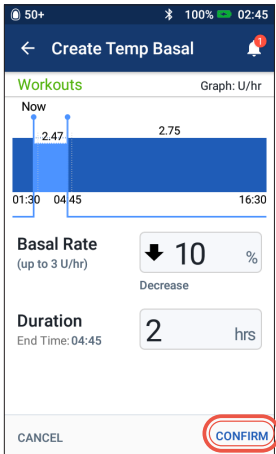
6. **+** Tap "CONFIRM"

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

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.
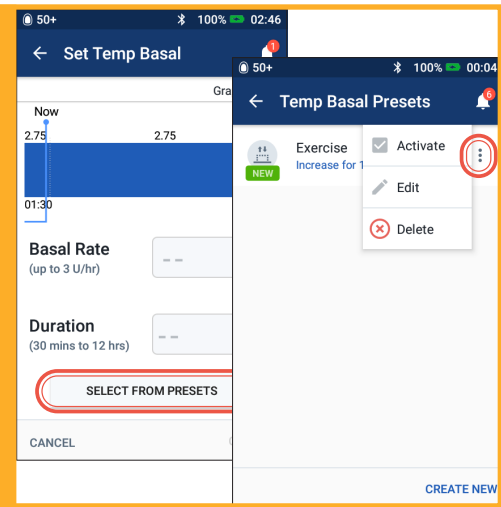
How to Create and Use Bolus Presets

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.
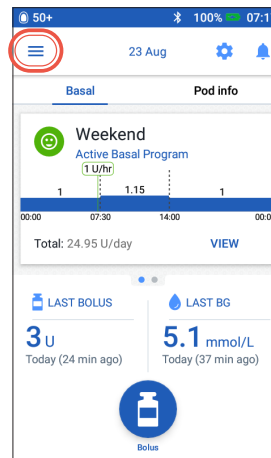
1. + Tap Menu icon on the Home screen
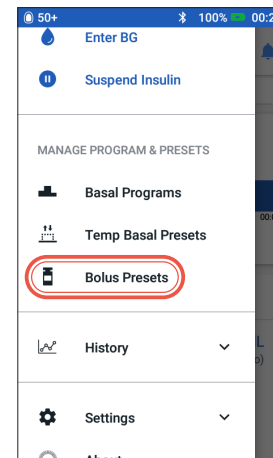
2. + Tap "Bolus Presets"
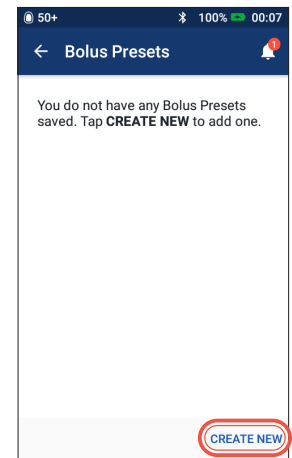
3. + Tap "CREATE NEW"
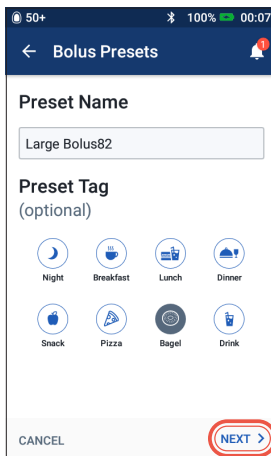
4. + Edit Preset Name and Tag
    + Tap "NEXT"
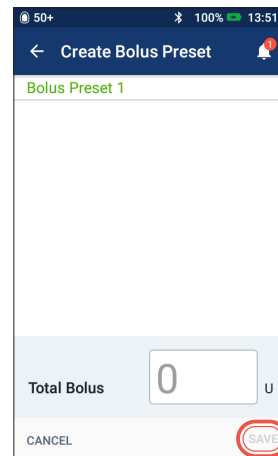
5. + Tap to edit the number of units
    + Tap "SAVE"
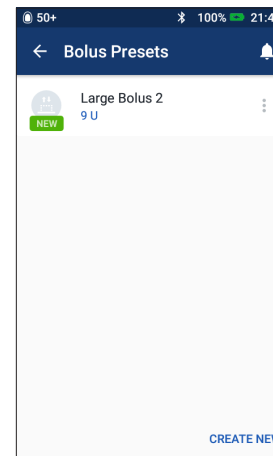
6. + Your Bolus Preset is saved
    + Tap "CREATE NEW" to add new Bolus Presets as needed

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"

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.

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 13.9 mmol/L or more see: Hyperglycemia Action Plan
+ For BG of 3.9 mmol/L 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 13.9 mmol/L 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 38 degrees Celsius
+ Moderate to large urine ketones or ≥ 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.

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

Hypoglycemia

A blood glucose (BG) less than 4 mmol/L or symptoms of hypoglycemia as described below.

Always follow your healthcare provider's guidelines. The below guidelines come from Diabetes Canada Lows and Highs: Blood Sugar Level. For more information visit: http://guidelines.diabetes.ca/docs/patient-resources/lows-and-highs-blood-sugar-levels.pdf

Mild to Moderate Hypoglycemia Symptoms

+ Shakiness	+ Fatigue	+ Hunger	+ Unexplained sweating	+ Cold, clammy skin
+ Weakness	+ Blurred vision	+ Headache	+ Rapid heartbeat	+ Confusion
+ Tingling	+ Anxiety	+ Drowsiness	+ Dizziness	+ Personality change

↓

Verify and Check BG level

↓

BG less than 4 mmol/L

Treat with 15 grams of carbohydrate*
Recheck BG in 15 mins
Fast-acting carbohydrate such as:
15 g of glucose in the form of glucose tablets
• 1 tablespoon or 3 packets of sugar dissolved in water
• 2/3 cup of juice or regular soft drink
• 1 tablespoon of honey

↓

If BG is less than 4 mmol/L retreat as above and then test again

↓

If BG is greater than 4 mmol/L

Follow with a meal or snack
+ If next meal/snack is 30 mins away, take additional 15 grams of carbohydrate
+ If next meal/snack is 60 mins away, take an additional 30 grams of carbohydrate

Never leave a person who is hypoglycemic unattended!

Important Notes: Do not drive if your blood glucose is below 4.0 mmol/L. Do not start driving until your blood glucose has resolved after proper treatment as above, your blood glucose is 5 mmol/L or higher and you have waited 40 minutes as it takes time to regain proper judgment and reflexes after hypoglycemia. 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 Diabetes Canada. For further guidance please consult with your healthcare provider for individualized advice.

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.
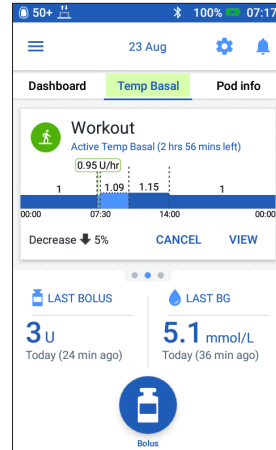
Review Recent Activity

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.

⚠ **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.

Hyperglycemia

Blood Glucose (BG) reading of 13.9 mmol/L or more

Always follow your healthcare provider's guidelines. The below guidelines are derived from The Joslin Diabetes Center's and Diabetes Canada 2018 Clinical Practice Guidelines recomendations and may differ from your own healthcare providers guidelines.

Reminder

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

Troubleshooting Frequent Hyperglycemia

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?

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.

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

CAUTION: Consult User Guide.

Hyperglycemia Symptoms

+ Fatigue
+ Unexplained weight loss
+ Frequent urination (i.e. at night)
+ Blurred vision
+ Unusual thirst or hunger
+ Slow healing of cuts or sores

Verify and Check BG level

If BG is over 13.9 mmol/L
Check Urine/Blood for ketones

A

Trace or Negative

+ Take a bolus using PDM*
+ Address possible causes.
+ Recheck BG in 2 hours.

If BG unchanged or higher: Recheck for Ketones

+ If neg ketones take a bolus with a syringe*. Perform a Pod change.
+ If ketones small /0.6-0.9 mmol/L, or mod/large/>1.0 mmol/L, follow steps B or C above.

If BG decreased, return to normal dosing schedule and continue to monitor BGs frequently.

B

Small urine or 0.6-0.9 mmol/L blood ketones

+ Take bolus with syringe* Perform a Pod change.
+ Address possible causes.
+ Recheck urine ketones in 2 hours or blood ketones in 1 hour and BG in 2-3 hours.

If BG unchanged or higher: Recheck for Ketones

+ If neg ketones take a bolus using your PDM*
+ If ketones small /0.6-0.9 mmol/L, or mod/large/>1.0 mmol/L, follow steps B or C above.

If BG remains >13.9 mmol/L after 2 correction boluses by syringe, contact your healthcare provider.

C

Moderate – large urine or ≥ 1.0 mmol/L blood ketones

+ Take bolus using syringe* Perform a Pod change.
+ Address possible causes.
+ Recheck urine ketones in 2 hours or blood ketones in 1 hour and BG in 2-3 hours.

If BG unchanged or higher, contact your healthcare provider.

If BG decreased, return to normal dosing schedule and continue to check BGs every 3-4 hours and monitor ketones if BG is >13.9 mmol/L

*Follow the dosing guidelines provided to you by your healthcare provider.

If blood ketones are above 1.5 mmol/L or when in doubt considering proceeding to your nearest Emergency Department

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.
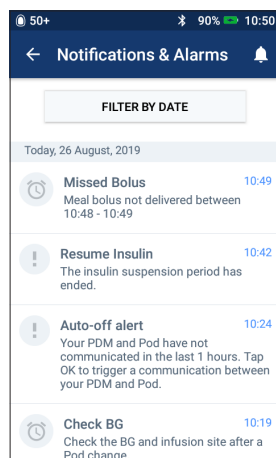
+ Confidence reminders
Your PDM is preset to beep so you can know when certain programs have started and finished, including:
  - Bolus delivery
  - Extended bolus
  - Temporary basal

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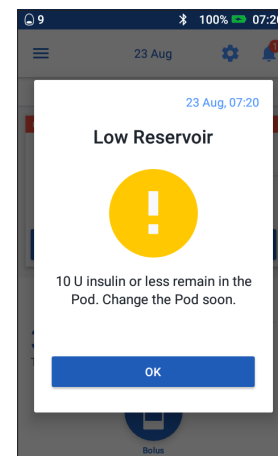
Advisory alarms beep intermittently to let you know about a condition that requires your attention.

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.

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.
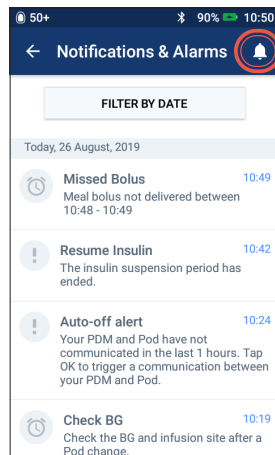
Customizing Advisory Alarms and Reminders

You can customize your reminders and advisory alarms in settings.
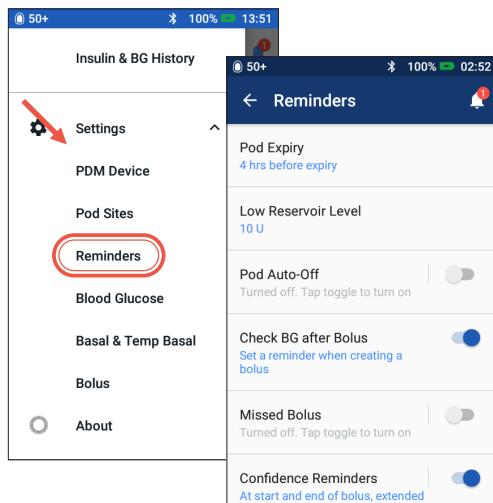
+ Tap on "Reminders"
+ Tap on the reminder or advisory alarm you would like to edit

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.
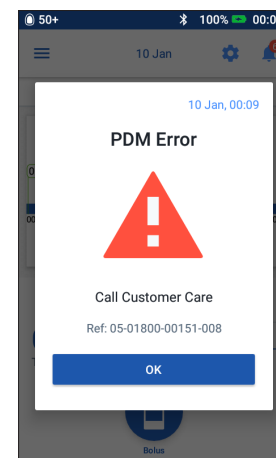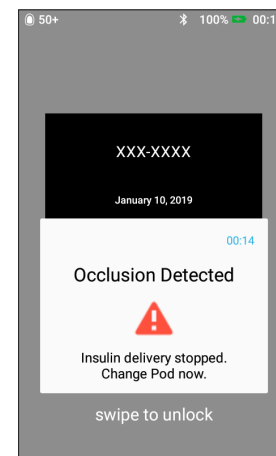
⚠ **CAUTION:** Consult User Guide.

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

Travelling with your Omnipod DASH® System

Going on a holiday with your Omnipod DASH® System is easy. The following information will help you plan your trip.

Holiday Checklist.

Medical Supplies And Equipment.

☐ Sealed Omnipod DASH® Pods – enough to cover your whole holiday, including spares, just in case

☐ Insulin vials – as above (remember to carry in your hand luggage in a clear plastic bag)

☐ PDM

☐ Back-up insulin pens (for long and short-acting insulin) and cartridges

☐ Spare syringes or pens/needles

☐ Back-up blood glucose meter

☐ Blood glucose test strips, for both meters

☐ Ketone testing device and strips

☐ Lancing device and lancets

☐ Glucose tablets or another fast-acting source of carbohydrate

☐ Glucagon emergency kit and written instructions for administering an injection if you are unconscious

Documentation.

☐ Travel letter from your healthcare professional covering the medical supplies and equipment you are required to travel with

☐ Prescriptions for all the medical supplies that you are carrying

☐ List of your latest Omnipod DASH® System settings – including basal rates/target BG/ratios and correction factors

☐ Travel insurance

☐ Emergency contact details

Other.

☐ If travelling to a different time zone, ensure you have adjusted the time/time zone in the PDM to be delivering the insulin you require – ask your healthcare professional for guidance

Further Travel Advice.

Your Pod is waterproof*, so you are free to go swimming without disrupting your insulin delivery. You should check regularly that the Pod is still firmly attached and in place.

It is important to protect your insulin from extreme temperatures that can impact its effectiveness. Remember to keep your Pod out of direct sunlight and avoid saunas, steam rooms and hot tubs.

Travelling Outside of Canada?

If you need product support while you're travelling, call 1-289-247-3534.

* IP28: 7.6 metres for up to 60 minutes for the Pod. The PDM is not waterproof.

Data Management with diasend®
by Glooko®

+ Insulet Partnering with diasend® by Glooko®

With diasend®, you and your healthcare professional have access to all of your diabetes information in one easy-to-use platform. Insulet provided diasend® allows you to review your blood glucose patterns on your smartphone or personal computer, understand the impact of your activities on your blood glucose, and easily share your diabetes data with your healthcare professional.

+ To get started today, please visit **www.diasend.com** and click 'register here'

omnipod
insulin management system **DASH**
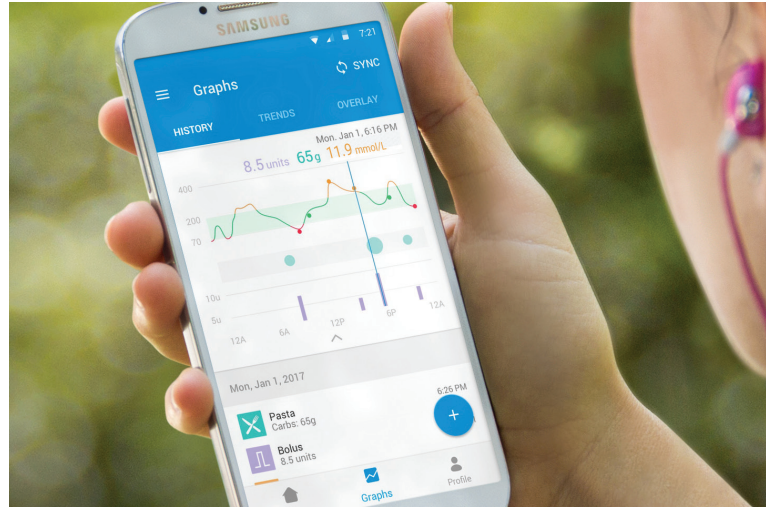
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